

# Po Leung Kuk Mrs Mrs Vicwood K.T. Chong Kindergarten

## June Menu



Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
1	Monday	Bread	Steamed fish fillet with corn Stir-fried chicken with Choy Sum	Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup	Fruit	Cornflakes with milk
2	Tuesday	Dim Sum	Steamed port patty with water chestnut Stir-fried beef with carrots and potatoes	Green bean, lotus root, octopus cashew and pork soup	Fruit	Seasonal vegetable minced meat powder
3	Wednesday	Dim Sum	Steamed egg with minced pork Stir-fried fish fillet with Chinese cabbage	Fish soup with tomatoes, potatoes, carrots and candied dates	Fruit	Red bean paste
4	Thursday	Fruit	Steamed chicken with potatoes Stir-fried minced pork with chayote	Aged cucumber, kidney beans, rice bean, candied dates and pork soup	Fruit	Steamed sweet potatoes
5	Friday	Cake	Chicken Fillet in tomatoes with Stewed spaghetti	Sliced pork soup with melon	Fruit	Bread
8	Monday	Bread	Steamed chicken with corn Stir-fried fish fillet with Chinese cabbage	Winter melon, grass mushroom egg drop, lean meat soup	Fruit	Oatmeal with milk
9	Tuesday	Fruit	Steamed chicken with fresh Chinese yam Stir-fried beef with broccoli	Pork soup with tomatoes, potatoes and carrots	Fruit	Rice noodles with seasonal vegetables and chicken
10	Wednesday	Dim Sum	Steamed egg with minced pork Stir-fried fish fillet with Chinese cabbage	Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup	Fruit	Dim Sum
11	Thursday	Fruit	Steamed port patty with enoki mushroom Braised chicken with tomatoes and potatoes	Pumpkin, peanut, black-eyed bean, candied dates and pork soup	Fruit	Bean curd egg syrup
12	Friday	Cake	Fried Rice with Zucchini, Chicken, and Eggs	Papaya, white fungus, carrot, lilybulb, apricot kernel, candied date and pork soup	Fruit	Bread
15	Monday	Bread	Steamed chicken with corn Stir-fried chicken fillet with Choy Sum	Beetroot, chestnut, corn, carrot and pork soup	Fruit	Cornflakes with milk
16	Tuesday	Dim Sum	Steamed port patty with water chestnut Stir-fried chicken with broccoli	Dragon's tongue leaf, sea coconut, apple, lily bulb and pork soup	Fruit	Seasonal vegetable minced meat powder
17	Wednesday	Fruit	Steamed chicken with chayote Braised beef with tomato and egg	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Hard-boiled egg
18	Thursday	Rice dumpling	Steamed egg with minced meat Stir-fried fish fillet with Chinese cabbage	Pork soup with tomatoes, potatoes and carrots	Fruit	Steamed sweet potatoes
22	Monday	Bread	Steamed chicken with enoki mushroom Stir-fried fish fillet with cauliflower	Radish, carrot and pork soup	Fruit	Oatmeal with milk
23	Tuesday	Dim Sum	Steamed chicken with fresh Chinese yam Stir-fried beef with broccoli	Five-finger Fig, Indian Bread and pork soup	Fruit	Dim Sum
25	Thursday	Fruit	Steamed fish fillet with zucchini Braised chicken wings with tomato	Seaweed egg flower lean pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
26	Friday	Cake	Braised rice with cabbage and carrot strips	Rozon soup	Fruit	Bread
29	Monday	Bread	Steamed chicken with corn Stir-fried fish fillet with broccoli	Winter melon, barley, Chinese yam and pork soup	Fruit	Cornflakes with milk
30	Tuesday	Dim Sum	Steamed port patty with water chestnut Stir-fried beef with carrots and potatoes	Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup	Fruit	Dim Sum

\*The quantity of meals are arranged according to the intake of children. No further notice will be issued for any menu adjustment.