



Pk Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	16/09/2019	17/09/2019	18/09/2019	19/09/2019	20/09/2019
Morning Snack	Steamed Bun, Milk	Chicken Sandwich, Milk	Oat Cookie, Milk	Banana Cupcake, Milk	French Toast, Milk
Main Western	Grilled Fish with Vinaigrette	Stir-fried Spaghetti with Ham	Baked Chicken with Orange Sauce	Spaghetti Pork Balls	BBQ Pork
Vegetables	Carrots	Cauliflower	Broccoli	Zucchini	Mixed Vegetable
Potatoes	Baked Potato	Baked Potato with White Sauce	Maxim Potato	Mashed Potato	French Fries
Main Oriental	Kai Pa Lo (Sweet Stewed Egg)	Garlic Chicken	Red Pork with Rice	Fried Rice with Chicken and Chinese Sweet Sausage	Fried Chicken
Main Oriental	Roasted Salty Chicken	Stir-fried Fish	Clear Soup with Cabbage, Tofu and Minced Chicken	Fish with Tamarind Sauce	Papaya Salad with Sticky Rice
Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits
Afternoon Snack	Seasonal Fresh Fruits, Milk	Seasonal Fresh Fruits, Milk	Seasonal Fresh Fruits, Milk	Seasonal Fresh Fruits, Milk	Seasonal Fresh Fruits, Milk