

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

## September Menu



| Date |           | Snacks for AM Class | Lunch for Whole-Day Class                                                                      |                                                                                        |       | Snacks for Whole-Day Class                              |
|------|-----------|---------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------|---------------------------------------------------------|
| 2    | Friday    | Cake                | Chicken Fillet in tomatoes with Stewed spaghetti                                               | Bamboo cane, Mao root, water chestnut, carrot and pork soup                            | Fruit | Break                                                   |
| 5    | Monday    | Fruit               | Steamed chicken with enoki mushroom<br>Stir-fried fish fillet with broccoli                    | Green bean, lotus root, octopus cashew and pork soup                                   | Fruit | Oatmeal with milk                                       |
| 6    | Tuesday   | Bread               | Steamed chicken with chayote<br>Stir-fried beef with Choy Sum                                  | Dragon's tongue leaf, sea coconut, apple, lily bulb and pork soup                      | Fruit | Dim sum                                                 |
| 7    | Wednesday | Dim sum             | Steamed port patty with corn<br>Braised chicken with tomatoes and potatoes                     | Papaya, peanut, candied date and fish soup                                             | Fruit | Sweet Red Bean Soup                                     |
| 8    | Thursday  | Cake                | Steamed egg with minced pork<br>Stir-fried fish fillet with Choy Sum                           | Winter melon, straw mushroom egg drop and lean pork soup                               | Fruit | Bread                                                   |
| 9    | Friday    | Fruit               | Fried Rice with Zucchini, Chicken, and Eggs                                                    | Zucchini, dried scallop, peanut, black-eyed bean and pork soup                         | Fruit | Dim sum                                                 |
| 12   | Monday    | Cake                | Steamed chicken with enoki mushroom<br>Stir-fried fish fillet with corn                        | Radish, carrot and pork soup                                                           | Fruit | Cornflakes with milk                                    |
| 13   | Tuesday   | Dim sum             | Steamed chicken with chayote<br>Braised beef with tomato and egg                               | Pumpkin, peanut, black-eyed bean, candied dates and pork soup                          | Fruit | Dim sum                                                 |
| 14   | Wednesday | Dim sum             | Steamed port patty with water chestnut<br>Stir-fried chicken with Choy Sum                     | Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup                   | Fruit | Rice noodles with seasonal vegetables and pork porridge |
| 15   | Thursday  | Fruit               | Steamed egg with chicken<br>Stir-fried pork with broccoli                                      | Pork soup with tomatoes, potatoes and carrots                                          | Fruit | Sweet potato                                            |
| 16   | Friday    | Bread               | Spaghetti Bolognese                                                                            | Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date, conch and pork soup | Fruit | Cake                                                    |
| 20   | Tuesday   | Fruit               | Steamed chicken with enoki mushroom<br>Stir-fried beef with broccoli                           | Bamboo cane, Mao root, water chestnut, carrot and pork soup                            | Fruit | Seasonal vegetables and pork porridge                   |
| 21   | Wednesday | Fruit               | Steamed fish fillet with zucchini and vermicelli<br>Stir-fried chicken with carrots and tomato | Apple, dried snow pears, candied date and fish soup                                    | Fruit | Dim sum                                                 |
| 22   | Thursday  | Dim sum             | Steamed egg with minced meat and corn<br>Braised chicken wings with potatoes                   | Papaya, white fungus, carrot, lilybulb, apricot kernel, candied date and pork soup     | Fruit | Dim sum                                                 |
| 23   | Friday    | Cake                | Braised rice with cabbage and carrot strips                                                    | Rozon soup                                                                             | Fruit | Bread                                                   |
| 26   | Monday    | Bread               | Steamed chicken with enoki mushroom<br>Stir-fried fish fillet with broccoli                    | Aged cucumber, kidney beans, rice bean, candied dates and pork soup                    | Fruit | Cornflakes with milk                                    |
| 27   | Tuesday   | Fruit               | Steamed port patty with water chestnut<br>Stir-fried beef with carrots and potatoes            | Beetroot, chestnut, corn, carrot and pork soup                                         | Fruit | Rice noodles with seasonal vegetables and pork porridge |
| 28   | Wednesday | Birthday Party      | Steamed fish fillet with corn<br>Stir-fried chicken with chayote                               | Fish soup with tomatoes, potatoes, carrots and candied dates                           | Fruit | Dim sum                                                 |
| 29   | Thursday  | Fruit               | Steamed chicken with potatoes<br>Stir-fried pork with chayote                                  | Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup                   | Fruit | Sweet potato                                            |
| 30   | Friday    | Cake                | Chicken Fillet in tomatoes with Stewed spaghetti                                               | Coconut, chayote, carrot, corn, and pork soup                                          | Fruit | Break                                                   |

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