



TSEUNG KWAN O METHODIST PRIMARY SCHOOL

DEC'22 & JAN'23

Date		A	B	C	D	E
12/12	Mon	Baked pork chop and mushroom with rice ☞	Chicken fillet in tomato sauce with spaghetti	Braised patty and Chinese cabbage with corn rice ☞	Pork siu mai and vegetable with rice roll ☞	Egg with vegetables + mushroom and vegetarian chicken in black pepper sauce with corn rice (spicy) ☞
13/12	Tue	Seafood in curry sauce with rice (spicy) ☞☞☞	Baked cheese sausage in beef sauce with spaghetti ☞☞	Sliced pork and mushroom, gourd with rice ☞	Crab meat and assorted vegetables with fusilli ☞☞	Tofu, Chinese white fungus and diced gourd with rice ☞
14/12	Wed	Baked chicken in low fat cheese sauce with rice	Corn and beef with mixed noodles ☞☞	Braised fish tofu, tofu and minced pork with ten grain rice ☞☞	Shredded pork and patty, with noodles and vegetable	Assorted vegetable, mushroom and dried bean curd with E-Fu noodles ☞
15/12	Thu	Beef brisket and vegetable with rice ☞☞	Baked pork chop in Maggi sauce with fusilli	Diced pork and mini bamboo shoots with rice ☞	Chicken fillet with pumpkin and carrot	Braised vegetarian meat and vegetable with corn rice ☞
16/12	Fri	Beef tenderloin in herb sauce with rice ☞	Baked pork burger and assorted vegetables with spaghetti	Chicken pieces in onion sauce with rice	Grilled chicken drumsticks with mushroom and potato ☞	Stewed bean roll, turnips and parsley with rice ☞
19/12	Mon	Baked fish fillet in tomato sauce with rice ☞	Beef and shredded mushroom with spaghetti ☞☞	Steamed egg with corns + pork tenderloin with red rice ☞☞	Pork balls and vegetable, Glutinous rice with chicken and mushroom	Dried bean curd, celery and mushroom with red rice ☞
20/12	Tue	Teriyaki chicken fillet with rice ☞	Baked beef tenderloin in black pepper sauce with linguine (spicy) ☞	Sliced pork, mushroom and vegetable with rice ☞	Diced pork in herb sauce with spaghetti and vegetable	Egg and pineapple in tomato sauce with rice ☞☞
5/1	Thu	Pork ribs and vegetable with rice	Baked chicken in beef sauce with twisty pasta ☞	Stewed sliced fish patty, turnip and carrot with rice ☞	Grilled chicken drumsticks, potato and corn with twisty pasta	Tofu, mushroom and corn with linguine ☞
6/1	Fri	Chicken and mushroom sauce with rice ☞	Baked pork chop and celery with spaghetti	Chicken pieces and Chinese black fungus with wheat rice ☞	Pork chop, chicken fillet and corn with bun	Bean curd roll, Chinese cabbage and Chinese white fungus in soup with wheat rice
9/1	Mon	Baked cuttlefish and fish fillet with rice ☞☞	Sliced pork and vegetable with udon	Mushroom, vegetable and chicken fillet with five-grain rice ☞	Corn rice roll and Chiu Chow dumplings, siu mai ☞	Steamed egg with mushroom, tofu and turnips with five-grain rice ☞☞
10/1	Tue	Chicken wings in BBQ sauce with rice	Baked beef and assorted vegetables with twisty pasta ☞	Corn patty and bean curd sheet with rice ☞	Soft cake, diced beef with spaghetti ☞☞	Dried bean curd, mushroom and celery with rice ☞
11/1	Wed	Baked rice with pork burger and mushroom ☞	Lo Mein (noodles) with chicken, assorted vegetables and mushroom ☞	Corn rice with bean curd sheet and diced pork, parsley	Bean curd roll, mini rice vermicelli with pork patty, vegetable	Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd ☞
12/1	Thu	Rice with beef brisket ☞☞	Baked macaroni with pork chop and chick peas	Rice with fish tofu and eggplants ☞☞	Grilled chicken leg with macaroni and cherry tomatoes	Macaroni with assorted vegetables and kidney beans in black pepper sauce (spicy) ☞
13/1	Fri	Rice with pork chop and onion	Baked spaghetti with beef tenderloin in curry sauce (spicy) ☞☞	Rice with diced chicken and assorted vegetable	Chicken fillet with bun, assorted vegetables and vegetable ☞	Rice with braised bean curd sheet and mixed mushroom ☞
16/1	Mon	Baked rice with fish fillet and corn ☞	Spaghetti with pork chop and red kidney beans	Brown rice with chicken in white mushroom and steamed egg with assorted vegetables ☞☞	Linguine with shredded pork, mixed beans and vegetable	Brown rice with vegetarian meat, Chinese black fungus and corn
17/1	Tue	Rice with pork chop in sweet and sour sauce	Baked twisty pasta with chicken pieces in cream sauce	Rice with beef in Korean style (spicy) ☞☞	Glutinous rice roll, diced chicken with Chencun rice sheets, vegetable	Rice with mushroom, vegetable and taro ☞