

全日班夏季餐單 Summer menu of full day class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	<u>Breakfast</u> Cereal with milk <u>Lunch</u> Corn fish fillets, Stir-fried Choy sum, Refreshing meat soup <u>Refreshments</u> Miscellaneous beans and shredded pork fusilli	<u>Breakfast</u> Jam sandwich and milk <u>Lunch</u> Chicken tenders with broccoli, Fried eggs with bean sprouts, Claypot fish soup with pumpkin and tomato <u>Refreshments</u> cake	<u>Breakfast</u> Tomato pork noodles <u>Lunch</u> Corn tofu steam meat pie, Stir-fry Chinese cabbage, Red rice, Pork soup with pumpkin, corn, red kidney bean <u>Refreshments</u> Biscuit, coconut black sweet soup	<u>Breakfast</u> Bread and milk <u>Lunch</u> Braised fish fillet with onions, Soak zucchini in soup Meat soup with tomato, potato and carrot <u>Refreshments</u> Sweet potato congee	<u>Breakfast</u> Mushroom omelet <u>Lunch</u> Fried noodles with shredded pork and cabbage, Lettuce and meat congee <u>Refreshments</u> Swiss roll and milk	<u>Breakfast</u> Cereal with egg milk <u>Lunch</u> Spaghetti with mixed vegetables and minced pork, Corn meat soup
B	<u>Breakfast</u> Honey star with milk <u>Lunch</u> Yangzhou fried rice, Kudzu root, rice bean, lentils, candied dates pork soup <u>Refreshments</u> Cabbage and pork macaroni	<u>Breakfast</u> Steamed buns <u>Lunch</u> Stir-fried chicken tenders with jade melon, Scrambled eggs with tomato and onion Fish soup with winter melon <u>Refreshments</u> Mala cake	<u>Breakfast</u> Pork congee with corn <u>Lunch</u> Pork spaghetti with tomato mushroom sauce, Russian soup(cabbage tomato, potato, carrot, onion and pork) <u>Refreshments</u> Biscuits, Pumpkin sago soup	<u>Breakfast</u> Mala cake <u>Lunch</u> Fried fish fillet with broccoli, Corn with meat Dried fig pork soup with carrot and corn <u>Refreshments</u> Meat congee	<u>Breakfast</u> Corn omelet <u>Lunch</u> Boiled egg with minced pork and tomatoes, Fried cabbage Chayote, chestnut, cashew nut mixed soup <u>Refreshments</u> Custard bun and milk	<u>Breakfast</u> Cereal with beef egg <u>Lunch</u> Shanghai noodle with tomato and pork slices
C	<u>Breakfast</u> Cereal with milk <u>Lunch</u> Braised fish fillet with tomatoes and eggs, Garlic broccoli, Soy beans, carrots, candied dates, snow Fungus pork soup <u>Refreshments</u> Corn chicken fillet Ramen	<u>Breakfast</u> Cheese sandwich, milk <u>Lunch</u> Boiled pumpkin slices with minced pork, Soak amaranth in soup, Green carrot pork ribs soup <u>Refreshments</u> cake	<u>Breakfast</u> Corn and chicken macaroni <u>Lunch</u> Fried rice noodle with choy sum, carrot, egg and pork Pork congee with egg <u>Refreshments</u> Biscuits, Red bean and lily sweet soup	<u>Breakfast</u> Steamed buns <u>Lunch</u> Pork with Baked beans and eggs, Brown and white rice, Fried cabbage, Yellow cucumber and small mashed beans soup <u>Refreshments</u> Courgette meat congee	<u>Breakfast</u> Boiled eggs, milk <u>Lunch</u> Carrot and potato with coconut sauce, Fish fillets with onions, Corn, chestnut, snow fungus pork soup <u>Refreshments</u> Custard Bun, milk	<u>Breakfast</u> Cereal with meat, milk <u>Lunch</u> Yangzhou fried rice, Corn, egg and minced pork soup

D	<p><u>Breakfast</u> Honey star with milk</p> <p><u>Lunch</u> Bolied egg with minced meat and tomato, Stired fird diced chicken with onions and beans, Dried fig and snow fungus meat soup</p> <p><u>Refreshments</u> Rice noddles with tomato and carrot</p>	<p><u>Breakfast</u> Butter sandwich, milk</p> <p><u>Lunch</u> Stew beef with cabbage, Corn fish fillets, Pork soup with gassho melon carrot and corn</p> <p><u>Refreshments</u> Stewed eggs</p>	<p><u>Breakfast</u> Chicken with lettuce macroni</p> <p><u>Lunch</u> Fired rice, Zucchini pork soup</p> <p><u>Refreshments</u> Biscuits, Beancurd sweet soup</p>	<p><u>Breakfast</u> Bread, milk</p> <p><u>Lunch</u> Soy sauce chicken wings, Bread, Broccoli, Apple and carrot soup</p> <p><u>Refreshments</u> Lettuce and meat congee</p>	<p><u>Breakfast</u> <u>Corn omlete</u></p> <p><u>Lunch</u> Steamed pork with water chestnuts, Stir -fried cabbage with garlic Glehnis root soup with solomon seal root Huaishan and dried euryale seeds</p> <p><u>Refreshments</u> Swiss roll, milk</p>	<p><u>Breakfast</u> Cereal with egg and milk</p> <p><u>Lunch</u> Rice noodles with cabbage and pork</p>
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