

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

July Menu

						
Date		Snacks for AM Class	Lunch for Whole-Day Class			Snacks for Whole-Day Class
2	Thursday	Fruit	Steamed chicken with corn Stir-fried fish fillet with Chinese cabbage	Coconut, chayote, carrot, corn, and pork soup	Apple	Hard-boiled egg
6	Monday	Bread	Steamed chicken with enoki mushroom Stir-fried fish fillet with broccoli	Green bean, lotus root, octopus cashew and pork soup	Apple	Oatmeal with milk
7	Tuesday	Dim Sum	Steamed egg with minced pork Stir-fried beef with Chinese cabbage	Pumpkin, peanut, black-eyed bean, candied dates and pork soup	Dragon	Rice noodles with seasonal vegetables and chicken
8	Wednesday	Dim Sum	Fried Rice with Zucchini, Chicken, and Eggs	Fish soup with tomatoes, potatoes, carrots and candied dates	Banana	Red bean paste
9	Thursday	Fruit	Steamed port patty with water chestnut Stir-fried fish fillet with cauliflower	Seaweed egg flower lean pork soup	Pear	Steamed sweet potatoes
13	Monday	Birthday Party	Steamed chicken with potatoes Stir-fried pork with Gassho melon	Aged cucumber, kidney beans, rice bean, candied dates and pork soup		Cornflakes with milk
14	Tuesday	Fruit				

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