



HKSPC Portland Street Nursery School



28/06/2022 修訂

Meal Menu

S-1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk corn flakes	Steamed buns Milk	Sweet plain bun Milk	Mixed vegetables and minced pork round rice noodles soup	Boiled egg Milk
Fruit	Orange	Dragon fruit	Chinese Pear	Banana	Apple
Lunch	Steamed tofu with fish paste Fried cabbage potato with egg and chicken Barley, tangerine peel and winter melon chicken soup	Steamed Chicken with Chinese mushroom and cloud ear fungus Fuzzy melon with lean pork Papaya Tofu and Fish Soup	Steam pork with water chestnut Stir-fried beef with choy sum Sugarcane and impetrate soup with water chestnut	Steamed Egg with Dried Shrimp and Vermicelli Fried Bok choy with chicken fillet Green Radish and Carrot lean Pork Soup	Mushroom and sweet corn spaghetti with fish fillet Borscht Soup (Beef)
Refreshments	Mixed beans and beef Macaroni	Wheat bread with raisin Water	Congee with lettuce and minced pork	Jam sandwich Milk	Red bean paste (less sweetened) Biscuits





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S-2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk oatmeal with egg	Sweet corn Milk	Wholemeal bun Milk	Lettuce and chicken rice noodles soup	Steamed buns Milk
Fruit	Orange	Dragon fruit	Chinese Pear	Banana	Apple
Lunch	Steamed Pork Patty with corn and tofu Stir-fried mixed vegetables with with chicken fillet Chayote Melon Soup with Carrot and chestnut	Steamed Beef meatball Lean pork with Chinese mushrooms and winter melon Lettuce and Tofu fish Soup	Steamed Egg with Minced pork Braised Chinese Cabbage with fishcake and vermicelli Ching Po Leung lean pork Soup	Steam pork with water chestnut and oatmeal Stir-fried Green String Beans with Beef Lotus Root, carrot, corn and cashew nut Soup	Fried noodles with shredded pork, cabbage, carrot & bean sprouts Bean sprouts, tomato and Tofu Fish Soup
Refreshments	Tomato and chicken spaghetti soup	Butter roll Water	Congee with Chinese mushroom and beef	Boiled egg Milk	Dried Bean curd, barley and egg Dessert (less sweetened) Biscuits



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S-3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk corn flakes	Congee with lettuce and chicken	Boiled egg Milk	Tomato and lean pork rice noodles soup	Sesame soft bread Milk
Fruit	Dragon fruit	Orange	Banana	Chinese Pear	Apple
Lunch	Steamed Tofu with lean Pork Fried carrot and cabbage with chicken Fuzzy melon soup with lean pork and egg	Fish omelet Fried choy sum with lean pork Pumpkin, corn and Fish Soup	Steam pork with pumpkin Lean pork with Chinese mushrooms and fuzzy melon Snow Ear fungus, carrot and chicken soup	Steamed Egg with minced pork and Vermicelli Mixed vegetables and pork Seaweed Soup with Eggs and lean pork	Spaghetti Bolognese with mushroom Green radish and carrots with Beef Soup
Refreshments	Bok choy and chicken macaroni soup	Twist Bun Unsweetened soymilk	Sweet potato congee	Steamed buns Unsweetened soymilk	Apple and pear sweet soup (less sweetened) Biscuits



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S-4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk oatmeal with egg	Congee with Chinese mushroom and minced pork	Sweet corn Milk	Carrots and beef rice noodles soup	Wheat bread with raisin Water
Fruit	Dragon fruit	Orange	Banana	Chinese Pear	Apple
Lunch	Steamed Tofu with minced pork Fried choy sum with chicken fillet Lotus root soup with dried octopus	Steamed egg with minced beef Fuzzy melon with lean pork Tomato, potato and Fish Soup	Steamed Chicken with Cloud Ears Chinese mushroom and Lily Buds Baby Chinese cabbage with lean pork and Vermicelli Chinese pear, apple, chestnut and carrot soup	Steam pork with corn Stir Fried Cauliflower with Beef Barley, tangerine peel, winter melon and chicken soup	Minced pork and Mushroom Penne Borscht Soup (Beef)
Refreshments	Celery cabbage and pork spaghetti soup	Mini pancake Unsweetened soymilk	Lean pork dried Chinese cabbage congee	Jam sandwiches Unsweetened soymilk	Sweet potato soup (less sweetened) Biscuits



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S-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk corn flakes	Congee with lettuce and lean pork	Sweet corn Milk	Chinese mushroom and chicken round rice noodles	Twist Bun Milk
Fruit	Dragon fruit	Orange	Banana	Chinese Pear	Apple
Lunch	Steamed Tofu with minced pork Stir fried mixed vegetables Winter melon soup with lean pork and egg	Steam beef with water chestnut Fried carrot, onion, seasonal melon and lean pork Bean sprouts, tomato and Tofu Fish Soup	Steamed Egg with minced pork and carrot Stir-fired Chinese mushroom, vegetable and fish cake Peanuts, Black Eyed Pea and Chicken Soup	Braised Chinese Cabbage with lean pork and vermicelli Chicken Wings in Soy Sauce Pumpkin and corn beef soup	Carrot, cabbage and egg spaghetti with beef Corn, chestnut and pork soup
Refreshments	Tomato and beef macaroni soup	Butter roll Unsweetened soymilk	Pelleted Wheat Sweet Soup	Boiled sweet potato Unsweetened soymilk	Papaya and snow ear fungus sweet soup (less sweetened) Biscuits



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Saturday	Breakfast	Fruit	Lunch	Refreshments
S-1	Biscuits Milk	Fruits in season now	Congee with lettuce and fish	Boiled sweet corn
S-2	Milk corn flakes	Fruits in season now	Congee with sweet potato and minced pork	Boiled egg
S-3	Biscuits Milk	Fruits in season now	Congee with pumpkin and minced pork	Boiled sweet potato
S-4	Milk corn flakes	Fruits in season now	Congee with lean pork and dried Chinese cabbage	Boiled egg
S-5	Biscuits Milk	Fruits in season now	Congee with Chinese mushroom and beef	Seasonal vegetables spaghetti soup