

2024 October

# LUNCH MENU

Beiling Primary School



Date	Main Dish	Side Dish 1	Side Dish 2	Side Dish 3	Soup	Other/Fruit
Oct 1 (Tue)	Five-Grain Rice	Honey-Glazed Chicken Leg	Squid with Fresh Vegetables	Loofah with Wheat Gluten	Spine Gourd Fish Ball Soup	Kiwi
Oct 2 (Wed)	Macaroni	Spaghetti with Meat Sauce	Western Pastry	—	Corn Egg Drop Soup	Fresh Milk
Oct 3 (Thu)	Furikake Rice	Plum Sauce Braised Tofu	Stir-Fried Tomato Egg	and Stir-Fried Bok Choy with Tofu Skin	Winter Melon Lemon Tea	Dragon Fruit
Oct 4 (Fri)	Steamed White Rice	Hainanese Chicken	Stir-Fried Mushrooms with Pork	Braised Cabbage	Dried Mustard Green Duck Soup	Oat Drink
Oct 7 (Mon)	Germ Rice	Steamed Fish	Braised Pork Belly	Ginger Stir-Fried Cabbage	Winter Melon Chicken Soup	Apple
Oct 8 (Tue)	Sesame Rice	Braised Pork	Korean Glass Noodles	Organic Vegetables	Seaweed Egg Drop Soup	Grapes
Oct 9 (Wed)	Steamed White Rice	Egg Fried Rice with Pork Strips	Honey Cake	—	Cucumber Pork Rib Soup	Soy Milk
Oct 11 (Fri)	Brown Rice	Salt & Pepper Chicken	Braised Radish with Pork	Garlic Stir-Fried Cabbage	Miso Vegetable Soup	Yogurt
Oct 14 (Mon)	Oatmeal Rice	Curry Chicken	Squid with Broccoli	Bonito Flavored Bok Choy	Duck Vermicelli Soup	Dragon Fruit
Oct 15 (Tue)	Germ Rice	Honey-Glazed Pork	Japanese Teriyaki Dish	Ginger Stir-Fried Loofah	Teapot Soup	Persimmon
Oct 16 (Wed)	Ramen	Seafood Ramen	Braised Egg	Milk Bun	—	Fresh Milk
Oct 17 (Thu)	Steamed White Rice	Vegetarian Braised Dish	Corn Scrambled Eggs	Stir-Fried Enoki with Greens	Red Bean Taro Ball Soup	Banana
Oct 18 (Fri)	Five-Grain Rice	Minced Pork with Pigeon Egg	Braised Meatball with Napa Cabbage	Two-Color Cauliflower	Kelp Pork Rib Soup	Yogurt Drink
Oct 21 (Mon)	Steamed White Rice	Mushroom Chicken	Stir-Fried Bell Pepper with Tofu	Braised Cabbage	Floating Fish Soup	Orange

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Date	Main Dish	Side Dish 1	Side Dish 2	Side Dish 3	Soup	Other/Fruit
Oct 22 (Tue)	Brown Rice	Orange Juice Pork	Diced Chicken with King Oyster Mushrooms	Celery Stir-Fried Cabbage	Tomato Egg Drop Soup	Grapes
Oct 23 (Wed)	Rice with Scrambled Pork & Egg	Nut Bun	Coconut Roll	—	Vegetable Pork Rib Soup	Fresh Milk
Oct 24 (Thu)	Steamed White Rice	Satay Stir-Fried Vegetarian Dish	Stir-Fried Egg with Red Rice Yeast	Stir-Fried Snow Peas	Winter Melon Pearl Soup	Guava
Oct 25 (Fri)	Millet Rice	Crispy Pork Chop	Creamy Stew Vegetables	Stir-Fried Chives with Bean Sprouts	Winter Melon Clam Soup	Apple Juice
Oct 28 (Mon)	Germ Rice	Mapo Tofu	Lemon Chicken Shreds	Stir-Fried Cabbage with Dried Shrimp	Ginseng Chicken Soup	Apple
Oct 29 (Tue)	Brown Rice	Braised Pork Ribs	Stir-Fried Chicken with Zucchini	Vegetarian Stir-Fried Cauliflower	White Radish Pork Rib Soup	Orange
Oct 30 (Wed)	Oil Noodles	Braised Meat Noodles with Sauce and Mushrooms	Strawberry Sandwich	—	Thick Soup	Fresh Milk
Oct 31 (Thu)	Steamed White Rice	Steamed Egg	Three-Cup King Oyster Mushroom	Garlic Stir-Fried Spinach	Lemon Aiyu Jelly	Banana