

## 2023–2024 May Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Corn flakes Milk	Sesame bun Soya milk (low sugar)	Milk oatmeal	Macaroni with choy sum, egg and fish meat in soup	Sweet bun Low sugar high calcium soya milk	Corn flakes Milk
<b>Lunch</b>	Steamed egg Stir-fried seasonal vegetable with shredded chicken White rice	Steamed lean pork with water chestnut and mushroom Choy sum with garlic Brown rice	Braised spaghetti with tomato, mushroom and diced chicken	Braised lean pork with corn and tofu Broccoli with garlic Red and white rice	Stewed chicken wings with potato Stir-fried napa cabbage White rice	Shredded lettuce, shredded egg and lean pork soup Shanghai noodles Water Seasonal fruit
<b>Soup</b>	Pumpkin, tomato, red bean and lean pork soup	Lotus seed, lily, gorgon, pearl barley, snow fungus and chicken soup (skinless chicken)	Italian mixed vegetable soup (cabbage, carrot, tomato, potato, chickpea and alfabeto)	Jointed wax gourd, bean curd sheet and fishtail soup	Corn, carrot, water chestnut and bamboo cane soup	
<b>Fruits</b>	Orange	Grapes	Banana	Apple	Dragon fruit	
<b>Refreshments</b>	Coconut milk and black glutinous rice sweet soup (low sugar)	Conchiglie with lettuce, shredded egg and shredded chicken in soup	Boiled egg Low sugar high calcium soya milk	Savoury crispy bun Milk	Mushroom, shredded chicken and egg 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.**