

School year meal plan for 2025/2026

April 2026

Date	Breakfast	Lunch	
01 - Wed.	Tuna bread	Chicken wings with sauce	pork rib broth
02 - Thu.	Croissant	Chicken in sauce	Caldo corn with carrot
08 - Wed.	Grape bread	Pasta with ham and chicken in white sauce	potato and onion broth
09 - Thu.	kai m ei bao	Steamed chicken with assorted mushrooms	Cheese broth
10 - Fri.	Cheese sandwiches	Fish fillet with minced meat	Sugarcane tea
13 - Mon.	Croissant	Pork slices with onions	Pumpkin soup with Chinese seaweed
14 - Tue.	Cheese bread with cranberry	Spaghetti Bolognese	Coconut broth with fig, pear and apple.
15 - Wed.	Bean paste bread	Chicken and potato dumplings with Japanese curry sauce.	Broth with pumpkin
16 - Thu.	Walnut bread	pork with tomato and egg	Pork and seaweed broth
17 – Fri.	Cheese bread	Pork with potatoes	sweet potato and mustard broth
20 - Mon.	Bread pumpkin	Chicken leg with sauce	Caldo de cheinse
21 – Tue.	Cheese sticks with salad	Fish fillet with minced meat	Pumpkin soup with Chinese seaweed
22 - Wed.	Chicken bread	Fried donkey with sliced meat	Rib broth with corn / Paper-packaged beverages
23 - Thu.	Croissant	pasta with chicken	Pork and seaweed broth / Paper-packaged beverages
24 - Fri.	Cheese sandwiches	rice with eggs	Pumpkin soup with shellfish slices / Same as above
27 - Mon.	Grape bread	Portuguese Chicken	Corn soup
28 - Tue.	Tuna bread	Pork with sauce and fish	Coconut broth with fig and papaya
29 - Wed.	kai m ei bao	Slices of chicken with onions and tofu dumplings	Caldo corn with carrot
30 - Thu.	Cheese bread	Chicken wings with sauce	Pumpkin soup

All meals are served with healthy ingredients and fresh fruit.

And the rice is red rice / brown rice + white rice.

All the food was prepared in a ratio of rice to dishes to meat 3:2:1 .

