



St. Antonius Kindergarten

2026 – 2027

(October) Whole-day class meal and snack menu

1st Week				Thursday 1/10	Friday 2/10
Morning snack				National Day Holiday	Self-prepared
Meal					Seasonal fruit Braised Fine Noodles with Shredded Chicken, Carrots, and Cabbage 、 Seasonal Vegetables 、 Pork Soup with Carrot, Water Chestnut, and Sweet Corn
Afternoon snack					Scone 、Lemon water



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	Monday 5/10	Tuesday 6/10	Wednesday 7/10	Thursday 8/10	Friday 9/10
Morning snack	Self-prepared	Self-prepared	Self-prepared	Self-prepared	Self-prepared
Meal	Seasonal fruit Fusilli Carbonara with Chicken and Sweet Corn 、 Seasonal vegetables 、 Vegetarian Soup with Carrots, Radish, Sweet Corn, Water Chestnuts, and Snow Fungus	Seasonal fruit Steamed Diced Pork and Goji Berries with Red Rice 、 Seasonal vegetables 、 Pork Soup with Chayote, Carrot, and Sweet Corn	Seasonal fruit Steamed Chicken with Red Dates over Rice 、 Seasonal vegetables 、 Pork Soup with Adenophora, Polygonatum, Sweet Corn, and Carrots	Seasonal fruit Herb Sauce Rice with Sweet Corn, Crab Stick, and Fish 、 Seasonal vegetables 、 Pork Soup with Old Cucumber, Sweet Corn, and Carrot	Seasonal fruit Fusilli with Shredded Pork in Corn Sauce 、 Seasonal Vegetables 、 Pork, Lotus Root, Lily Bulb and Water Chestnut Soup
Afternoon snack	Boiled Sweet Potato 、 Lemon water	Butter roll 、 High-calcium soy milk	Corn flakes 、 Raisins 、 High-calcium soy milk	Bread with jam 、 Lemon water	Pancake 、 Lemon water



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3 rd Week	Monday 12/10	Tuesday 13/10	Wednesday 14/10	Thursday 15/10	Friday 16/10
Morning snack	Self-prepared	Self-prepared	Self-prepared	Self-prepared	Self-prepared
Meal	Seasonal fruit Creamy Corn Sauce Rice with Shredded Pork 、 Seasonal vegetables 、 Vegetarian Soup with Glehnia Root, Solomon's Seal, Sweet Corn, Chinese Yam, Carrot, and Job's Tears	Seasonal fruit Steamed Chicken with Cordyceps Flower in Red Rice 、 Seasonal vegetables 、 Lean Pork Soup with Snow Fungus, Papaya & Carrot	Seasonal fruit Steamed Pork Dices with Cordyceps Flower over Rice 、 Seasonal vegetables 、 Pork Lean Meat Soup with Chinese Yam, Sea Coconut, Figs, and Carrots	Seasonal fruit Fusilli with Chicken, Mushrooms, and Carrots in Cream Sauce 、 Seasonal vegetables 、 Pork Sliced Soup with White Radish and Corn	Seasonal fruit Braised Udon with Shredded Chicken, Cabbage & Carrot 、 Seasonal Vegetables 、 Sliced Pork Soup with Chayote
Afternoon snack	Boiled Corn 、 Lemon water	Steamed Sponge Cake 、 High-calcium soy milk	Whole wheat steamed bun 、 High-calcium soy milk	Bread with jam 、 Lemon water	Scone 、Lemon water



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4 th Week	Monday 19/10	Tuesday 20/10	Wednesday 21/10	Thursday 22/10	Friday 23/10
Morning snack	The day following Chung Yeung Festival Holiday	Self-prepared	Self-prepared	Self-prepared	Self-prepared
Meal		Seasonal fruit Fusilli with Chicken Balls in Mushroom Sauce 、 Seasonal vegetables 、 Borscht with Pork	Seasonal fruit Sliced Pork, Eggplant, and Potato over Rice 、 Seasonal vegetables 、 Pork Shank Soup with Winter Melon, Coix Seed, and Chinese Yam	Seasonal fruit Creamy Crab Stick and Tuna Fusilli with Cauliflower 、 Seasonal vegetables 、 Papaya and Snow Fungus Pork Soup	Seasonal fruit Braised Lai Fun with Shredded Pork, Cabbage, and Carrots 、 Seasonal vegetables 、 Coconut, Lily Bulb, and Carrot Soup with Sliced Pork
Afternoon snack		Twisted Roll 、 High-calcium soy milk	Corn flakes 、 Dried cranberries 、 High-calcium soy milk	Bread with jam 、 Lemon water	Pancake 、Lemon water



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5 th Week	Monday 26/10	Tuesday 27/10	Wednesday 28/10	Thursday 29/10	Friday 30/10
Morning snack	Self-prepared	Self-prepared	Self-prepared	Self-prepared	Staff Development Day
Meal	Seasonal fruit Baked Pork Tenderloin Burger Rice with Fresh Tomato Sauce 、 Seasonal vegetables 、 Pumpkin, Tomato, and Carrot Vegetarian Soup	Seasonal fruit Steamed Pork Dices with Garlic and Shiitake Mushrooms on Red Rice 、 Seasonal vegetables 、 Pork Dice Soup with Jicama, Sweet Corn & Carrots	Seasonal fruit Fusilli with Chicken and Pineapple in Fresh Tomato Sauce 、 Seasonal vegetables 、 Kudzu Root, Sea Coconut, and Fig Soup with Lean Pork	Seasonal fruit Steamed Pork Patty with Water Chestnuts on Oatmeal Rice 、 Seasonal vegetables 、 Apple, Pear, and Carrot Soup with Lean Pork	
Afternoon snack	Boiled Egg 、 Lemon water	Steamed Sponge Cake 、 High-calcium soy milk	Whole wheat steamed bun 、 High-calcium soy milk	Bread with jam 、 Lemon water	

- Attention Parents:
- 1) If your child has any food allergies or dietary restrictions due to health reasons, please inform our school as early as possible to prevent accidental consumption.
 - 2) The school will purchase seasonal and fresh fruits according to market supply conditions.