

## 2023–2024 April Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Corn flakes Milk	Low-fat cheese sandwich Low sugar high calcium soya milk	Cereal with milk and egg	Sponge cake Soya milk (low sugar)	Fusilli with tomato, potato and shredded chicken	Corn flakes Milk
<b>Lunch</b>	Stewed winter melon with shredded chicken and tofu Stir-fried egg with garlic chives Red and white rice	Stir-fried bak choy Egg, minced pork with baked beans White rice	Stir-fried Shanghai noodles with bean sprouts, shredded baby carrot and lean pork Lettuce and corn congee	Stir-fried shredded chicken with black fungus and cabbage Steamed egg White rice	Diced pork with courgette, baby carrot and egg Stir-fried choy sum with garlic Brown rice	Buckwheat noodles with seasonal vegetable, egg and lean pork in soup Water Seasonal fruit
<b>Soup</b>	Carrot, corn, tomato and potato soup	Night blooming cereus, carrot and fish soup	/	Pumpkin, tofu and minced pork soup	Cucumber, red lentil, lentil and pork shank soup	
<b>Fruits</b>	Banana	Papaya	Dragon fruit	Orange	Apple	
<b>Refreshments</b>	Dried vegetable, black-eyed beans and lean pork congee	Macaroni with choy sum and chicken	Bean curd sheet, egg and pearl barley sweet soup (low sugar)	Noodles with tomato and minced beef in soup	Raisin bun Low sugar high calcium soya milk	

**\*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.**