



幼兒膳食餐單 SCHOOL MENU



31/3-3/5/2025

		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	雜菜牛肉米粉 Rice noodle with assorted beef a& minced pork	提子包 豆漿 Raisin bread Soy milk	粟米瘦肉字母粉 Pasta with corn & minced beef	烩蛋 牛奶 Boiled egg Milk	牛奶穀物 Cereal with milk
午餐 Lunch		鮮菇翠肉瓜粟米蛋 炒飯 蓮藕綠豆薏仁湯 Fried rice with mushroom, zucchini, corn & egg Barley, lotus root & mung bean soup	雲耳馬蹄蒸瘦肉 西蘭花炒魚柳 青紅蘿蔔瘦肉湯 Steamed minced pork with black fungus & water chestnut Stir fry broccoli with fish filet Carrot, green gourd & pork soup	彩椒炒雞柳 節瓜燴瘦肉 大豆芽豆腐魚湯 Stir fry sweet pepper with shredded chicken Stewed hairy squash with minced pork Sprout, tofu & fish soup	魚肉蒸豆腐 椰菜花炒牛肉 淮山薏米瘦肉湯 Steamed tofu with fish paste Stir fry cabbage with minced beef Yam, barley, & pork soup	蕃茄粟米雞柳意粉 雜菜瘦肉湯 (椰菜、洋蔥、甘 筍、紅菜頭) Pasta with tomato, corn & shredded chicken Assorted vegetables & pork soup (Cabbage, onion, carrot & beet root)	粟米雞蛋米粉 Rice noodle with corn & egg
水果 Fruits		木瓜+梨 Papaya & Pear	橙+火龍果 Orange & Dragon fruit	香蕉+梨 Banana & Pear	橙+蘋果 Orange & Apple	蘋果+香蕉 Apple & Banana	
茶點 Snack		蘋果雪耳蜜棗水 甜餐包 Apple, pear & date soup Sweet bun	烩粟米 牛奶 Boiled corn Milk	蕃茄魚鬆上海麵 Shanghai noodles with tomato & fish paste	芝士三文治 清水 Cheese sandwich Water	南瓜瘦肉粥 Congee with pumpkin & minced pork	
延展 Extended Services	一小時 1hr	烩蛋 牛奶 Boiled egg Milk	咸餐包 牛奶 Salty bun Milk	紙包蛋糕 牛奶 Sponge cake Milk	甜餐包 牛奶 Sweet bun Milk	牛奶穀物 Cereal with milk	
	二小時 2hrs	西蘭花粟米飯 Rice with broccoli & corn	節瓜牛肉飯 Rice with hairy squash & minced beef	粟米瘦肉飯 Rice with corn & minced pork	蕃茄牛肉飯 Rice with tomato & minced beef	南瓜雞肉飯 Rice with pumpkin & shredded chicken	

