



TSEUNG KWAN O METHODIST PRIMARY SCHOOL

FEBRUARY 2023

Date		A	B	C	D	E
2/2	Thu	Pork ribs and assorted vegetables with rice	Baked chicken and assorted vegetables with twisty pasta	Minced pork and patty, black mushroom with rice ☞	Grilled chicken drumsticks with sweet corn and vegetable	Braised red kidney beans and assorted vegetables in curry sauce with linguine (spicy) ☞☞
3/2	Fri	Chicken fillet in BBQ sauce with rice	Baked pork chop in low fat cheese sauce with spaghetti	Chinese black fungus and diced pork with ten grain rice ☞	Chicken fillet bun with pumpkin	Mushroom and bean curd sheet in tomato sauce with ten grain rice ☞
6/2	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 ☞☞
7/2	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
8/2	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 ☞
9/2	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 ☞
10/2	Fri	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 ☞
13/2	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
14/2	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 ☞
15/2	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
16/2	Thu	Stewed pork ribs and potato with rice	Baked chicken fillet in Swiss cream sauce with macaroni	Beef and tomato with rice ☞	Udon with patty, sweet corn and vegetable ☞	Dried bean curd, mushroom and gourd with ten grain rice ☞
17/2	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 ☞
20/2	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)☞☞
21/2	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, assorted vegetables with fusilli and cake ☞☞	Tofu, Chinese white fungus and diced gourd with rice ☞
22/2	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, patty and vegetable with noodles	Assorted vegetable, mushroom and dried bean curd with E-Fu noodles ☞
23/2	Thu	Beef brisket and vegetable with rice ☞☞	Baked pork chop in Maggi sauce with fusilli	Diced pork and mini bamboo shoots with rice ☞	Grilled chicken drumsticks with mushroom, potato and bun ☞	Braised bean curd sheet and vegetable with corn rice ☞
24/2	Fri	Beef tenderloin in garlic sauce with rice ☞	Baked pork burger and assorted vegetables with spaghetti	Chicken pieces in onion sauce with rice	Chicken fillet bun with pumpkin and carrot	Stewed bean roll, turnips and parsley with rice ☞
27/2	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 ☞
28/2	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 cake ☞	Egg and pineapple in tomato sauce with rice ☞☞