

2023–2024 January Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Corn flakes Milk	Sesame bun Soya milk (low sugar)	Cereal with milk and egg	Macaroni with choy sum, egg and fish meat in soup	Sweet bun Milk	Corn flakes Milk
Lunch	Steamed egg Stir-fried seasonal vegetables with fish floss White rice	Steamed lean pork with water chestnut and mushroom Choy sum with garlic Brown rice	Braised spaghetti with spinach, mushroom and fish fillet	Braised minced port with corn and tofu Broccoli with garlic Red and white rice	Stewed chicken wings with potato Napa cabbage with mixed mushrooms White rice	Lettuce, shredded egg and lean pork soup Shanghai noodles Water Seasonal fruit
Soup	Papaya, apple, snow fungus, gorgon, pearl barley and lean pork soup	Coconut, lily, snow fungus, chestnut and chicken soup (skinless chicken)	Borscht soup (carrot, tomato, onion, cabbage and potato)	Fig-leaf gourd, red lentil, lentil and pork shank soup	Watercress, carrot, apricot kernel and fish soup	
Fruits	Orange	Apple	Tangerine	Banana	Dragon fruit	
Refreshments	Conchiglie with lettuce, shredded egg and shredded chicken in soup	Stewed egg (low sugar) Water	Boiled corn Low sugar high calcium soya milk	Egg white cake (low sugar) Milk	Seasonal vegetable, egg and shredded chicken congee	

*For children who are allergic to milk, soya milk (Calci-Plus) will be provided.

*For children who are allergic to beef/cannot eat pork due to their religious beliefs, chicken will be provided.

*If the number of children is small on Saturday, the school will adjust the lunch according to the situation.