




HKSPC Jockey Club Hok Sum Nursey School



Week 2,4	Monday (8/1,22/1)	Tuesday (9/1,23/1)	Wednesday (10/1,24/1)	GREEN-DAY Thursday (11/1,25/1)	Friday (12/1,26/1 Birthday Party)	Saturday (13/1,27/1)
Breakfast	Rice Noodles with Tomato and Lean Meat Soup	Salted Oatmeal with Lean Meat	Rice Noodle with Baby Cabbage and Lean Meat Soup	Bun Milk	Spaghetti with Lettuce and Lean Meat Soup	Cereal with Milk
Lunch	Tofu braised with Lean Meat Beef cooked with Fuzzy Melon Steamed Brown Rice Chayote, Corns and Lean Meat Soup Orange/ Apple	Egg steamed with Dried Mushrooms Lean Meat fried with Cabbage Rice Ching Po Leung and Lean Meat Soup Pear	Zucchini fried with Chicken Lean Meat cooked with Flowering Chinese Cabbage Rice Seaweed, Tofu and Lean Meat Soup Apple	Rice Noodles with Mixed Mushrooms and Mung Bean Sprouts Corns, Egg and Brown Rice Congee Pear/ Apple	Chicken Fillet stewed with Potato Beancurd Puff cooked with Long Cabbage and Vermicelli Rice Pumpkin, Onion and Lean Meat Soup Orange	Spaghetti with Mixed Vegetables and Lean Meat Soup Orange/ Apple

Teatime	Sweet Potato Soup	Round Rice Noodles with Flowering Chinese Cabbage	Sandwich with Jam Horlick	Pumpkin and Lily Blub Congee	Fusilli with Tomato and Lean Meat Soup	Apple Cake
Extend Service	Lean Meat fried with Fuzzy Melon Beef cooked with Tofu Steamed Brown Rice Fruit	Egg fried with Lean Meat Fried Cabbage Rice Fruit	Lean Meat cooked with White Cabbage Chicken fried with Flowering Chinese Cabbage Rice Fruit	Rice Noodles with Mixed Mushrooms and Mung Bean Sprouts Fruit	Lean Meat fried with Potato Chicken Fillet fried with Cabbage Rice Fruit	



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Week 1,3,5	Monday (15/1,29/1)	Tuesday (2/1,16/1,30/1)	Wednesday (3/1,17/1,31/1)	GREEN-DAY Thursday (4/1,18/1)	Friday (5/1)	Saturday (6/1,20/1)
Breakfast	Shang-Hai Noodles with Fuzzy Melon and Lean Meat Soup	Rice Noodles with Cabbage and Lean Meat Soup	Butter Loaf Milk Horlick	Oatmeal with Milk	Fusilli with Corns and Meat	Cereal with Milk
Lunch	Steamed Water Egg with Corns and Vermicelli Zucchini fried with Chicken Steamed Brown Rice Lotus, Mung Bean and Lean Meat Soup Apple	Lean Meat steamed with Fresh Mushrooms Lettuce braised with Corns Rice Salmon Head, Tomato and Tofu Soup Clementine	Lean Meat cooked with Radish Chicken cooked with Flowering Chinese Cabbage Rice Apricot Kernel, Corns, Carrot and Lean Meat Soup Pear/ Apple	Spaghetti with Corns, Shred Cabbage, Mushrooms and Cream Mixed Vegetable Soup Banana	Meat steamed with Potato Chicken Fillet cooked with Baby Cabbage Rice Green Radish, Carrot and Lean Meat Soup Apple	Rice Noodle with Corns and Shred Meat Apple/ Orange

Teatime	Macaroni with Flowering Chinese Cabbage and Lean Meat Soup	Sweet Plain Bun Soy milk	Lettuce and Lean Meat Congee	Eggs and Beancurd Sweet Soup	Little Bun Milk	Apple Cake
Extend Service	Egg fried with Chicken Zucchini braised with Corns Steamed Brown Rice Fruit	Lean Meat steamed with Lettuce Fried Fresh Mushrooms Rice Fruit	Chicken Fillet cooked with Beancurd Puff Lean Meat fried with Flowering Chinese Cabbage Rice Fruit	Spaghetti with Corns, Shred Cabbage, Mushrooms and Cream Fruit	Chicken Fillet cooked with Potato Lean Meat fried with Baby Cabbage Rice Fruit	