鄰舍輔導會東欣幼兒園 NAAC Tung Yan Day Nursery

冬季餐單(一) Winter Menu(1)

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
早餐 Breakfast	海綿蛋糕 Sponge Cake 牛奶 Milk	雜菜肉絲湯米粉 Mixed Vegetables, Pork and Rice Noodle Soup	牛奶粟米片 Cornflakes with Milk 方包 Bread	番茄牛肉通粉 Macaroni with Beef and Tomato	黑糖提子包 Brown Sugar Raisin Bread 牛奶 Milk	焓蛋 Boiled Egg 牛奶 Milk
午餐 Lunch	番茄瘦肉炒蛋 Minced Pork Stir-Fried with Tomato and Egg 青紅蘿蔔瘦肉湯 Green Radish, Carrot and Pork Soup	蘿蔔薯仔燴牛肉 Beef Stew with Potato and Carrot 節瓜蓮藕排骨湯 Lotus Root Soup with Pork Ribs and Hairy Gourd	南瓜煮雞柳 Chicken with Cooked Pumpkin 紅蘿蔔粟米腰果栗子素湯 Sweet Corn Carrot Soup with Chestnut and Cashew nuts	蒜蓉椰菜炒肉片 Stir-Fried Cabbage and Sliced Pork with Minced Garlic 木瓜番茄薯仔魚湯 Fish Soup with Papaya, Tomato, and Potato	白汁西蘭花雞絲燴意粉 Chicken and Broccoli Spaghetti with White Sauce 羅宋湯 Borscht Soup	生菜瘦肉炒米粉 Fried Rice Noodle with Pork and Lettuce
水果 Fruit	蘋果 Apple	梨 Pear	蘋果 Apple	香蕉 Banana	蘋果 Apple	
茶點 Tea	冬菇粟米雞肉粥 Chicken Congee with Chinese Mushroom and Corn	粟米、焓蛋 Corn, Boiled Egg 牛奶 Milk	紹菜瘦肉炒上海麵 Fried Shanghai Noodle with Chinese Cabbage and Pork	菜肉包 Vegetable and Meat Bun 牛奶 Milk	低糖椰汁西米露 Less Sweet Coconut Milk with Sago	

(修訂日期：4/2026)

餐單將依食物供應情況、時令及突發事情調整，恕不另行通知。

Menu subject to change without notice due to seasonal and situational availability.

鄰舍輔導會東欣幼兒園 NAAC Tung Yan Day Nursery

冬季餐單(二) Winter Menu(2)

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
早餐 Breakfast	牛奶麥皮 Oatmeal with Milk	紹菜雞肉字母粉 Alphabet Soup with Chinese Cabbage and Chicken	排包 Milk Bar Bun 牛奶 Milk	雜菜瘦肉上海麵 Mixed Vegetables, Pork with Shanghai Noodle Soup	牛油三文治 Butter Sandwiches 牛奶 Milk	粟米奄列 Corn Omelette 牛奶 Milk
午餐 Lunch	蜜汁洋蔥煮雞柳 Chicken with Onion and Honey Sauce 番茄薯仔瘦肉湯 Tomato, Potato and Lean Pork Soup	冬菇蒸肉餅 Steamed Meat Cake with Chinese Mushroom 雪梨雪耳排骨湯 Pork Ribs Soup with Pear and Snow Fungus	甘荀薯仔粟米燴魚柳 Fish Stew with Carrot, Potato, and Corn 節瓜瘦肉湯 Hairy Gourd with Pork Soup	青瓜洋蔥炒牛肉 Stir-Fried Beef with Cucumber and Onion 合掌瓜紅蘿蔔排骨湯 Pork Ribs Soup with Chayote and Carrot	番茄粟米椰菜豬柳炒螺絲粉 Fried Fusilli with Tomato, Corn, Cabbage, and Pork Tenderloin 南瓜雞蓉湯 Pumpkin and Chicken Soup	番茄瘦肉通粉 Tomato and Pork Macaroni Soup
水果 Fruit	蘋果 Apple	火龍果 Dragon Fruit	蘋果 Apple	香蕉 Banana	蘋果 Apple	
茶點 Tea	菜心牛肉通粉 Macaroni with Beef and Choy Sum	蒸饅頭 Steamed Bun 豆漿 Soy Milk	生菜瘦肉粥 Pork Congee with Lettuce	牛油粟米薯蓉 Mashed Potatoes with Butter and corn 牛奶 Milk	低糖紅豆沙 Less Sweet Chinese Red Bean Soup	

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