



PK Menu



Week day Date	Monday 23/03/2020	Tuesday 24/03/2020	Wednesday 25/03/2020	Thursday 26/03/2020	Friday 27/03/2020
Morning Snack	Steamed Bun & Milk	Chicken Sandwich & Milk	Oat Cookie & Milk	Banana Cake & Milk	French Toast & Milk
Western	Grilled Fish with Vinaigrette Sauce	Stir-fried Spaghetti with Ham	Baked Chicken with Orange Sauce	Spaghetti Pork Balls	BBQ Pork
Vegetable	Carrots	Cauliflower	Broccoli	Zucchini	Mixed Vegetable
Potato	Mashed Potato	Baked Potato with White Sauce	Maxim Potato	Mashed Potato	French Fries
Oriental	Sweet Stewed Egg (Kai Pa Lo)	Garlic Chicken	Red Pork with Rice	Chicken Fried Rice with Chinese Sausage	Fried Chicken
Oriental	Roasted Salty Chicken	Stir-fried Fish with Celery	Chinese Cabbage Soup with Tofu & Minced Chicken	Fried Fish with Tamarind Sauce	Papaya Salad with Sticky Rice
Egg	Boiled Egg	Omelette	Boiled Egg	Steamed Egg	Scrambled Egg
Live Cooking	Chinese-Style Stir-fried Noodle	Stir-fried Spaghetti with Ham	Fried Fish	Spaghetti Pork Balls	Stir-fried Noodle
Noodles	Clear Soup with Cabbage	Clear Soup with Egg Tofu	Ramen	Clear Soup with Seaweed	Clear Soup with Chinese Cabbage
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