



幼兒膳食餐單 SCHOOL MENU



29/4-1/6/2024

		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		饅頭 豆漿 Steamed bun Soy milk	生菜瘦肉蜆殼粉 Pasta with lettuce & minced pork	咸餐包 牛奶 Salty bun Milk	雜菜牛肉通心粉 Pasta with assorted vegetables & minced beef	紹菜瘦肉米粉 Rice noodles with Chinese cabbage & minced pork	牛奶穀物 Cereal with milk
午餐 Lunch		西芹甘筍冬菇雞蛋 炒飯 蕃茄薯仔豆腐湯 Celery, carrot, Mushroom & egg fried rice Tomato, potato & tofu soup	粟米粒蒸肉餅 清炒椰菜 淮山茨實蓮子魚湯 Steamed minced pork with corn Stir fry cabbage Yam, Euryale ferox, lotus root & fish soup	瘦肉豆腐蒸蛋 椰菜花燴雞肉 木瓜雪耳瘦肉湯 Steamed egg with minced pork & tofu Stewed shredded chicken with cauliflower Papaya, snow fugus & pork soup	雲耳蒸雞 節瓜甘筍燴瘦肉 粟米合掌瓜瘦肉湯 Steamed chicken with black fungus Stewed minced pork with hairy gourd & carrot Chayote, corn & pork soup	白汁蘑菇 粟米魚柳燴意粉 雜菜湯(椰菜、薯 仔、甘筍、洋蔥) Stewed spaghetti with mushroom, corn & fish filet in white sauce Assorted soup (Cabbage, potato, carrot & onion)	粟米雞蛋瘦肉上 海麵 Shanghai noodles with corn, egg & shredded chicken
水果 Fruits		蘋果 Apple	橙 Orange	香蕉 Banana	蘋果 Apple	火龍果 Dragon Fruit	
茶點 Snack		南瓜小米粥 Congee with pumpkin & millet	翠肉瓜魚肉上海麵 Shanghai noodles with zucchini & fish paste	蕃茄牛肉湯烏冬 Udon with tomato and minced beef	芝士三文治 牛奶 Cheese sandwich Milk	粟米鬚生熟薏米糖 冬瓜水 蒸蛋糕 Corn silk and Job's tears drink Steamed cake	
延展 Extended Services	一 小時 1hr	焗蛋 牛奶 Boiled egg Milk	咸餐包 牛奶 Salty bun Milk	甜餐包 牛奶 Sweet bun Milk	牛奶雞蛋麥皮 Milk, egg & oatmeal	牛奶穀物 Cereal with milk	
	二 小時 2hrs	生菜粟米飯 Rice with lettuce & corn	椰菜瘦肉飯 Rice with cabbage & minced pork	甘筍牛肉飯 Rice with carrot & minced beef	紹菜雞肉飯 Rice with Chinese cabbage & shredded chicken	甘筍瘦肉飯 Rice with carrot & minced pork	