



Baptist Pui Li School 2023-24 School Year

Meal Menu for Whole-day Class

(November)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1/11	2/11	3/11 (Birthday Party)
Lunch			Steamed Egg with Mushroom and Crab Stick Rice Dried octopus and lotus root soup	Pumpkin with Prok Rice Green radish carrot and corn soup	Sadan Pork Chop (Small Pieces) Penne Papaya Snow Fungus Soup
Fruit			Grapes / Apple	Orange / Apple	
Refreshment			Cereal Milk Warm Water	Jam Sandwiches Warm water	
	6/11	7/11	8/11	9/11	10/11
Lunch	Italian Potato and Chicken Fusilli Old cucumber red bean soup	Fish Fillet Rice with Corn Sauce Tea plant mushroom corn and pork bones soup	Steamed Pork Patty with Mushroom and Water Chestnut Kudzu, beans and ribs soup	Steamed Egg with Minced Pork Rice Tomato and potato soup	Fish Fillet Penne in Pumpkin and Corn Sauce Chestnut radish and pork bones soup
Fruit	Apple	Pear / Apple	Blueberry / Apple	Orange / Apple	Grapes / Apple
Refreshment	Salty Butter Bun Low Sugar Soy Milk Warm water	Sesame Mochi Bread Warm water	Cereal Milk Warm Water	Sponge Cake Warm Water	Corn Bun Warm Water
	13/11	14/11	15/11	16/11	17/11
Lunch	Chicken à la King with Rice Zucchini and Meat Soup	Sadan Pork Chop (Small Pieces) Fusilli Pumpkin and radish pork bones soup	Mushroom Chicken Rice Lotus root and pork bones soup	Onion and Pork Tenderloin Rice Minestrone Soup	Braised Chicken with Chestnut Penne Gassho melon, yam and Barley Soup
Fruit	Apple	Conference pear / Apple	Grapes / Apple	Orange / Apple	Papaya / Apple
Refreshment	Sesame Bun Low Sugar Soy Milk Warm water	Pineapple Pizza Warm Water	Cereal Milk Warm Water	Jam Sandwiches Warm water	Walnut Bun Warm Water
	20/11	21/11	22/11	23/11	24/11
Lunch	Broccoli with Fish Fillet Rice Gassho melon and pork bones soup	Japanese Style Pork Tenderloin Spaghetti Snow fungus apple and pork soup	Steamed Pork Patty with Pumpkin Rice Gassho melon and pork bones soup	Cauliflower Potato and Chicken Fusilli Green radish carrot and corn soup	Steamed Egg with Corn and Minced Pork Rice Tomato and potato soup
Fruit	Apple	Pear / Apple	Blueberry / Apple	Orange / Apple	Grapes / Apple
Refreshment	Salty Butter Bun Low Sugar Soy Milk Warm water	Sesame Mochi Bread Warm water	Cereal Milk Warm Water	Sponge Cake Warm Water	Corn Bun Warm Water
	27/11	28/11	29/11	30/11	
Lunch	Potato Chicken Fusilli Papaya Snow Fungus Soup	Shredded Pork with Veggie Rice Pumpkin and radish pork bones soup	Tomato Fish Fillet with Rice Gassho melon and pork bones soup	Onion and Pork Tenderloin Rice Old cucumber red bean soup	
Fruit	Apple	Conference pear / Apple	Grapes / Apple	Orange / Apple	
Refreshment	Sesame Bun Low Sugar Soy Milk Warm water	Pineapple Pizza Warm Water	Cereal Milk Warm Water	Jam Sandwiches Warm water	

*Boiled vegetables or melons are available every day.