



幼兒膳食餐單 SCHOOL MENU



31/8/2026-3/10/2026

		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		牛奶穀物 Cereal with milk	雜菜瘦肉字母粉 Pasta with assorted vegetables & minced pork	提子包 豆漿 Raisin bread Soy milk	烩蛋 牛奶 Boiled egg Milk	菜心牛肉米粉 Rice noodles with choy sum & minced beef	牛奶穀物 Cereal with milk
午餐 Lunch		粟米甘筍蒸蛋 清炒生菜 佛手瓜栗子甘筍素湯 Steamed egg with sweet corn and carrot Stir fry lettuce Chayote, chestnut & carrot soup	洋葱薯仔燴牛肉 清炒椰菜 蕃茄豆腐魚湯 Stewed onion, potato with minced beef Stir fry cabbage Tomato, tofu & fish soup	雜菜豆腐燴瘦肉 西蘭花燴魚柳 無花果蘋果蜜棗瘦肉湯 Stewed assorted vegetables & tofu with minced pork Stewed fish fillet with broccoli Fig, apple, date & pork soup	馬蹄蒸肉餅 清炒椰菜花 冬瓜冬菇瘦肉湯 Steamed minced pork with water chestnut Stir fry cauliflower Winter melon, dried mushroom & pork soup	蕃茄蘑菇雞肉燴 長通粉 粟米南瓜瘦肉湯 Pasta with tomato, mushroom & shredded chicken Corn, pumpkin & pork soup	生菜雞肉米線 Rice noodles with lettuce & shredded chicken
水果 Fruits		蘋果+橙 Apple & Orange	蘋果+香蕉 Apple & Banana	哈密瓜 Hami melon	蘋果+火龍果 Apple & Dragon Fruit	西瓜 Watermelon	
茶點 Snack		烩蕃薯 清水 Boiled sweet potato Water	甜餐包 牛奶 Sweet bun Milk	蕃茄牛肉通心粉 Pasta with tomato & minced beef	娃娃菜瘦肉上海麵 Shanghai noodles with Chinese cabbage & minced pork	雞蛋三文治 清水 Egg sandwich Water	
延展 Extended Services	一小時 1hr	烩蛋 牛奶 Boiled egg Milk	牛奶穀物 Cereal with milk	芝麻包 牛奶 Sesame bread Milk	紙包蛋糕 牛奶 Sponge cake Milk	牛奶穀物 Cereal with milk	
	二小時 2hrs	粟米雞蛋飯 Rice with corn & egg	西蘭花牛肉飯 Rice with broccoli & beef	蕃茄瘦肉飯 Rice with tomato & minced pork	菜心瘦肉飯 Rice with choy sum & minced pork	雜菜牛肉飯 Rice with assorted vegetables & minced beef	

