

Summer menu of full day class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	<p>Breakfast Egg and milk oatmeal water</p> <p>Lunch Fish nuggets with Corn sauce Fried Chinese flowering cabbage Ching bo leung with pork soup</p> <p>Refreshments Pork with frozen vegetables fusilli</p>	<p>Breakfast Black-eyed peas with pork congee</p> <p>Lunch Cauliflower cook with chicken fillet Pumpkin tomato fish soup</p> <p>Refreshments Bread and milk</p>	<p>Breakfast Cake and milk</p> <p>Lunch Corn tofu steam meat pie Stir-fry Chinese cabbage · black Sticky rice, pumpkin, corn, red kidney bean pork soup</p> <p>Refreshments Shanghai Pakchoi, pork with rice-flour noodles</p>	<p>Breakfast Cabbage, chicken fillet with macaroni and water</p> <p>Lunch Onion and fish, Fuzzy melon with vegetable soup Tomato, potato, carrot with pork soup</p> <p>Refreshments Biscuit, sweet potato with syrup</p>	<p>Breakfast Boiled egg and milk</p> <p>Lunch Cabbage, meat with fried noodles lettuce pork with congee</p> <p>Refreshments Steamed bun water</p>	<p>Breakfast Biscuit and milk</p> <p>Lunch Vegetables fusilli with meat spaghetti corn with meat soup</p>
B	<p>Breakfast Corn flakes with milk</p> <p>Lunch Fried rice Yangchou style Pueraria lobata, vigna Umbellate, hyacinth Bean jujube pork soup</p> <p>Refreshments Sweet potato congee</p>	<p>Breakfast Corn, pork with congee</p> <p>Lunch Courgette stir-fry chicken fillet, tomato onion stir-fry egg, White gourd, semen coicis with fish soup</p> <p>Refreshments Steamed egg with milk and water</p>	<p>Breakfast choy sum, pork with macaroni · water</p> <p>Lunch White mushroom sauce with meat spag Russian soup (cabbage · tomato · potato · carrot · Onion pork soup)</p> <p>Refreshments Pumpkin pork with congee</p>	<p>Breakfast Vegetables, fusilli pork with alfabeto</p> <p>Lunch Broccoli stir-fry fish fillet, corn, pork, fig, carrot Corn with pork soup</p> <p>Refreshments Biscuit, dried bean milk cream in tight rolls with syrup</p>	<p>Breakfast Steamed bun with milk</p> <p>Lunch Tomato, pork cook egg fried brassica rapa chinesis Chayote, chestnut, Cashew, vegetables Fusilli soup</p> <p>Refreshments Baby Chinese cabbage pork with fusilli</p>	<p>Breakfast Biscuit and milk</p> <p>Lunch Tomato pork with shang hai soup noodles</p>
C	<p>Breakfast Biscuit and milk</p> <p>Lunch Tomato, egg braise fish Fillet garlic broccoli Soya bean, carrot, jujube White fungus pork soup</p> <p>Refreshments Corn, mash potato and Water</p>	<p>Breakfast Choy sum, pork with farfalle</p> <p>Lunch Pumpkin cook pork mince Amaranth with vegetables soup Green radish and carrot pork bones soup</p> <p>Refreshments Yam, pork wheat bran congee</p>	<p>Breakfast Frozen vegetables chicken fillet with macaroni, water</p> <p>Lunch Choy sum, carrot, egg, pork stir-fry rice noodles Wide strips egg drop pork congee</p> <p>Refreshments Cabbage, pork fusilli</p>	<p>Breakfast Pork oatmeal and water</p> <p>Lunch Baked beans, egg and pork Unpolished rice Stir-fry Cabbage, Cucumber, Vigna umbellata Hyacinth Bean jujube pork soup</p> <p>Refreshments Siu Mai and water</p>	<p>Breakfast Boiled egg and milk</p> <p>Lunch Coconut milk, carrot Potato Onion cook fish fillet Corn, chestnut White Fungus pork soup</p> <p>Refreshments Chinese cabbage with pork rice-flour n</p>	<p>breakfast Biscuit and milk</p> <p>lunch Yangzhou fried Rice Meat soup with egg and corn</p>
	<p>Breakfast Boiled egg</p> <p>Lunch Tomato pork cooked Egg, onion, string bean stir-fry chicken fillet Fig, white Fungus pork soup</p> <p>Refreshments Bean, taros sweet water</p>	<p>Breakfast Hairy gourd pork congee and water</p> <p>Lunch Choy sum, braised beef, corn and fish fillet Chayote, corn, carrot pork soup</p> <p>Refreshments Frozen vegetables chicken fillet Hand-pulled noodles</p>	<p>Breakfast Iceberg Lettuce pork with alfabeto</p> <p>Lunch Fried rice Hairy gourd pork soup</p> <p>Refreshments Walnut, black rice congee</p>	<p>Breakfast Tomato pork with macaroni</p> <p>Lunch Soy sauce chicken wings · bread boiled broccoli</p> <p>Refreshments Cake and water</p>	<p>Breakfast Bread and milk</p> <p>Lunch Water chestnuts steamed pork mince Garlic stir-fry cabbage, sticky rice, Adenophora, Radix polygonati officinalis yam pork soup</p> <p>Refreshments Egg drop pork congee</p>	<p>Breakfast Biscuit and milk</p> <p>Lunch Cabbage pork rice-flour noodles</p>