

Our Lady of Lourdes Catholic Kindergarten

Whole Day Class Menu

Whole Day Class Menu in September 2023

Day	Tea Break (A.M)	Lunch	Soup	Fruits	Tea Break (P.M)
2/12 Mon	Boiled Egg/ Fruit	Steamed Minced Pork with Shiitake Mushrooms with White and Red Rice	Angled Luffa, Vermicelli & Lean Pork Soup	Fruits	Corn Cup
3/12 Tue	Biscuits/Cucumber Salad	Silky Tofu and Beef Rice	Vegetable & Pork Rib Soup	Fruits	Boiled Egg
4/12 Wed	Steamed Bun	Spaghetti with Minced Beef and Mushrooms		Fruits	Fruit Cup
5/12 Thurs	Corn Cup/ Fruit	Yangzhou Fried Rice	Lean Pork Soup with Snow Fungus and Almonds	Fruits	Biscuits with Avocado
6/12 Fri	Cereal With Milk	Fish Ball and Seasonal Vegetable Soup Ramen		Fruits	Sweet Potato
9/12 Mon	Boiled Egg/ Fruit	Stir-Fried Rice Vermicelli with Shredded Chicken	Carrot, Corn and Pork Rib Soup	Fruits	Blueberries Pancake
10/12 Tue	Biscuits / Cucumber Salad	Tomato and Onion Chicken with White and Red Rice.	Corn and Minced Pork Soup	Fruits	Boiled Egg
11/12 Wed	Egg Sandwich/ Fruit	Tomato and Beef Fried Rice with Egg	Shredded Pork and Bamboo Fungus Egg Drop Soup	Fruits	Corn Cup
12/12 Thurs	Birthday Party	Lettuce and Beef Soup Noodles		Fruits	Vegan Cup
13/12 Fri	Tomato Twisty Pasta	Pan-Fried Chicken Wings with Seasonal Vegetables and Rice	Beetroot, Corn, and Pork Rib Soup	Fruits	Biscuits With Tuna Sauce
16/12 Mon	Boiled Egg, Fruits	Minced Pork with Mushrooms over Rice	Soup with Sliced Meat and Seasonal Vegetables	Fruits	Banana Pancake
17/12 Tue	Biscuits / Vegan & Fruits salad	Sushi	Corn Soup	Fruits	Sweet Potato
18/12 Wed	Bread/ Fruit	Stir-Fried Chicken with Onions and Green Beans served with White and Red Rice	Apple And Lean Meat Soup	Fruits	Fruit Cup
19/12 Thu	Sweet Potato/ Fruit	Spaghetti with Minced Beef in Tomato and Shiitake Mushroom Sauce	Apple, Almonds, and Honey Date Chicken Soup	Fruits	Corn Cup
20/12 Fri	School Develop Day				
23/12 Mon	Christmas and New Year Holidays				
24/12 Tue					
25/12 Wed					
26/12 Thu					
27/12 Fri					
30/12 Mon					
31/12 Tue					

Remark: 12th December, 2024 Birthday Party Tea Break: Cakes, Corn Smashed Potato, Fruit