



Baptist Pui Li School 2023-24 School Year

Meal Menu for Whole-day Class

(May)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1/5	2/5	3/5
Lunch			Labour Day Holiday	Steamed Egg with Mushroom and Crab Stick Rice Dried Octopus and Lotus Root Soup	Pumpkin with Pork Rice Green Radish Carrot and Corn Soup
Fruit				Orange / Apple	Dragon fruit / Apple
Refreshment				Egg Tart Warm Water	Sponge Cake Warm Water
	6/5	7/5	8/5	9/5	10/5 (Birthday Party)
Lunch	Sadan Pork Chop (Small Pieces) Penne Papaya Snow Fungus with Pork Soup	Steamed Egg with Pumpkin and Minced Pork Rice 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 Rice Kudzu, Beans and Ribs Soup	Steamed Egg with Minced Pork Rice Tomato and Potato Soup
Fruit	Apple	Cherry Tomato / Apple	Strawberry / Apple	Orange / Apple	
Refreshment	Butter Loaf Low sugar Vitasoy Calci-Plus Hi-Calcium Soya Milk Warm Water	Plum Jam Sandwiches Warm Water	Cereal Milk Warm Water	Cheese Stick Bread Warm Water	
	13/5	14/5	15/5	16/5	17/5
Lunch	Fish Fillet Spaghetti with Pumpkin and Corn Chestnut Radish and Pork Bones Soup	Chicken à la King with Rice Zucchini and Pork Soup	The Birthday of the Buddha Holiday	Sadan Pork Chop (Small Pieces) Penne Pumpkin and Radish Pork Bones Soup	Mushroom Chicken Rice Lotus Root and Ribs Soup
Fruit	Apple	Grapes / Apple		Orange / Apple	Banana / Apple
Refreshment	Sesame Bun Low sugar Vitasoy Calci-Plus Hi-Calcium Soya Milk Warm Water	Strawberry Jam Sandwiches Warm Water		Egg Tart Warm Water	Raisin Bun Warm Water
	20/5	21/5	22/5	23/5	24/5
Lunch	Honey Glazed Roasted Chicken Rice (Small Pieces) Minestrone Soup	Braised Chicken with Chestnut Rice Gassho Melon, Yam and Barley Soup	Broccoli with Fish Fillet Spaghetti Gassho Melon and Pork Bones Soup	Steamed Egg with Minced Pork and Spinach Rice Snow Fungus, Apple and Pork Soup	Steamed Pork Patty with Pumpkin Rice Gassho Melon and Pork Bones Soup
Fruit	Apple	Cherry Tomato / Apple	Blueberry / Apple	Orange / Apple	Dragon fruit / Apple
Refreshment	Mexico Bun Low sugar Vitasoy Calci-Plus Hi-Calcium Soya Milk Warm Water	Blueberry Jam Sandwiches Warm Water	Cereal Milk Warm Water	Cheese Mochi Bread Warm Water	Sponge Cake Warm Water
	27/5	28/5	29/5	30/5	31/5
Lunch	Cauliflower Potato and Chicken Spaghetti Green Radish Carrot and Corn Soup	Steamed Egg with Corn and Minced Pork Rice Tomato and Potato Soup	Pork Rice with Potato in Pumpkin Sauce Papaya Snow Fungus with Pork Soup	Shredded Pork with Veggie Rice Pumpkin and Radish Pork Bones Soup	Tomato and Fish Fillet Penne Gassho Melon and Pork Bones Soup
Fruit	Apple	Grapes / Apple	Strawberry / Apple	Orange / Apple	Banana / Apple
Refreshment	Salty Butter Bun Low sugar Vitasoy Calci-Plus Hi-Calcium Soya Milk Warm Water	Plum Jam Sandwiches Warm Water	Cereal Milk Warm Water	Egg Tart Warm Water	Walnut Bun Warm Water

\*Boiled vegetables or melons are available every day.