


 Hong Kong Society for the Protection of Children Portland Street Nursery School
 

## Meal Menu

S-1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk Cornflakes	Steamed Bun Milk	Sweet Bread Milk	Mixed Vegetable Minced Meat Soup Rice Noodles	Boiled Egg Milk
<b>Fruit</b>	Apple/Blueberry	Apple/Orange	Apple/ Banana	Apple/ Dragon Fruit	Apple/ Pear
<b>Lunch</b>	Steamed Tofu with Fish  Soup with Cabbage, Potato, Chicken and Shredded fried eggs  Barley, Dried Tangerine Peel, Winter Melon, and Lean Meat Soup (Peeled)	Mushroom and Dried Black Fungus Steamed Chicken Cubes  Zucchini with Lean Meat  Papaya, Tofu, and Fish Soup	Steamed Meat Patty with Water Chestnut  Choy Sum with Beef  Carrot, Bamboo Sugar, and Water Chestnut Soup	Shrimp and Vermicelli Steamed Egg  Stir-fried Chicken Strips with Cabbage  Green and Red Carrots Lean Meat Soup	Pasta with Corn and Mushroom Fish Fillet  Borscht (Beef)
<b>Snacks</b>	Mixed Bean Beef Soup with Pasta	Grape Bun Water	Lettuce and Corn Minced Meat Congee	Peanut Butter Sandwich Milk	Red Bean Paste (Less Sugar) With Cookies





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## Meal Menu

S-2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk and Egg Flower Oatmeal	Steamed Corn Kernels Steamed Bun with Milk	Wheat Roll Milk	Lettuce Chicken Shredded Rice Noodles	Sweet Bread Milk
<b>Fruit</b>	Apple/Blueberry	Apple/Orange	Apple/ Banana	Apple/ Dragon Fruit	Apple/ Pear
<b>Lunch</b>	Corn and Tofu Steamed Meatloaf  Stir-fried Chicken Strips with Mixed Vegetables  Winter Melon, Chestnut, Carrot, and Lean Meat Soup	Steamed Meatballs (Mangosteen Beef)  Winter Melon and Mushroom Stew Lean Meat  Lettuce, Tofu, and Fish Soup	Minced Meat Steamed Egg  Choy Sum and Fish with Vermicelli  Clear Soup with Lean Meat	Oatmeal and Water Chestnut Steamed Meatloaf  Stir-fried Green Beans with Beef  Lotus Root and Corn Carrot and Cashew Soup	Fried noodles with shredded pork, cabbage, carrot & bean sprouts  Bean sprouts, Tomato and Tofu Fish Soup
<b>Snacks</b>	Spaghetti with tomato and chicken soup	Butter roll Water	Congee with mushroom and beef	Boiled Egg Milk	Dried Bean curd, barley, and egg (Less sweetened) Biscuits




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## Meal Menu

S-3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk Cornflakes	Lettuce Chicken Porridge	Boiled Egg Milk	Tomato Lean Meat Rice Noodles	Sesame Soft Bun Milk
<b>Fruit</b>	Apple/Blueberry	Apple/Orange	Apple/Banana	Apple/Dragon Fruit	Apple/ Pear
<b>Lunch</b>	Steamed Lean Meat with Tofu Stir-fried Chicken with Carrots and Cabbage Zucchini and Egg Drop Soup with Lean Meat	Fish and Egg Roll Stir-fried Choy Sum with Lean Meat Pumpkin and Corn Fish Soup	Steamed Pumpkin Meat Patty Braised Lean Meat with Mushrooms Zucchini Dried Black Fungus and Carrots Chicken (Skinless) Soup	Steamed Egg with Minced Meat and Vermicelli Mixed Vegetables with Beef Chicken Soup with Job's Tears, Dried Tangerine Peel, and Winter Melon (Skinless)	Mushroom Meat Sauce Pasta Beef Shank Soup with Carrots and Radishes
<b>Snack</b>	Cabbage and Chicken Soup with Noodles	Twisted Bread Roll Milk	Sweet Potato Porridge	Steamed Bun Milk	Apple and Pear Sweet Soup (Less Sweet) with Cookies




