



餐單 Meal Plan (一)

星期 Weeks	早餐 Breakfast	水果 Fruit	午餐 Lunch	下午茶餐 Afternoon Snack
一 Monday	蕃茄雞絲蛋花通心粉 Egg drop macaroni with tomato and shred chicken	香蕉 Banana	南瓜燴牛肉 Braised Pumpkin with Beef 粟米飯 Rice mix with corn 腐竹薏米排骨湯 Pork Soup with inari and Semen Coicis	藍莓蛋糕 Blueberry Cake 牛奶 Milk
二 Tuesday	花生醬三文治 Sandwiches with peanut butter 牛奶 Milk	梨 Pear	雞蛋豆腐蒸豬肉 Steam pork with egg and beancurd 紅白米飯 Mixed rice 花生眉豆木瓜豬骨湯 Pork ribs soup with papaya, peanuts and black eye peas	白粥 Porridge 蒸腸粉 Steamed vermicelli roll
三 Wednesday	牛奶雞蛋麥皮 Oatmill with milk and egg	橙 Orange	津白草菇炆魚塊 Braised fish with straw mushroom and cabbage 白米飯 Rice 栗子雪耳合掌瓜蜜棗排骨湯 Pork ribs soup with chestnut, White Fungus, candied jujube and chayote	粟米瘦肉湯米粉 Rice flour soup with pork and corn
四 Thursday	椰菜碎牛肉貝殼粉 Conchiglioni with broccoli and beef	蘋果 Apple	蕃茄洋蔥炒蛋 Fried egg and onions and tomatoes 紅白米飯 Mixed rice 節瓜蛋花肉碎湯 Minced pork soup with egg drop and Fuzzy melon	果占三文治 Sandwiches with jam 牛奶 Milk
五 Friday	時菜蛋花瘦肉粥 Pork porridge with egg drop and vegetables	火龍果 Dragon fruit	翠玉瓜雜菌煮雞柳 Braised chicken with Zucchini and mixed fungus 白米飯 Rice 紅蘿蔔蕃茄豆腐魚湯 Fish soup with tomato, beancurd and carrot	薏米腐竹雞蛋糖水 Sweet Barley & Ginkgo Nut Dessert 餅乾 Biscuits
六 Saturday	營養穀物早餐 Cereals 牛奶 Milk	蘋果 Apple	生菜雞絲炒飯 Fried rice with shred chicken and lettuce 蛋花紫菜瘦肉湯 Pork Soup with egg drop and seaweed	提子飽 Wheat bread with raisin 牛奶 Milk



日期 Date of Menu: 1/2023 - 4/2023



餐單 Meal Plan (二)

星期 Weeks	早餐 Breakfast	水果 Fruit	午餐 Lunch	下午茶餐 Afternoon Snack
一 Monday	菜心粒雞絲通粉 Macaroni with minced Flowering Chinese cabbage and shred chicken	香蕉 Banana	洋蔥薯仔炒牛肉 Fried Beef with onions and potatoes 糙米白飯 Brown Rice mix with white rice 南北杏椰子雪耳豬展湯 Pork shank Soup with White Fungus, coconut and apricot kernel	班戟 Pancake 牛奶 Milk
二 Tuesday	紐紋餐飽 Sweet plain bun 牛奶 Milk	梨 Pear	肉碎蒸蛋 Steam egg with minced pork 南瓜飯 Pumpkin rice 節瓜蓮藕排骨湯 Pork ribs soup with Fuzzy melon and Lotus root	紹菜肉絲湯銀針粉 Silver pin noodle soup with shrewd pork and vegetables
三 Wednesda y	雞蛋椰菜瘦肉粥 Pork porridge with egg and broccoli	奇異果 Kiwi fruit	冬菇馬蹄蒸瘦肉 Steamed pork with Dried mushroom and Water Chestnuts 白米飯 Rice 蕃茄洋蔥薯仔雜菜排骨湯 Pork ribs soup with tomatoes, onions, potatoes and mixed vegetables	烩蛋 Egg 牛奶 Milk
四 Thursday	菠菜蛋花肉絲湯米粉 Rice flour soup with egg drop, minced pork and Spinach	橙 Orange	菠蘿蕃茄煮雞柳 Braised chicken with pineapples and tomatoes 紅白米飯 Mixed rice 豆腐花生木瓜魚湯 Fish soup with beancurd, peanuts and papaya	木瓜雪耳糖水 Papaya and white fungus dessert 餅乾 Biscuits
五 Friday	生菜雞絲麥皮 Oatmill with lettuce and shred chicken	蘋果 Apple	粟米蛋花燴斑塊 Braised fish with corns and egg drop 白米飯 Rice 雪梨南北杏豬骨湯 Pork ribs soup with apricot kernel and Bretschneider pear	蒸饅頭 Steamed buns 自製豆漿 Soyabean milk
六 Saturday	果占三文治 Sandwiches with jam 牛奶 Milk	橙 Orange	南瓜蒸肉碎燴意大利粉 Steamed pumpkin and minced pork with spaghetti 薯仔羅宋湯 Borsch with POTATOES	蛋花瘦肉粥 Pork porridge with egg drop





餐單 Meal Plan (三)

星期 Weeks	早餐 Breakfast	水果 Fruit	午餐 Lunch	下午茶餐 Afternoon Snack
一 Monday	娃娃菜肉絲湯米 Rice flour with baby cabbage and shred pork	香蕉 Banana	菠菜雞蓉蒸雞蛋 Steamed egg with spinach and mash chicken 糙米白米飯 Brown Rice mix with white rice 雪耳木瓜排骨湯 Pork ribs Soup with White Fungus and papaya	果占三文治 Sandwiches with jam 牛奶 Milk
二 Tuesday	南瓜肉碎粥 Pumpkin porridge with minced pork	橙 Orange	甘筍香菇燴魚柳 Braised fish with mushroom and carrot 白米飯 Rice 青紅蘿蔔粟米馬蹄豬展湯 Pork shank soup with carrots, corn and Water Chestnuts	蒸粟米 Steamed corn
三 Wednesday	蕃茄雞絲湯麵 Noddles Soup with tomatoes and shred chicken	梨 Pear	蓮藕馬蹄蒸肉餅 Steamed pork with lotus root and Water Chestnuts 粟米飯 Corn Rice 洋蔥蕃茄薯仔魚湯 Fish soup with tomatoes, onions, and potatoes	無花果雪梨水 Ficus carica and pear juice 餅乾 Biscuits
四 Thursday	黑糖提子飽 Black sugar bread with raisin 牛奶 Milk	蘋果 Apple	西蘭花洋蔥薯仔煮雞扒 Braised chicken chop with onions, Broccoli and potatoes 紅米白米飯 Mixed rice 赤小豆粉葛西施骨湯 Pork ribs soup with Kudzu and red bean	雜菜雞蛋字母粉 Alfabeto with mixed vegetables and egg
五 Friday	時菜瘦肉通心粉 Broccoli with vegetables and pork	木瓜 Papaya	粟米白菜粒煮牛肉 Braised beef with corns and chinese white cabbage 白米飯 Rice 雪耳南北杏蘋果瘦肉湯 Pork soup with white fungus, apricot kernel and apple	南瓜西米露 Sago pudding with pumpkin
六 Saturday	營養穀物早餐 Cereals 牛奶 Milk	蘋果 Apple	芽菜雞絲炒麵 Fried noodles with shred chicken 南瓜瘦肉粥 Pork porridge with pumpkin	花生醬三文治 Sandwiches with peanut butter 牛奶 Milk

