

2023–2024 March Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|--|---|---|---|--|---|
| Breakfast | Corn flakes Milk | Shanghai noodles with bak choy, egg and lean pork in soup | Low-fat cheese sandwich Soya milk (low sugar) | Milk oatmeal | Savoury bun Milk | Corn flakes Milk |
| Lunch | Braised lean pork with corn and egg Stir-fried choy sum with garlic White rice | Chicken fillet with potato and onion Stir-fried Shanghai white cabbage Red and white rice | Braised macaroni with courgette, corn and minced pork | Steamed egg with lean pork Stir-fried jointed wax gourd, water chestnut and black fungus White rice | Steamed tofu with mushroom and fish meat Stir-fried shredded chicken with Chinese cabbage Brown rice | Noodles with choy sum, shredded egg and shredded pork in soup Seasonal fruit |
| Soup | Coconut, chestnut, lily, baby carrot and chicken soup (skinless chicken) | Sugar cane, imperatae, water chestnut and apple soup | Tomato, carrot, beetroot and chickpea soup | Papaya, apple, snow fungus, gorgon, pearl barley and lean pork soup | Corn, carrot, water chestnut and bamboo cane soup | |
| Fruits | Banana | Dragon fruit | Orange | Apple | Grapes | |
| Refreshments | Pumpkin and lean pork congee | Bar bun Low sugar high calcium soya milk | Conchiglie with fish meat and lettuce | Red bean and sago sweet soup (low sugar) | Vermicelli with egg, choy sum and lean pork in soup | |

***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.**