



# 2022-23 Our School Meals

## Date : 12/12-16/12/2022



	12/12/2022 (Mon)	13/12/2022 (Tue)	14/12/2022 (Wed)	15/12/2022 (Thur)	16/12/2022 (Fri)
Morning Refreshment	Mixed Biscuit Milk	Congee with minced meat and Vegetable Water	Spring Onion Steamed Bun Water	Oatmeal with corn Milk	Piggy Bun Water
Lunch	1 Pork Chop In Mushroom Sauce 2.White Rice 3. Corn And Carrot with lean pork Soup 4.FRUIT	1.Steamed Chicken With Chinese Wolfberries 2. Red rice 3. Sea Coconut candied dates with lean pork soup 4.FRUIT	1.Fish Fillet In Portugese Sauce 2.Rice 3. Mangosteen Corn with lean pork Soup 4.FRUIT	1.Steamed Meat Cake With Mushroom 2. Oat Rice 3. Carrot and Tomato with meat Soup 4.FRUIT	1. Minced Beef In Tomato meat and corn 2. Fusilli 3. Pumpkin with lean pork Soup 4.FRUIT
After tea	Oatmeal with Wonton Shredded Water	Sandwich with Butter Milk	Hand-Pulled Noodle with Egg Shredded and seaweed Water	Boiled Sweet Potato Water	Congee with Mixed peas 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!