

2023–2024 July Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Corn flakes Milk	Boiled egg Low sugar high calcium soya milk	Shanghai noodles with bak choy, egg and chicken in soup	Milk oatmeal	Sesame bun Soya milk (low sugar)	Corn flakes Milk
Lunch	Braised lean pork with carrot and corn Stir-fried choy sum with garlic White rice	Chicken fillet with potato and onion Stir-fried bak choy Red and white rice	Braised macaroni with courgette, corn and beef	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 Water Seasonal fruit
Soup	Green radish, carrot, apricot kernel and pork shank soup	Beef tripe, chestnut, cashew and mushroom soup	Apple, snow fungus, gorgon, pearl barley and chick soup (skinless chicken)	Papaya, peanut, snow fungus and fish soup	Lotus root, green bean and lean pork soup	
Fruits	Papaya	Grapes	Orange	Banana	Apple	
Refreshments	Lettuce, egg and mushroom congee	Vermicelli with choy sum and fish meat in soup	Bar bun Milk	Sweet potato sweet soup (low sugar)	Conchiglie 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.**