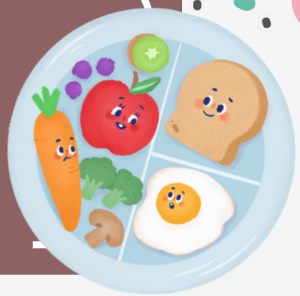
2024 August + September
LUNCH MENU
Beiling Primary School



Date	Main Dish	Side Dish 1	Side Dish 2	Side Dish 3	Soup	Other/Fruit
Aug 30 (Fri)	Steamed White Rice	Braised Pork Chop	Curry Fish Balls	Chive and Bean Sprouts	Winter Melon Pork Rib Soup	Apple Juice
Sep 2 (Mon)	Steamed White Rice	Miso Braised Pork	Chicken Shreds with Mushrooms	Stir-Fried Cabbage	Teapot Soup	Kiwi
Sep 3 (Tue)	Brown Rice	Stir-Fried Fish with Soy Sauce	Stir-Fried Pork with Seasonal Vegetables	Loofah with Clams	Tied Pork Rib Soup	Guava
Sep 4 (Wed)	Creamy Chicken Spaghetti	Chicken Nuggets	Dinner Roll	Miso Vegetable Soup	Fresh Milk	–
Sep 5 (Thu)	Steamed White Rice	Teriyaki Tofu	Tomato Omelet	Stir-Fried Napa Cabbage	Winter Melon Pearl Soup	Banana
Sep 6 (Fri)	Germ Rice	Spicy Stir-Fried Chicken (Dak Galbi)	Stir-Fried Cucumber with Pork	Basil-Seasoned Seaweed	Bamboo Shoot Pork Rib Soup	Oat Drink
Sep 9 (Mon)	Five-Grain Rice	Minced Pork with Pickled Melon	Five-Color Shrimp Balls	Garlic Snow Peas	Clam Fish Soup	Orange
Sep 10 (Tue)	Brown Rice	Soy-Braised Chicken Leg	Cabbage with Fish Balls	Bamboo Shoots with Cauliflower	Pickled Mustard Greens Pork Soup	Grapes
Sep 11 (Wed)	Steamed White Rice	Bamboo Shoot & Minced Pork Congee	Roasted Chicken Wings	Cheese Bagel	Soy Milk	–
Sep 12 (Thu)	Furikake Rice	Cheese Corn Omelet	Japanese Braised Dish	Stir-Fried Cabbage with Tofu Skin	Mung Bean Soup	Guava
Sep 13 (Fri)	Steamed White Rice	General Tso's Chicken	Stir-Fried Fish Cake with Cucumber	Stir-Fried Napa Cabbage	Duck Vermicelli Soup	Yogurt
Sep 16 (Mon)	Germ Rice	Miso Braised Chicken	Three-Flavor Stir-Fried Vegetables	Organic Vegetables	Seaweed Egg Drop Soup	Pomelo
Sep 18 (Wed)	Singapore Laksa Fried Noodles	Braised Egg	Savory Sponge Cake	Pickled Radish Soup	Fresh Milk	–
Sep 19 (Thu)	Steamed White Rice	Braised Tofu with Soy Sauce	Cheesy Mashed Potatoes	Stir-Fried Loofah with Egg	Passion Fruit Konjac Drink	Guava

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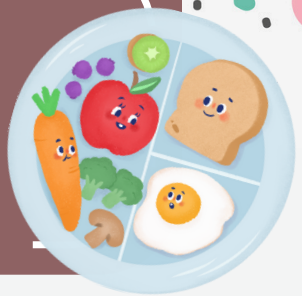

Date	Main Dish	Side Dish 1	Side Dish 2	Side Dish 3	Soup	Other/Fruit
Sep 20 (Fri)	Millet Rice	Stir-Fried Pork with Egg	Chicken Shreds with Cauliflower	Chive and Bean Sprouts	Bamboo Shoot Chicken Soup	Apple Juice
Sep 23 (Mon)	Steamed White Rice	Chicken Stew with Vegetables	Stir-Fried Bamboo Shoot & Minced Pork	Garlic Long Beans	Teapot Soup	Apple
Sep 24 (Tue)	Germ Rice	Ginger Stir-Fried Pork	Oden (Japanese Fish Cake Stew)	Stir-Fried Cabbage with Dried Shrimp	Vegetable Meatball Soup	Orange
Sep 25 (Wed)	Chicken & Mushroom Rice Bowl	Cheese Bun	Nut Crisp	Spine Gourd Fish Ball Soup	Fresh Milk	–
Sep 26 (Thu)	Steamed White Rice	Three-Cup King Oyster Mushroom	Egg Salad	Stir-Fried Bok Choy	Lemon Aiyu Jelly	Banana
Sep 27 (Fri)	Oatmeal Rice	Thai Green Curry Pork	Korean Glass Noodles	Ginger Stir-Fried Napa Cabbage	Pineapple Winter Melon Soup	Yogurt Drink
Sep 30 (Mon)	Brown Rice	Stir-Fried Pork Korean Style	Corn Chicken Dice	Stir-Fried Cabbage with Dried Shrimp	Garlic Chicken Soup	Apple