

# TSEUNG KWAN O METHODIST PRIMARY SCHOOL

## MAY,2023

Date		A	B	C	D	E
2/5	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 🍝🍴
3/5	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 🍝🍴
4/5	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 🍝🍚
5/5	Fri	Diced 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 🍝🍚
8/5	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 🍝🍚
9/5	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 🍝🍚
10/5	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 🍝🍚
11/5	Thu	Pork ribs in garlic with rice 🍝🍚	Baked chicken pieces in cream sauce with macaroni 🍝🍴	Beef and gourd with rice 🍝🍚	Patty, vegetable and diced chicken with rice vermicelli 🍝🍴	Braised potato, kidney bean and eggplant in curry with linguine sauce(spicy) 🍝🍴
12/5	Fri	Pork chop in herb sauce with rice 🍝🍚	Baked diced chicken and pineapple with spaghetti 🍝🍴	Braised diced pork in curry sauce with five grain rice (spicy) 🍝🍚	Chicken fillet in BBQ sauce, bun, potato and vegetable 🍝🍴	Braised vegetarian duck and mushrooms, Chinese white fungus with five grain rice 🍝🍚
15/5	Mon	Baked ham in cream sauce with rice 🍝🍚	Braised chicken pieces and white mushroom with spaghetti 🍝🍴	Patty in minced pork sauce with corn rice 🍝🍚	Glutinous rice wrapped in lotus leaf and beef balls, vegetable 🍝🍴	Steamed egg, mushroom, carrot and gourd with corn rice 🍝🍚
16/5	Tue	Curry pork chop in rural fresh style with rice (spicy) 🍝🍚	Baked potato in beef sauce with penne pasta 🍝🍴	Shredded chicken and gourd, winter bamboo shoot with rice 🍝🍚	Soft cake, diced pork and mixed beans with spaghetti 🍝🍴	Dried bean curd, mushroom and bean vermicelli with rice 🍝🍚
17/5	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 🍝🍚
18/5	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 🍝🍚
19/5	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 🍝🍚
22/5	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 🍝🍚
23/5	Tue	Pork chop in tomato sauce with rice 🍝🍚	Baked chicken fillet and assorted vegetables with linguine 🍝🍴	Beef, corn and vegetable with rice 🍝🍚	Minced pork and assorted vegetables with gemelli + cake 🍰🍴	Braised vegetarian pork ball and bean curd sheet with rice 🍝🍚
24/5	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 🍝🍚
25/5	Thu	Pork ribs and vegetable with rice 🍝🍚	Baked chicken in beef sauce with twisty pasta 🍝🍴	Stewed sliced fish patty, shredded pork, turnip and carrot with rice 🍝🍚	Grilled chicken drumsticks, potato and corn with twisty pasta 🍝🍴	Tofu, mushroom and corn with linguine 🍝🍴
29/5	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 🍝🍚
30/5	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 🍝🍚