



TSEUNG KWAN O METHODIST PRIMARY SCHOOL

APRIL, 2023

Date		A	B	C	D	E
3/4	Mon	Baked pork burger in cream sauce with rice	Braised beef and assorted vegetables with spaghetti 🍴🍴	Pork patty and black mushroom with wheat rice 🍴	Colorful rice, pork siu mai, Chiu Chow dumplings and vegetable	Steamed egg with sweet corn and Chinese cabbage with wheat rice 🍴🍴
4/4	Tue	Chicken fillet and cherry tomatoes with rice	Baked beef and cherry tomatoes with spaghetti 🍴	Diced pork and mushroom with rice 🍴	Sliced fish patty and cabbage in Japanese style, vegetable with spaghetti 🍴	Dried bean curd and vegetable in soup with rice 🍴
17/4	Mon	Baked cuttlefish and fish fillet in Portuguese style with rice 🍴🍴	Carrot and chicken fillet with spaghetti	Steamed patty and vegetable with red rice 🍴	Glutinous rice with chicken and mushroom, pork balls 🍴	Vegetable and dried mushrooms, steamed egg with bean vermicelli with red rice 🍴🍴
18/4	Tue	Chicken wings in sauce and vegetable with rice	Baked pumpkin in beef sauce with spaghetti 🍴	Sliced pork and sweet corn with rice 🍴	Diced pork in tomato sauce with spaghetti and cake 🍴	Mixed bell peppers and bean roll with rice
19/4	Wed	Baked pork chop and pineapple with rice	Beef brisket in Chinese herb sauces with mixed noodles 🍴🍴	Chicken in curry sauce with wheat rice (spicy)🍴	Steamed rice vermicelli with chicken pieces and sliced fish patty, vegetable 🍴🍴	Assorted vegetables and bean curd roll with udon 🍴
20/4	Thu	Chicken fillet in minced meat sauce with rice	Baked pork chop and mushroom with twisty pasta 🍴	Diced beef and assorted vegetables in light black pepper sauce with rice (spicy)🍴🍴	Pork burger bun, rice with chicken and cherry tomatoes	Mixed mushroom and potato with twisty pasta 🍴
21/4	Fri	Diced beef tenderloin in tomato sauce with rice 🍴	Baked shredded pork in cream sauce with spaghetti	Chicken pieces and mushroom with rice 🍴	Grilled chicken leg with fusilli, pumpkin	Bean curd sheet and sweet corn with rice 🍴
24/4	Mon	Baked fish fillet in cream sauce with rice 🍴	Pork chop in beef sauce with spaghetti 🍴	Chicken, steamed egg and mushroom with five grain rice 🍴	Diced chicken, mushroom and vegetable with spaghetti 🍴	Bean curd roll, tomato and vegetable with five grain rice
25/4	Tue	Pork chop in satay sauce with rice (spicy)🍴	Baked chicken wings and sweet corn with linguine	Sautéed tofu, diced pork and vegetable with rice 🍴	Long bun with beef and vegetable, corn 🍴	Chick peas, pumpkin and assorted vegetables with rice 🍴
26/4	Wed	Baked chicken fillet and white mushroom with rice 🍴	Assorted vegetables, pork meatballs and vegetable with udon	Steamed chicken and mushroom with red rice 🍴	Mixed shredded meat and cuttlefish rolls, vegetable with udon 🍴	Eggplant and tofu with red rice
27/4	Thu	Stewed pork ribs and potato with rice	Baked chicken fillet in Swiss cream sauce with macaroni	Beef and tomato with rice 🍴	Patty, sweet corn and vegetable with Udon 🍴	Dried bean curd, mushroom and gourd with ten grain rice 🍴
28/4	Fri	Beef tenderloin in tomato sauce with rice 🍴	Baked chicken pieces and onion with spaghetti	Slices pork and mushroom with brown rice 🍴	Grilled chicken with assorted vegetables and pineapple, bun	Tofu and mixed mushrooms with brown rice 🍴