



幼兒膳食餐單 SCHOOL MENU



1/4-27/4/2024

		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		牛奶穀物 Cereal with milk	粟米牛肉米粉 Rice noodles with corn & minced beef	牛油軟包 豆漿 Butter bread Soy milk	菜心瘦肉上海麵 Shanghai noodles with choy sum & minced pork	烩蛋 牛奶 Boiled Egg Milk	牛奶穀物 Cereal with milk
午餐 Lunch		甘筍洋蔥燴薯仔 粟米蒸蛋 老黃瓜粟米赤小豆 扁豆素湯 Stewed carrot, onion & potato Steamed egg with corn Old cucumber, corn, rice bean, purple haricot soup	翠肉瓜燴瘦肉 西蘭花炒魚柳 青紅蘿蔔瘦肉湯 Stewed zucchini with minced pork Stir fry fish with broccoli Carrot, green gourd & pork soup	彩椒燴雞肉 椰菜花炒牛肉 蕃茄豆腐魚湯 Stewed sweet pepper with shredded chicken Stir fry cauliflower with minced beef Tomato, tofu & fish soup	魚肉蒸豆腐 小白菜炒牛肉 淮山薏米瘦肉湯 Steamed tofu with fish paste Stir fry Chinese cabbage with minced beef Yam, barley & pork soup	白汁南瓜粟米雞柳 燴螺絲粉 甘筍合桃栗子瘦肉湯 Pasta with pumpkin, corn & shredded chicken in white sauce Carrot, walnut, chestnut & pork soup	雜菜雞蛋雞肉米粉 Rice noodles with assorted vegetables, egg & shredded chicken
水果 Fruits		香蕉 Banana	蘋果 Apple	火龍果 Dragon Fruit	橙 Orange	豐水梨 Pear	
茶點 Snack		蘋果雪耳蜜棗水 提子包 Apple, snow fungus & date soup Raisin bread	烩蕃薯 牛奶 Steamed sweet potato Milk	紹菜瘦肉米線 Rice noodles with Chinese cabbage & minced pork	椰汁紅豆紫米露 芝麻包 Red bean, black rice with coconut milk Sesame bread	節瓜瘦肉粥 Congee with hairy gourd & minced pork	
延展 Extended Services	一小時 1hr	烩蛋 牛奶 Boiled egg Milk	紙包蛋糕 牛奶 Paper wrapped cake Milk	牛奶穀物 Cereal with milk	咸餐包 牛奶 Salty bun Milk	牛奶穀物 Cereal with milk	
	二小時 2hrs	甘筍粟米蛋飯 Rice with carrot, corn & egg	紹菜牛肉飯 Rice with Chinese cabbage & minced beef	菜心瘦肉飯 Rice with choy cum & minced pork	節瓜牛肉飯 Rice with hairy gourd & minced beef	粟米雞肉飯 Rice with corn & chicken	