



# 幼兒膳食餐單

## SCHOOL MENU



1/12/2025 - 3/1/2026

		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		烩蛋 牛奶 Boiled egg Milk	提子包 豆漿 Raisin bread Soy milk	粟米瘦肉粥 Congee with corn & minced pork	蕃茄牛肉通心粉 Pasta with tomato & minced beef	牛奶雞蛋麥片 Oatmeal with milk & egg	牛奶穀物 Cereal with milk
午餐 Lunch		炒三絲 (紹菜、甘筍、芽菜) 雜菌燴豆腐 南瓜栗子腰果湯 Stir fry cabbage, carrot with bean sprouts Stewed mushroom with tofu Pumpkin, chestnut, cashew soup	粟米蛋絲燴魚柳 清炒西蘭花 蕃茄薯仔瘦肉湯 Stewed fish with sweet corn & egg Stir fry broccoli Tomato, potato & pork soup	薯仔燴牛肉 清炒菠菜 蘋果雪梨南北杏瘦 肉湯 Stewed potato with minced beef Stir fry spinach Apple, pear & pork soup	甜椒炒雞柳 粟米蒸蛋 淮山茨實南北杏魚 湯 Stir fry sweet pepper & shredded chicken Steamed egg with corn Yam, Euryale ferox, lotus seed & fish soup	蕃茄蘑菇粟米牛肉 燴螺絲粉 雜菜湯(西芹、紅 蘿蔔、椰菜、薯 仔) Stewed pasta with tomato, mushroom, corn & minced beef Assorted Soup (Celery, carrot, cabbage & potato)	紹菜牛肉上海麵 Shanghai noodles with cabbage & minced beef
水果 Fruits		雪梨+蜜柑 Pear & Tangerine	蘋果+香蕉 Apple & Banana	金奇異果+橙 Gold Kiwifruit & Orange	火龍果+蘋果 Dragon Fruit & Apple	蘋果+香蕉 Apple & Banana	
茶點 Snack		甜餐包 蕃薯糖水 Sweet bun Sweet potato sweet soup	雜菜瘦肉上海麵 Shanghai noodles with assorted vegetable & minced pork	生菜魚鬆米粉 Rice noodles with lettuce with fish paste	吞拿魚甜餐包 清水 Tuna sandwich Water	菜心雞肉粥 Congee with choi sum & shredded chicken	
延展 Extended Services	一小時 1hr	牛奶穀物 Cereal with milk	咸餐包 牛奶 Salty bun Milk	紙包蛋糕 牛奶 Sponge cake Milk	烩蛋 牛奶 Boiled egg Milk	甜餐包 牛奶 Sweet bun Milk	
	二小時 2hrs	南瓜雞蛋飯 Rice with pumpkin & egg	生菜牛肉飯 Rice with lettuce & minced beef	蕃茄瘦肉飯 Rice with tomato & minced pork	雜菜牛肉飯 Rice with assorted vegetables & minced beef	椰菜雞肉飯 Rice with cabbage & shredded chicken	

