

TSEUNG KWAN O METHODIST PRIMARY SCHOOL

MARCH, 2023

Date		A	B	C	D	E
1/3	Wed	Baked chicken wings and red kidney beans with rice 🍴	Stewed shredded pork, enoki mushroom and carrots with shanghai noodles 🍴	Stewed chicken pieces and potato with wheat rice	Hot dog, mushrooms and corn 🍴	Tofu, bean curd sheet and Chinese cabbage with wheat rice 🍴
8/3	Wed	Baked pork burger in mushroom sauce with rice 🍴	Stewed beef brisket and turnip with noodles 🍴	Steamed chicken and vegetable with brown rice	Fried noodles with mixed shredded meat and siu mai, vegetable 🍴	Tofu and mixed vegetarian meat with brown rice 🍴
9/3	Thu	Chicken fillet and onion in sweet and sour sauce with rice	Baked carrot and shredded pork with twisty pasta	Diced beef and taro with rice 🍴	Grilled chicken leg with potato, vegetable and bun	Kidney bean and assorted vegetables in Portuguese style with wheat rice 🍴
10/3	Fri	Chicken fillet in BBQ sesame sauce with rice	Baked chicken wings in Portuguese style with spaghetti	Sliced pork and cabbage with rice	Pork chop bun, mini mushroom and corn 🍴	Braised vegetable, potato and chick peas with rice 🍴
13/3	Mon	Baked fish fillet in low fat cheese sauce with rice 🍴	Braised diced pork, corn and mushroom with spaghetti 🍴	Chicken and steamed egg with bean vermicelli with ten grain rice 🍴	Colorful rice and pork balls 🍴	Grilled bean curd roll in pineapple sauce with ten grain rice
14/3	Tue	Pork chop in tomato sauce with rice	Baked chicken fillet and assorted vegetables with linguine (spicy) 🍴	Beef, corn and vegetable with corn rice 🍴	Minced pork and assorted vegetables with gemelli + cake 🍴	Braised vegetarian pork ball and bean curd sheet with rice 🍴
15/3	Wed	Baked Chicken and potato with rice	Beef balls, mixed vegetables and Chinese cabbage with shanghai noodles 🍴	Pork and onion with red rice 🍴	Shredded chicken, bean curd roll, vegetable with shanghai noodles 🍴	Braised vegetarian bean roll and mini bamboo shoots with rice 🍴
16/3	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 🍴
17/3	Fri	Chicken in mushroom sauce with rice 🍴	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
20/3	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 🍴
23/3	Thu	Beef brisket with rice 🍴	Baked pork chop and chick peas with macaroni	Fish tofu and eggplants with rice 🍴	Grilled chicken leg and cherry tomatoes with macaroni	Assorted vegetables and kidney beans in black pepper sauce with macaroni (spicy) 🍴
24/3	Fri	Pork chop and onion with rice	Baked beef tenderloin in curry sauce with spaghetti (spicy) 🍴	Diced chicken and assorted vegetables with rice	Chicken fillet bun, vegetable, potato and mushroom 🍴	Braised bean curd sheet and mixed mushroom with rice 🍴
27/3	Mon	Baked fish fillet and corn with rice 🍴	Pork chop and red kidney beans with spaghetti	Chicken in white mushroom and steamed egg with assorted vegetables with brown rice 🍴	Shredded pork and mixed beans with linguine, vegetable	Vegetarian meat, Chinese black fungus and corn with brown rice
28/3	Tue	Pork chop in sweet and sour sauce with rice	Baked chicken pieces in cream sauce with twisty pasta	Beef in Korean style with rice (spicy) 🍴	Glutinous rice roll, diced chicken with udon, vegetable	Mushroom, vegetable and taro with rice 🍴
29/3	Wed	Baked chicken fillet in Maggi sauce with rice	Pork chop and minced pork with oat udon	Diced pork and assorted vegetables in garlic sauce with ten grain rice 🍴	Mushroom and fish balls with oat udon, vegetable 🍴	Vegetables and bean curd sheet with oat udon
30/3	Thu	Pork ribs and carrot with rice	Baked diced chicken and mixed mushrooms with macaroni 🍴	Sliced pork and mushroom with rice 🍴	Chicken fillet, potato, bun and mushroom 🍴	Chick peas, mixed mushrooms and vegetable with spaghetti 🍴
31/3	Fri	Pork chop in light black pepper sauce with rice (spicy)	Baked chicken wings and potato with spaghetti	Shredded pork and Chinese cabbage with red rice	Ham and vegetable in meat sauce with gemelli 🍴	Gourd, mushroom and bean curd sheet with red rice 🍴