



Baptist Pui Li School 2023-24 School Year

Meal Menu for Whole-day Class

(October)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2/10	3/10	4/10	5/10	6/10
Lunch	The day following National Day Holiday	Fish Fillet Rice with Mixed Vegetable in White Sauce Gassho melon and pork bones soup	Steamed Pork Patty with Tofu and Corn Rice Snow fungus apple and pork soup	Chicken Penne with Mixed Vegetables Corn and Fig Soup	Japanese steamed egg rice Dried octopus and lotus root soup
Fruit		Papaya / Apple	Grapes / Apple	Orange / Apple	Dragon fruit / Apple
Refreshment		Sponge Cake Warm Water	Cereal Milk Warm Water	Sesame Mochi Bread Warm water	Raisin Bun Warm Water
	9/10	10/10	11/10	12/10	13/10
Lunch	White Sauce Penne with Chicken and Potato Green radish carrot and corn soup	Pork in tomato sauce with rice Papaya Snow Fungus Soup	Italian Fish Fillet with Mixed Vegetable Rice Old cucumber red bean soup	Honey Glazed Roasted Chicken Spaghetti (Small Pieces) Tea plant mushroom corn and pork bones soup	Steamed Egg with Minced Pork and Spinach Rice Kudzu, beans and ribs soup
Fruit	Apple	Banana / Apple	Blueberry / Apple	Orange / Apple	Cherry Tomato / Apple
Refreshment	Corn Bun Low sugar soy milk Warm Water	Sesame Mochi Bread Warm water	Cereal Milk Warm Water	Jam Sandwiches Warm water	Red Bean Bun Warm Water
	16/10	17/10	18/10	19/10	20/10
Lunch	Garlic Pork Chop Fusilli Tomato and potato soup	Pumpkin and chicken rice Chestnut radish and pork bones soup	Neapolitan Fish Fillet Rice Zucchini and Meat Soup	Japanese Steamed Egg Rice Pumpkin and radish pork bones soup	Steamed Pork Patty with carrot rice Lotus root and pork bones soup
Fruit	Apple	Papaya / Apple	Grapes / Apple	Orange / Apple	Dragon fruit / Apple
Refreshment	Salty Butter Bun Low sugar soy milk Warm Water	Sponge Cake Warm Water	Cereal Milk Warm Water	Sesame Mochi Bread Warm water	Raisin Bun Warm Water
	23/10	24/10	25/10	26/10	27/10
Lunch	Chung Yeung Festival	Fish Fillet Spaghetti with Corn Sauce Minestrone Soup	Onion and Pork Tenderloin Rice Gassho melon, yam and Barley Soup	Zucchini with Vermicelli and Pork Rice Gassho melon and pork bones soup	Teriyaki Chicken Rice (Small Pieces) Snow fungus apple and pork soup
Fruit		Banana / Apple	Blueberry / Apple	Orange / Apple	Cherry Tomato / Apple
Refreshment		Sesame Mochi Bread Warm water	Cereal Milk Warm Water	Jam Sandwiches Warm water	Red Bean Bun Warm Water
	30/10	31/10			
Lunch	Teachers' Development Day	Sweet Corn with Pork Rice Tomato and potato soup			
Fruit		Papaya / Apple			
Refreshment		Sponge Cake Warm Water			

*Boiled vegetables or melons are available every day.