


Autumn Menu 1

Sep-Nov
(No. A1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal (Rice krispies) Milk	Noodles with cabbage and chicken	Boiled egg Milk	Rice noodles soup with corns and fish fillets	Oatmeal with egg drop in milk	Cereal (Coco pops) Milk
Lunch	Hairy gourd pork soup with egg drop Steamed chicken with black fungus Broiled baby cabbage Brown rice	Stir-fried pork fillets with onions Stir-fried Pak Choy Pumpkin rice	Tomato tofu fish soup Braised rice with assorted vegetables and chicken	Pork with Pumpkin Stir-fried broccoli White rice	Papaya snow fungus chicken soup Steamed eggs with spring onions Stir-fried Choy Sum with beef Red rice	Macaroni soup with vegetables, shredded pork and egg drop
Fruit	Apple/banana/grapes/dragon fruit/cherry tomato/orange/pear/papaya/ cantaloupe					/
Afternoon Tea	Gemelli soup with corns and chicken	Raisin bun Milk	Congee with shiitake mushrooms and minced pork	Butter sandwich Milk	Macaroni soup with tomatoes and beef	/

****Parents are advised to pay attention that the contents of the menu will be adjusted due to market availability without prior notice.****

Autumn Menu 2



Sep-Nov
(No. A2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal (Cocoa krispies) Milk	Rice noodles soup with Chinese cabbage and fish fillets	Oatmeal with egg drop in milk	Macaroni soup with assorted vegetables and pork	Boiled egg Milk	Cornflakes Chocolate Milk (Milo)
Lunch	Peanuts black-eyed peas lean pork soup Steamed chicken with shiitake mushrooms Stir-fried lettuce Brown rice	Pork with carrots and onions Stir-fried Pak Choy with garlic White rice	Congee with beef and ginkgo Braised board noodles with cabbage, egg and pork	Steamed chicken with black fungus Broiled baby cabbage Pumpkin rice	Tomato Potato Beef soup Steamed ground pork with oat Broiled cauliflower Red rice	Rice noodles soup with bean sprouts, shredded chicken and egg drop
Fruit	Apple/banana/grapes/dragon fruit/cherry tomato/orange/pear/papaya/ cantaloupe					/
Afternoon Tea	Congee with corns and lean pork	Wheat bread Milk	Sweet potato soup	Peanut buttered sandwich Milk	Conchiglie soup with lettuce and chicken	

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Autumn Menu 3



Sep-Nov
(No. A3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Oatmeal with egg drop in milk	Rice noodles soup with carrot and chicken	Boiled egg Milk	Rice noodles soup with cabbage and fish fillets	Cornflakes Milk	Cereal (Cocoa krispies) Ovaltine
Lunch	Carrot corns pork soup Steamed pork with pumpkin Stir-fried broccoli Brown rice	Beef with potato Stir-fried cauliflower Rice with corn	Apricot kernels snow fungus apples pork soup Braised rice with tomatoes, cabbage and chicken	Steamed pork with yam bean Stir-fried Choy Sum Red rice	Seaweed Cellophane noodles pork soup Steamed chicken with shiitake mushrooms Stir-fried Chinese cabbage White rice	Rice noodles soup with cabbage, lean pork and shredded egg
Fruit	Apple/banana/grapes/dragon fruit/cherry tomato/orange/pear/papaya/ cantaloupe					/
Afternoon Tea	Congee with lettuce and chicken	Butter sandwich Milk	Macaroni soup with corns and pork	Fruit jam sandwich Milk	Gemelli soup with tomatoes and beef	/

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Autumn Menu 4



Sep-Nov
(No. A4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal (Coco chex) Milk	Conchiglie soup with corns and fish fillets	Boiled egg Milk	Rice noodles soup with assorted vegetables and chicken	Oatmeal with egg drop in milk	Cereal (Rice krispies) Milk
Lunch	Ficus hirta corn pork soup Steamed minced pork with tofu Broiled Choy Sum Brown rice	Chicken with potato Stir-fried baby cabbage White rice	Tomato potato beef soup Braised spaghetti with corns, mushrooms and chicken	Steamed egg with pork Stir-fried Pak Choy with garlic Pumpkin rice	Lotus root green beans pork soup Eggplants with minced pork Broiled Choy Sum Red rice	Fried rice with assorted vegetables, pork and shredded egg
Fruit	Apple/banana/grapes/dragon fruit/cherry tomato/orange/pear/papaya/ cantaloupe					/
Afternoon Tea	Congee with dried cabbage and lean pork	Raisin bun Milk	Noodles soup with baby cabbage and pork	Fruit jam sandwich Milk	Macaroni soup with tomatoes and beef	/

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