



# 2022-23 Our School Meals

Date : 2/1-6/1/2023



	2/1/2023 (Mon)	3/1/2023 (Tue)	4/1/2023 (Wed)	5/1/2023 (Thur)	6/1/2023 (Fri)
Morning Refreshment	<div>School Holiday</div>		Animals Biscuit Milk	Oatmeal with Milk Water	Sesame Bun Milk
Lunch			1. Beef In Teriyaki Sauce 2. White Rice 3. Stuffed Hairy Melon with dried octopus and pork Soup 4.FRUIT	1. Minced Fish With Cauliflower In Spinach Sauce 2.Spaghetti 3. Borscht Soup (with pork) 4.FRUIT	1.Steamed Egg With Minced Chicken and Water Chestnut 2.Red Rice 3. Papaya with pork Soup 4.FRUIT
After tea			Vegetable and Shredded meat with noodle Water	Steamed Vermicelli Roll Water	Congee with eyebrow beans Water

If your child is not suitable to eat any of the above foods or is sensitive, please inform the class teacher to make alternative arrangements. Thank you for your cooperation!