



幼兒膳食餐單

Menu



2/5-3/6/2023

	素食星期一 Green Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
早餐 Breakfast	牛奶雞蛋麥片 Milk, egg & oatmeal	粟米瘦肉薏仁粥 Congee with corn, minced pork & barley	蕃茄牛肉米粉 Rice noodles in soup with tomato & minced beef	芝士包 豆漿 Cheese bread Soy Milk	南瓜瘦肉字母粉 Alfabeto in soup with pumpkin & minced pork	牛奶穀物 Cereals & Milk
午餐 Lunch	香菇燴南瓜 蕃茄炒蛋 合掌瓜紅蘿蔔粟子 蜜棗素湯 Stewed pumpkin with mushroom Scrambled eggs with tomato Chayote, carrot, chestnut & date soup	青瓜炒雞柳 洋蔥薯仔燴免治瘦肉 木瓜豆腐魚湯 Stir fry cucumber with shredded chicken Stewed minced pork with potato & onion Papaya, tofu & fish soup *紅米飯 Red rice	四季豆雲耳炒魚鬆 蒸水蛋 粟米粉葛赤小豆扁豆 瘦肉湯 Stir fried green beans with black fungus & fish paste Steamed egg Sweet corn, arrowroot, rice bean, hyacinth bean & pork soup	冬菇馬蹄粟米蒸肉餅 清炒小棠菜 蕃茄薯仔魚湯 Steamed minced pork with mushroom, Chinese water chestnut & corn Stir fry Shanghai Pak Choi Tomato, potato & fish soup *糙米飯 Grain rice	椰菜甘筍絲肉絲蛋絲 炒米粉 白粥 Fried rice vermicelli with cabbage, carrot, minced pork & eggs Congee	香菇瘦肉米線 Rice noodle in soup with mushroom & minced pork
水果 Fruits	梨 Pear	橙 Orange	香蕉 Banana	火龍果 Dragon fruit	蘋果 Apple	
茶點 Snack	焗粟米 牛奶 Boiled corn Milk	娃娃菜魚鬆上海湯麵 Shanghai noodle with baby Chinese cabbage & fish paste	吞拿魚三文治 牛奶 Tuna sandwich Milk	菜心牛肉粥 Congee with Choi Sum & minced beef	紅豆沙 甜餐包 Red bean sweet soup Sweet bun	
延展 Extended Services	一小時 1hr	香蕉蛋糕 牛奶 Banana cake Milk	焗蛋 牛奶 Boiled egg Milk	牛奶穀物 Cereals & Milk	提子包 牛奶 Raisin bread Milk	牛奶雞蛋麥片 Milk, egg & oatmeal
	二小時 2hrs	娃娃菜粟米雞蛋飯 Rice with baby Chinese cabbage, corn & egg	蕃茄牛肉飯 Rice with tomato & minced beef	小棠菜瘦肉飯 Rice with Shanghai Pak Choi & minced pork	南瓜瘦肉飯 Rice with pumpkin and minced pork	雜菜瘦肉飯 Rice with assorted vegetables & minced pork