

全日班夏季餐單 Summer menu of full day class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	<p><u>Breakfast</u> Egg and milk oatmeal, water</p> <p><u>Lunch</u> Fish nuggets with Corn sauce, fried Chinese flowering cabbage, Ching bo leung with pork soup</p> <p><u>Refreshments</u> Pork with frozen vegetables fusilli</p>	<p><u>Breakfast</u> Black-eyed peas with pork congee</p> <p><u>Lunch</u> cauliflower 、 Cook with chicken fillet, pumpkin tomato fish soup</p> <p><u>Refreshments</u> Bread and milk</p>	<p><u>Breakfast</u> Cake and milk</p> <p><u>Lunch</u> Corn tofu steam meat pie Stir-fry Chinese cabbage Sticky rice, pumpkin, corn, red kidney bean pork soup</p> <p><u>Refreshments</u> Shanghai Pakchoi, pork with rice-flour noodles</p>	<p><u>Breakfast</u> Cabbage, chicken fillet with macaroni and water</p> <p><u>Lunch</u> Onion and fish Fuzzy melon with vegetable soup Tomato, potato, carrot with pork soup</p> <p><u>Refreshments</u> Biscuit, sweet potato with syrup</p>	<p><u>Breakfast</u> Boiled egg and milk</p> <p><u>Lunch</u> Cabbage, meat with fried noodles lettuce pork with congee</p> <p><u>Refreshments</u> Steamed bun with water</p>	<p><u>Breakfast</u> Biscuit and milk</p> <p><u>Lunch</u> Vegetables fusilli with meat spaghetti corn with meat soup</p>
B	<p><u>Breakfast</u> Corn flakes with milk</p> <p><u>Lunch</u> Fried rice Yangchou style Pueraria lobata, vigna Umbellate, hyacinth Bean jujube pork soup</p> <p><u>Refreshments</u> Sweet potato congee</p>	<p><u>Breakfast</u> Corn, pork with congee</p> <p><u>Lunch</u> Courgette stir-fry chicken fillet, tomato onion stir-fry egg, White gourd, semen coicis with fish soup</p> <p><u>Refreshments</u> Steamed egg with milk and water</p>	<p><u>Breakfast</u> choy sum, pork with macaroni 、 water</p> <p><u>Lunch</u> white mushroom sauce with meat spaghetti 、 Russian soup (cabbage 、 tomato 、 potato carrot 、 Onion pork soup)</p> <p><u>Refreshments</u> Pumpkin pork with congee</p>	<p><u>Breakfast</u> Vegetables, fusilli pork with alfabeto</p> <p><u>Lunch</u> Broccoli stir-fry fish fillet, corn, pork, fig, carrot Corn with pork soup</p> <p><u>Refreshments</u> Biscuit, dried bean milk cream in tight rolls with syrup</p>	<p><u>Breakfast</u> Steamed bun with milk</p> <p><u>Lunch</u> Tomato, pork cook egg fried brassica rapa chinesis Chayote, chestnut, Cashew, vegetables Fusilli soup</p> <p><u>Refreshments</u> Baby Chinese cabbage pork with fusilli</p>	<p><u>Breakfast</u> Biscuit and milk</p> <p><u>Lunch</u> Tomato pork with shang hai soup noodles</p>
C	<p><u>Breakfast</u> Biscuit and milk</p> <p><u>Lunch</u> Tomato, egg braise fish Fillet garlic broccoli Soya bean, carrot, jujube White fungus pork soup</p> <p><u>Refreshments</u></p>	<p><u>Breakfast</u> Choy sum, pork with farfalle</p> <p><u>Lunch</u> Pumpkin cook pork mince 、 edible Amaranth with vegetables soup 、 Green radish and carrot pork bones</p>	<p><u>Breakfast</u> Frozen vegetables chicken fillet with macaroni, water</p> <p><u>Lunch</u> Choy sum, carrot, egg, po stir-fry rice noodles in wide strips egg drop pork congee</p>	<p><u>Breakfast</u> Pork oatmeal and water</p> <p><u>Lunch</u> Baked beans, egg and pork Unpolished rice, stir-fry cabbage Cucumber, vigna umbellata Hyacinth Bean jujube pork</p>	<p><u>Breakfast</u> Boiled egg and milk</p> <p><u>Lunch</u> Coconut milk, carrot Potato Onion cook fish fillet Corn, chestnut White Fungus pork soup</p>	<p><u>breakfast</u> Biscuit and milk</p> <p><u>lunch</u> Yangzhou fried Rice Meat soup with egg and corn</p>

	Corn, mash potato and water	soup Refreshments Yam, pork wheat bran congee	Refreshments Cabbage, pork fusilli	soup Refreshments Steam cake and water	Refreshments Chinese cabbage with noodles	
D	Breakfast Boiled egg Lunch Tomato pork cooked Egg, onion, string bean stir-fry chicken fillet Fig, white Fungus pork soup Refreshments Bean, taros sweet water	Breakfast Hairy gourd pork congee and water Lunch Choy sum, braised beef, corn and fish fillet Chayote, corn, carrot pork soup Refreshments Frozen vegetables chicken fillet Hand-pulled noodles	Breakfast Iceberg Lettuce pork with alfabeto Lunch Fried rice Hairy gourd pork soup Refreshments Walnut, black rice congee	Breakfast Tomato pork with macaroni Lunch Soy sauce chicken wings boiled broccoli Refreshments Cake and water	Breakfast Bread and milk Lunch Water chestnuts steamed pork mince, garlic stir-fry cabbage, black, sticky rice, adenophora Radix polygonati officinalis yam pork soup Refreshments Egg drop pork congee	Breakfast Biscuit and milk Lunch Cabbage pork rice-flour noodles