

Our Lady of Lourdes Catholic Kindergarten
Half Day & Whole Day Class Menu in September 2026

Day	Tea Break (A.M)	Lunch	Soup	Fruits	Tea Break (P.M)
3/9 Thu	Corn Cup/ Fruit	Bolognese Pasta	Corn Cup	Fruits	Boiled Egg
4/9 Fri	Sugar Free Soy Milk with Cereal	Steamed Pork Patty with Shiitake Mushrooms and Rice	Pork Rib Soup With Carrot		Fruit Cup
7/9 Mon	Boiled Egg/ Fruit	Stir-fried Chicken and Zucchini with Steamed Rice	Watercress Pork Rib Soup		Biscuits
8/9 Tue	Biscuits / Fruit Salad	Tomato Chicken With Onion Twisty Pasta	Hairy Gourd and Lean Pork Soup		Boiled Egg
9/9 Wed	Bread/ Fruit	Rice with Stir-fried Minced Pork and Green Beans	Tofu and Lean Pork Soup		Corn Cup
10/9 Thurs	Sweet Potato/ Fruit	Rice with Diced Pork and Sweet Corn	Radish, Coconut and Lean Pork Soup		Vegan Cup
11/9 Fri	Tomato Twisty Pasta	Stir-fried Diced Pork with Zucchini served with Steamed Rice	Carrot, Water Chestnut and Pork Rib Soup		Sweet Potato
14/9 Mon	Boiled Egg/ Fruits	Rice with Lemon Chicken Fillet	Apple and Lean Meat Soup		Biscuits With Tuna Sauce
15/9 Tue	Biscuits / Vegan & Fruits salad	Braised Chicken Wings with Potatoes and Pasta	Seaweed and Egg Drop Soup		Corn Cup
16/9 Wed	Egg Sandwich/ Fruit	Pasta with Chicken and Shiitake Mushrooms in Cream Sauce	Pork Rib Soup with Vegetables		Boiled Egg
17/9 Thu	Sweet Potato/ Fruit	Mushroom Sauce Procedures With Rice And Pork	Letter Soup With Vegetables		Fruits Cup
18/9 Fri	Sugar Free Soy Milk with Cereal	Braised Sliced Pork with Taro and Pumpkin served with Rice	Corn Cup		Sweet Potato
21/9 Mon	Boiled Egg/ Fruit	Rice with Braised Assorted Mushrooms, Shredded Chicken and Crab Sticks	Carrot, Water Chestnut and Sliced Pork Soup		Corn Cup
22/9 Tue	Corn Cup / Fruits	Pasta with Pork Chop in Tomato Sauce	Peanut, Papaya and Pork Rib Soup		Boiled Egg
23/9 Wed	Bread/ Fruit	Stir-fried Diced Pork with Zucchini served with Steamed Rice	Seasonal Vegetables and Sliced Pork Soup		Avocado with Sugar-Free Crackers
24/9 Thu	Birthday Party	Chicken and Mushroom Pasta	Winter Melon Soup		Vegan Cup
25/9 Fri	Tomato Twisty Pasta	Rice with Hairy Gourd, Glass Noodles and Minced Pork	Onion, Tomato and Pork Rib Soup		Sweet Potato
28/9 Mon	Boiled Egg/ Fruit	Stir-fried Chicken Fillet with Celery served with Rice	Hairy Gourd and Lean Pork Soup		Biscuits
29/9 Tue	Biscuits/ Vegan Salad	Steamed Minced Pork Patty with Shiitake Mushrooms served with Rice	Beetroot and Sliced Pork Soup		Boiled Egg
30/9 Wed	Egg Sandwich/ Fruit	Fusilli Pasta with Diced Pork and Sweet Corn	Seaweed and Shredded Egg Soup		Sweet Potato

Remark: (1) 24th September, 2026 Birthday Party Tea Break: Mini Cakes, Chicken Wings, Fruit

(2) The lunch supplier for whole day class is "Beer Garden Restaurant" on Lamma Island. Parents please be noted.