

## Po Leung Kuk Yu Lee Mo Fan Memorial School Lunch Menu for Students (December, 2022)

5/12 (Mon)	6/12 (Tue)	7/12 (Wed)	8/12 (Thu)	9/12 (Fri)
Pork cook with pumpkin	Miced pork steam with oat & water-chestnut	Miced pork fry with egg and button mushroom	Chicken cook with Marinade sauce	Fish fillet cook with tomato & herbs
Cabbage fry with carrot	Jade melon fry with black fungus	White cabbage fry with baby corn	Napa cabbage fry with garlic	Choy Sum cook with soup
Rice with oat	White rice	White, red & brown Rice	White rice	Rice with Quinoa

12/12 (Mon)	13/12 (Tue)	14/12 (Wed)	15/12 (Thu)	16/12 (Fri)
Pork chop cook with tomato	Pork cook with potato	Pork cook with onion	Fish fillet cook with button mushroom	Egg steam with miced pork & dried scallops
White cabbage cook with soup	Napa cabbage fry with ginger	Chinese long bean fry with garglic	Fry Choy Sum	Cabbage fry with garlic
Rice with oat	White rice	White, red & brown Rice	White rice	Rice with Quinoa

19/12 (Mon)	20/12 (Tue)	21/12 (Wed)	22/12 (Thu)	23/12 (Fri)
Miced port fry with egg & spring onion	Fish fillet in sweet sauce	Pork chop cook with onion	Pork cubes cook with corn & bean crubs	Chicken cook with potato
White cabbage cook with straw mushroom	Cabbage fry with garlic	Choy Sum cook with soup	Lettuce fry with garlic	Jade melon fry with black fungus
Rice with oat	White rice	White, red & brown Rice	White rice	Rice with Quinoa