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

November Menu

Date		Snacks for AM Class	Lunch for Whole-Day Class				Snacks for Whole-Day Class
2	Monday	Bread	Steamed chicken with enoki mushroom	Stir-fried fish fillet with broccoli	Green bean, lotus root, octopus cashew and pork soup	Fruit	Condensed milk oatmeal
3	Tuesday	Dim sum	Steamed chicken with chayote	Stir-fried beef with Choy Sum	Dragon's tongue leaf, sea coconut, apple, lily bulb and pork soup	Fruit	Rice noodles with seasonal vegetables and pork
4	Wednesday	Dim sum	Steamed port patty with corn	Braised chicken with tomatoes and potatoes	Papaya, candied date and fish soup	Fruit	Sweet Red Bean Soup
5	Thursday	Fruit	Steamed egg with minced pork	Stir-fried fish fillet with Cauliflower flowers	Angled luffa and pork soup	Fruit	Seasonal vegetables and pork porridge
6	Friday	Cake	Spaghetti Bolognese		Zucchini, black-eyed bean and pork soup	Fruit	Sweet potato
9	Monday	Bread	Steamed chicken with enoki mushroom	Stir-fried fish fillet with corn	Beetroot,chestnut, corn, carrot and pork soup	Fruit	Condensed milk cornflakes
10	Tuesday	Dim sum	Steamed chicken with chayote	Braised beef with tomato and egg	Pumpkin, black-eyed bean, candied dates and pork soup	Fruit	Rice noodles with seasonal vegetables and pork
11	Wednesday	Dim sum	Steamed port patty with water chestnut	Stir-fried chicken with Choy Sum	Arrowroot, rice bean, kidney bean, dried mandarin peel and fish soup	Fruit	Sweet Red Bean Soup
12	Thursday	Fruit	Steamed egg with chicken	Stir-fried pork with broccoli	Pork soup with tomatoes, potatoes and carrots	Fruit	Seasonal vegetables and pork porridge
13	Friday	Cake	Fried Rice with Zucchini, Chicken, and Eggs		Cordyceps, fresh Chinese yam, lotus seed, lily bulb, candied date and pork soup	Fruit	Corn
16	Monday	Bread	Steamed chicken with enoki mushroom	Stir-fried fish fillet with Choy Sum	Bamboo cane, Mao root, water chestnut, carrot and pork soup	Fruit	Condensed milk oatmeal
17	Tuesday	Dim sum	Steamed chicken with potatoes	Stir-fried beef with broccoli	Radish, carrot, apricot kernel, candied date and pork soup	Fruit	Dim sum
18	Wednesday	Fruit	Steamed fish fillet with zucchini and vermicelli	Stir-fried chicken with carrots and tomato	Apple, dried snow pears,candied date and fish soup	Fruit	Sweet Red Bean Soup
19	Thursday	Fruit	Steamed egg with minced meat and corn	Braised chicken wings with potatoes	Papaya, white fungus, carrot, lilybuly, apricot kernel, candied date and pork soup	Fruit	Seasonal vegetables and pork porridge
20	Friday	Cake	Braised rice with cabbage and carrot strips		Seaweed and pork soup	Fruit	Sweet potato
23	Monday	Bread	Steamed chicken with enoki mushroom	Stir-fried fish fillet with broccoli	Aged cucumber, kidney beans, rice bean, candied dates and pork soup	Fruit	Condensed milk oatmeal
24	Tuesday	Fruit	Steamed port patty with water chestnut	Stir-fried beef with carrots and potatoes	Beetroot,chestnut, corn, carrot and pork soup	Fruit	Rice noodles with seasonal vegetables and chicken
25	Wednesday	Fruit	Steamed fish fillet with corn	Stir-fried chicken with Choy Sum	Fish soup with tomatoes, potatoes, carrots and candied dates	Fruit	Sweet Red Bean Soup
26	Thursday	Dim sum	Steamed chicken with potatoes	Stir-fried pork with chayote	Arrowroot, rice bean, kidney bean, dried mandarin peel and pork soup	Fruit	Seasonal vegetables and pork porridge
27	Friday	Cake	Chicken Fillet in tomatoes with Stewed spaghetti		Angled luffa and pork soup	Fruit	Corn
30	Monday	Bread	Steamed chicken with enoki mushroom	Stir-fried fish fillet with cauliflower	Coconut, chayote, carrot, corn, and pork soup	Fruit	Condensed milk oatmeal

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