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## Meal Menu


S-4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk Egg Drop Oatmeal	Mushroom and Minced Meat Porridge	Steamed Corn Kernels Bread Roll with Milk	Carrot and Beef Soup with Rice Noodles	Grape Bun Milk
<b>Fruit</b>	Apple/Blueberry	Apple/Orange	Apple/Banana	Apple/Dragon Fruit	Apple/ Pear
<b>Lunch</b>	Steamed Minced Meat with Tofu  Stir-fried Chicken Strips with Choy Sum  Lotus Root, Mung Bean, Octopus, and Pork Shank Soup	Beef Steamed Egg  Stewed Zucchini with Lean Meat  Tomato and Beetroot Potato Fish Soup	Steamed Chicken Strips with Golden Needle Mushrooms and Dried Black Fungus Mushrooms Cabbage and Vermicelli with Lean Meat Pear, Apple, Chestnut, and Carrot Soup	Steamed Pork Patty with Corn  Stir-fried Beef with Cauliflower  Seaweed and Egg Drop Soup with Lean Meat	Pasta with White Sauce and Minced Meat  Borscht (Beef)
<b>Snack</b>	Shredded Pork with Yellow Cabbage Soup with Pasta	Mini Pancakes Milk	Lean Meat Congee with Dried Vegetables	Jam Sandwich Milk	Sweet Potato Dessert (Less Sweet) Cookies


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## Meal Menu

S-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk Cornflakes	Lettuce and Lean Meat Congee	Steamed Corn Kernels Bread Roll with Milk	Mushroom and Shredded Chicken Rice Noodles	Twisted Bread Roll Milk
<b>Fruits</b>	Apple/Blueberry	Apple/Orange	Apple/ Banana	Apple/ Dragon Fruit	Apple/ Pear
<b>Lunch</b>	Steamed Egg with Minced Meat and Tofu  Stir-fried Mixed Vegetables  Winter Melon and Egg Drop Soup with Lean Pork	Steamed Beef with Water Chestnut  Stir-fried Lean Pork with Carrot, Onion, and Zucchini  Large Bean Sprouts with Tomato Tofu Fish Soup	Steamed Egg with Minced Meat and Shredded Carrot  Stir-fried Fish with Mushrooms and Seasonal Vegetables  Chicken Soup with Zucchini, Peanuts, and Mung Beans	Shredded Cabbage and Lean Pork with Vermicelli  Soy Sauce Chicken Wings  Pumpkin and Corn Beef Soup	Carrot, Egg, and Cabbage Stir-fried Beef Pasta  Corn, Water Chestnut, and Carrot Pork Knuckle Soup
<b>Snacks</b>	Tomato Beef Soup with Macaroni	Butter Roll Milk	Barley Porridge	Steamed Sweet Potato Milk	Papaya and Fungus Dessert (Less Sweet) with Cookies




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## Meal Menu

<b>Saturday</b>	<b>Breakfast</b>	<b>Fruits</b>	<b>Lunch</b>	<b>Snacks</b>
<b>S-1</b>	Cookies with Milk	Seasonal Fruits	Lettuce and Fish Congee	Steamed Corn
<b>S-2</b>	Milk Cornflakes	Seasonal Fruits	Sweet Potato and Minced Meat Congee	Steamed Egg
<b>S-3</b>	Cookies with Milk	Seasonal Fruits	Pumpkin and minced meat porridge	Steamed Sweet Potato
<b>S-4</b>	Milk Cornflakes	Seasonal Fruits	Dried vegetable and lean meat porridge	Steamed Egg
<b>S-5</b>	Cookies with Milk	Seasonal Fruits	Mushroom and beef porridge	Vegetable soup with pasta