



# School Meals

No.AA-1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk	Milk	Soy milk	Milk	Steamed sponge cake	Milk and egg oatmeal
	Finger bun	Cornflakes	Custard bun	Boiled egg		
Fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	
Lunch	Zucchini with lean pork	Tomato and egg with beef	Potato with lean pork	Zucchini with lean pork	Okra with steamed egg	Carrot and lean pork macaroni
	Seasonal vegetables with mushrooms and chicken	Seasonal vegetables with vermicelli and lean pork	Winter melon with chicken, brown rice, seasonal fruit	Seasonal vegetables with chicken	Seasonal vegetables with lean pork	
	Vermicelli and egg drop lean pork soup	Lotus root and green bean lean pork soup	Tofu and corn egg drop soup with minced meat	Green and red carrot pork shank soup	Golden and silver egg lean pork soup	
	Wheat rice	Red kidney bean rice	Brown rice	Purple rice	White rice	
Tea	Corn and egg lean pork congee	Carrot and lean pork macaroni	Tomato and lean pork alphabet pasta	Bread roll	Soy milk	
					Bun	
Extended Meal	Milk	Milk	Corn and chicken spiral pasta	Mixed vegetables with lean pork rice noodles in soup	Rice noodles in soup	
	Cornflakes	Jam sandwich				

Remark: Seasonal fruits mainly include oranges and apples, with occasional seasonal fruits.





## School Meals

No.AA-2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk	Soy milk	Milk	Milk	Steamed sponge cake	Low-sugar soy milk
	Raisin bun	Steamed vegetable and meat bun	Honey stars	Jam sandwich		Biscuit
Fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal vegetables with shredded meat soup noodles
Lunch	Seasonal vegetables and carrot stir-fried with chicken	Cucumber with lean pork	Potato with chicken	Onion and mushroom braised chicken fillet	Seasonal vegetables with fish	
	Seasonal vegetables with vermicelli and lean pork	Corn and tofu with chicken	Tomato and egg with lean pork	Carrot stir-fried with lean pork	Zucchini with beef	
	Seaweed and egg drop lean pork soup	Tomato and potato lean pork soup	Zucchini lean pork soup	winter melon minced meat and egg drop soup	Pumpkin tofu egg lean pork soup	
	Soybean rice	Purple rice	White rice	Mixed bean rice	Red rice	
Tea	Seasonal vegetables and lean pork macaroni	Seasonal vegetables and egg drop lean pork rice noodles	Bread roll	Corn and lean pork alphabet pasta	Milk	
					Cake	
Extended Meal	Milk	Corn and chicken macaroni	Mixed vegetables with lean pork spiral pasta	Lemon water	Seasonal vegetables with shredded meat soup noodles	
	Biscuits					

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## School Meals

No.AA-3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk	Custard bun	Milk	Milk	Milk	Milk, Puffed rice
	Bun		Bread roll	Rice Krispies	Raisin bun	
Fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	
Lunch	Tofu and mixed vegetables with chicken	Steamed egg	Potato with lean pork	Corn and egg drop braised chicken	Cucumber and carrot stir-fried with chicken fillet	Chicken and egg shreds fried rice
	Seasonal vegetables with lean pork	napa cabbage with vermicelli and chicken vermicelli and lean pork	Seasonal vegetables with fish cake, cucumber stir-fried with chicken	Pumpkin with lean pork	Seasonal vegetables with beef	
	Apple and red date pork shank soup	Papaya and peanut lean pork soup	Winter melon lean pork soup	Dried vegetable and red date pork shank soup	Black-eyed pea and peanut lean pork soup	
	Red rice	Red kidney bean rice	Mixed bean rice	Brown rice	Purple rice	
Tea	Seasonal vegetables and egg drop lean pork, Alphabet pasta	Milk	Seasonal vegetables and egg drop lean pork congee	Lemon water	Seasonal vegetables and egg drop lean pork macaroni	
		Jam sandwich		Bun		
Extended Meal	Milk	Corn and lean pork macaroni	Mixed vegetables and chicken oatmeal	Seasonal vegetables with lean pork rice noodles	Seasonal vegetables with lean pork noodles	
	Cheese sandwich					

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## School Meals

No.AA-4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk	Milk	Steamed vegetable and meat bun	Milk	Steamed sponge cake	Milk
	Raisin bun	Cornflakes		Jam sandwich		Biscuit
Fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Tomato and lean pork braised macaroni
Lunch	Tomato and carrot with chicken	Potato with chicken fillet	Corn and egg with chicken fillet	Napa cabbage stir-fried with shredded meat	Pumpkin and egg with chicken fillet	
	Seasonal vegetables with lean pork	Onion and mushroom stir-fried with beef	Seasonal vegetables with vermicelli and lean pork	Cucumber with fish	Seasonal vegetables with beef	
	Dried vegetable and red date pork shank soup	Winter melon egg drop lean pork soup	Tomato and potato pork shank soup	Dried vegetable and red date pork shank soup	Old cucumber and lentil lean pork soup	
	Purple rice	White rice	Soybean rice	Wheat rice	Red rice	
Tea	Corn and egg drop lean pork noodles	Tomato and lean pork macaroni	Milk	Seasonal vegetables and lean pork egg drop shell pasta	Milk	
			Bun		Raisin bun	
Extended Meal	Mixed vegetables with shredded meat macaroni	Corn and egg drop lean pork oatmeal	Seasonal vegetables and lean pork soup noodles	Mixed vegetables and shredded chicken soup spaghetti	Seasonal vegetables and shredded chicken soup rice noodles	

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