



Po Leung Kuk Mrs Tam Wah Ching Kindergarten
Monthly school tea and lunch



September		Monday	Tuesday	Wednesday	Thursday	Friday
01/09 to 02/09	Snack (a.m.)				Tuna Bread Plain Water Lemonade	Banana Monk Fruit Water
	Lunch				Luffa beef rice Hairy gourd Jujube pork soup Apple	Chicken rice with corn and steamed egg Tomato pork soup Grape
	Tea time				Cake Plain Water	Apple Plain Water
05/09 to 09/09	Snack (a.m.)	Purple Sweet Potato Bread Water	Lava Cheese Bun Honey Water	Watermelon	Red Bean Bun Water	
	Lunch	Pork ribs soup with cabbage Pork Fusilli with Corn Orange	Steamed chicken red rice with Cordyceps flower Papaya Pork soup Apple	Shredded Chicken Rice with Tofu and Shrimp Tomato and Tofu Soup Grapes	Spaghetti with Fresh Tomato and Beef Bawanghua Lean Meat Soup Orange	Mid-Autumn Festival – Star fruit
	Tea time	Corn Bun Plain Water	Swiss Roll Plain Water	Orange Plain Water	Milk Bun Plain Water	
12/09 to 16/09	Snack (a.m.)		Purple Sweet Potato Bread Milk	Sweet melon	Pork Floss Bun Water	Banana
	Lunch	Mid-Autumn Festival Holiday	Fried Egg Rice with Shredded Pork Corn and Carrots Lean Soup Apple	Fish Fillet Rice with Corn Sauce Winter Melon Barley Soup Grapes	Egg Steamed Meatloaf Oatmeal Rice Qingbuliang Tang Pai Soup Sweet Melon	Chicken Noodles with Spinach Sauce Snow Fungus and Papaya Soup Red grapes
	Tea time		Corn Bun Plain Water	Apple Plain Water	Swiss Roll Plain Water	Orange Plain Water

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19/09 to 23/09	Snack (a.m.)	Red Bean Bun Water	Tuna Bun Pear Water	Watermelon	Purple Sweet Potato Bread Plain Water	Sweet melon
	Lunch	Assorted fish rice with rice Lean Pumpkin and Carrot Soup Orange	Chayote Beef Rice Carrot Apricot Lean Meat Soup Apple	Steamed Chicken Rice with Corn and Chinese water chestnut Fresh Tomatoes and Vegetables Soup red grape	Pumpkin Steamed Meatloaf Oatmeal Rice Green Carrot Tang Pai Soup Orange	Fried Noodles with Shredded Pork Lean meat soup with Yellow cucumber and carrots Red grape
	Tea time	Milk Bun Plain Water	Sesame Bun Plain Water	Orange Plain Water	Corn Bun Plain Water	Apple Plain Water
26/09 to 30/09	Snack (a.m.)	Tuna Bun Plain Water	Red Bean Bun Milk	Banana Plain Water	Cheese stick Plain Water	Dragon Fruit Plain Water
	Lunch	Chayote Chicken Rice Caramel and Corn Soup Sweet melon	Rice with corn and rice with white sauce Zucchini and Octopus Tang Stew Soup Apple	Fish Fillet Rice with Coconut Sauce Gassho Gourd and Apricot Lean Soup Grapes	Fried Noodles with Shrimp and Fish in Taro Sauce Winter Melon Meat Soup Orange	Steamed Egg Rice with Chinese water chestnut Chicken Monk Fruit Carambola Lean Soup Red grape
	Tea time	Swiss roll Plain Water	Milk Bun Plain Water	Orange Plain Water	Sesame Bun Plain Water	Apple Plain Water