



2024 – 2025 December Menu

	Green Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Corn flakes Milk	Fusilli with seasonal vegetable, beef and egg	Low-fat cheese sandwich Soya milk (no sugar)	Oatmeal with milk and egg	Raisin bun Milk	Corn flakes Milk
Lunch	Steamed egg with tofu Stir-fried jointed wax gourd, water chestnut and black fungus White rice	Steamed pork patty with pork and water chestnut Bak choy with garlic Brown rice	Stir-fried Shanghai noodles with bean sprouts, shredded baby carrot and lean pork Egg, lettuce and corn congee	Fish with courgette and corn Stir-fried choy sum White rice	Stewed chicken wings with potato Napa cabbage with mixed mushrooms Red and white rice	Buckwheat noodles with seasonal vegetable, egg and lean pork in soup Seasonal fruit
Soup	Beetroot, corn and red kidney bean soup	Kudzu, red lentil, lentil and fish soup	/	Chayote, chestnut, walnut and pork shank soup	Lotus root, carrot, octopus and lean pork soup	
Fruits	Apple	Grapes	Dragon fruit	Orange	Papaya	
Refreshments	Congee pumpkin and assorted mushrooms	Tuna bun Low sugar high calcium soya milk	Sweet potato sweet soup (low sugar)	Boiled egg Chrysanthemum drink with wolfberries	Macaroni with mushroom, lettuce, egg and lean pork	

- * 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.

