

全日班冬季餐單 Winter menu of full day class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	<p><u>Breakfast</u> Cereal and milk</p> <p><u>Lunch</u> Fried rice with chicken, pumpkin and onion Pear, apple, apricot kernels soup</p> <p><u>Refreshments</u> Noddle with corn and chicken</p>	<p><u>Breakfast</u> Jam sandwich and milk</p> <p><u>Lunch</u> Mice meat with miscellaneous beans, potato and onion Egg ,corn, tofu lean meat soup</p> <p><u>Refreshments</u> Cake</p>	<p><u>Breakfast</u> Noddles with tomato, Chinese yam ,lotus seeds and pork</p> <p><u>Lunch</u> Fried Macaroni with onion,corn, carrot and fish fillets Lily, dried fig and sea coconut pork soup</p> <p><u>Refreshments</u> Biscuit, black glutinous rice with coconut milk</p>	<p><u>Breakfast</u> Bread and milk</p> <p><u>Lunch</u> Rice with broccoli, corn and beef Pink kudzu, Vigna umbellate and lentil pork bone soup</p> <p><u>Refreshments</u> cabbage pork congee</p>	<p><u>Breakfast</u> Mushroom omelets</p> <p><u>Lunch</u> Chicken rice with corn and mushroom, Zucchini, beans pork soup</p> <p><u>Refreshments</u> Swiss roll and milk</p>	<p><u>Breakfast</u> Cereal with egg and milk</p> <p><u>Lunch</u> Spaghetti with tomato and minced pork</p>
B	<p><u>Breakfast</u> Honey star with milk</p> <p><u>Lunch</u> Steamed Egg with meat stir-fried Choy sum with garlic Dried fig, apple carrot meat soup</p> <p><u>Refreshments</u> Miscellaneous beans and chicken fusilli</p>	<p><u>Breakfast</u> cheese sandwich with milk</p> <p><u>Lunch</u> Chicken Tenders with onion, carrot and potato Brown and white rice pork Soup with tomato and,potato</p> <p><u>Refreshments</u> cake</p>	<p><u>Breakfast</u> Cereal with egg and milk</p> <p><u>Lunch</u> Mince meat Spaghetti with tomato sauce and egg Russian soup (cabbage 、tomato 、potato 、carrot 、onion pork soup)</p> <p><u>Refreshments</u> Biscuit 、Pumpkin sago soup</p>	<p><u>Breakfast</u> Steamed buns, milk</p> <p><u>Lunch</u> Rice with braised fish fillet, corn and Courgette Soup with gassho melon, carrot and water chestnut</p> <p><u>Refreshments</u> Beef and corn congee</p>	<p><u>Breakfast</u> Corn omelets</p> <p><u>Lunch</u> Beef risotto with carrot and potato Fresh Huaishan dried Euryale seeds and chestnut Lean Meat Soup</p> <p><u>Refreshments</u> Mala cake and milk</p>	<p><u>Breakfast</u> Cereal with beef and egg</p> <p><u>Lunch</u> Cabbage and lean meat macroni</p>
C	<p><u>Breakfast</u> Cereal and milk</p> <p><u>Lunch</u> Yangzhou fried rice, Watercress and Luo Han Guo bone broth</p> <p><u>Refreshments</u> Cabbage and Chicken macroni</p>	<p><u>Breakfast</u> Mala cake</p> <p><u>Lunch</u> Chicken Tenders with tomato and tofu Soak baby cabbage in soup Papaya, snow fungus soup</p> <p><u>Refreshments</u> Custard bun</p>	<p><u>Breakfast</u> Mixed vegetables, Huaishan lotussdeed and minced pork noodles</p> <p><u>Lunch</u> Stir-fry rice noodles with onion, carrot, cabbage and egg chicken congee</p> <p><u>Refreshments</u> Biscuits, red bean and lily sweet soup</p>	<p><u>Breakfast</u> Steamed buns, milk</p> <p><u>Lunch</u> Boiled Fish Fillet with Broccoli and Corn Lotus root, octopus and mung bean bone soup</p> <p><u>Refreshments</u> Beef Congee</p>	<p><u>Breakfast</u> Boiled egg and milk</p> <p><u>Lunch</u> Chicken risotto with Choi Sum and carrot Pumpkin, tomato, carrot, apple soup</p> <p><u>Refreshments</u> Custard Bun</p>	<p><u>Breakfast</u> cereal with lean meat , milk</p> <p><u>lunch</u> Fried rice with miscellaneous beans and pork</p>

D	<p><u>Breakfast</u> Honey star with milk</p>	<p><u>Breakfast</u> butter sandwich, milk</p>	<p><u>Breakfast</u> Chicken Macaroni with lettuce</p>	<p><u>Breakfast</u> Cake and milk</p>	<p><u>Breakfast</u> Corn omelet</p>	<p><u>Breakfast</u> Cereal with egg and milk</p>
	<p><u>Lunch</u> Chicken Risotto with onions, zucchini and carrots lean meat soup with Huaishan Chestnut Snow fungus</p>	<p><u>Lunch</u> Lean meat risotto with onions, tomatoes carrots and egg papaya , bean and lean meat soup</p>	<p><u>Lunch</u> Soy sauce chicken wings, sweet buns, broccoli</p>	<p><u>Lunch</u> Stir-fired noodles with minced pork, tofu and egg Carrots bone soup</p>	<p><u>Lunch</u> Fish fillet with Zucchini and corn Stir-fried lettuce Pumpkin, chestnuts, corn and red kidney bean vegetarian soup</p>	<p><u>Lunch</u> Rice noodles with mixed vegetables and minced meat</p>
	<p><u>Refreshments</u> Ramen noodles with mixed vegetables and minced meat</p>	<p><u>Refreshments</u> Stewed eggs</p>	<p><u>Refreshments</u> Russian soup (cabbage, tomato, potato, carrot, onion and pork soup)</p> <p><u>Refreshments</u> Biscuits, bean curd and barley sweet soup</p>	<p><u>Refreshments</u> lean meat congee with egg and corn</p>	<p><u>Refreshments</u> Swiss roll and milk</p>	