

鄰舍輔導會元朗幼兒園
THE NEIGHBOURHOOD ADVICE-ACTION COUNCIL YUEN LONG DAY NURSERY
2022-2023 學年冬季餐單 [Winter Menu]

第一週 Week 1		早餐 Breakfast	水果 Fruit	午餐 Lunch	茶點 Afternoon snack
	一 Monday	瘦肉蛋花粥 Lean pork congee with eggs	橙 Orange 水 Water	白蘿蔔炆瘦肉 Braised Pork with white radish 炒時菜 Fried vegetable 紅米飯 Red rice 南瓜紅棗瘦肉湯 Pumpkin, red dates, lean pork soup	芝士三文治 Cheese sandwiches 牛奶 Milk
	二 Tuesday	穀物早餐 Cornflake 牛奶 Milk	香蕉 Banana 水 Water	瘦肉蒸雞蛋 Steamed egg with lean pork 炒時菜 Fried vegetable 蕃茄飯 Tomato rice 時瓜瘦肉湯 Seasonal vegetable, lean pork soup	焗蕃薯 Boiled sweet potato 水 Water
	三 Wednesday	餐包 Bun 牛奶 Milk	提子 Grapes 水 Water	洋蔥、南瓜、魚柳燴意粉 Spaghetti with onion, pumpkin, fish 炒時瓜 Fried vegetable (seasonal) 時菜豆腐湯 Tofu soup with vegetable	粟米紅米粥 Red rice congee with corn
	四 Thursday	蕃茄瘦肉湯通粉 Tomato and land pork macaroni	梨 Pear 水 Water	豆腐煮雞柳 Boiled chicken with tofu 炒時菜 Fried vegetable 無花果南北杏瘦肉湯 Fig, apricot kernel and lean pork soup 白飯 Rice	蛋糕 Cake 牛奶 Milk
	五 Friday	牛奶麥皮 Milk cereal	蘋果 Apple 水 Water	雲耳翠肉瓜炒牛肉 Stir-fried black fungus, courgette with beef 炒時菜 Fried vegetable 紅米飯 Red rice 青紅蘿蔔瘦肉湯 Green radish and carrot pork soup	紅綠豆糖水 Red bean and green bean sweet soup
	六 Saturday	穀物早餐 Cornflake 牛奶 Milk	蘋果 Apple 水 Water	時菜瘦肉湯螺絲粉 Vegetable, lean pork cellentani 水 Water	

以上食物將按市場供應情況，有所調動並不會另行通知家長。

*The food will be supply by market and
will be adjusted without further notice. *

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第二週 Week 2		早餐 Breakfast	早餐 Breakfast	水果 Fruit	午餐 Lunch	茶
	一 Monday	穀物早餐 Cornflake 牛奶 Milk	橙 Orange 水 Water	雜豆肉碎炒蛋 Fried eggs with pork and beans 炒時菜 Fried vegetable 南瓜飯 Pumpkin rice 雪耳木瓜瘦肉湯 Snow fungus, papaya, lean pork soup	烩粟米 Boiled corn 水 Water	
	二 Tuesday	雜菜瘦肉字母粉 Vegetable, lean pork alphabet macaroni	梨 Pear 水 Water	雜菇時瓜煮瘦肉 Boiled lean pork with mushroom and vegetable 炒時菜 Fried vegetable 紅米飯 Red rice 時瓜瘦肉湯 Seasonal vegetable, lean pork soup	果醬全麥三文治 Jam wheat sandwiches 牛奶 Milk	
	三 Wednesday	提子包 Dry grapes bun 牛奶 Milk	香蕉 Banana 水 Water	碎肉蒸豆腐 Steamed tofu with pork 時菜 Vegetable 白飯 Rice 金銀菜瘦肉湯 Dried chinese with cabbage, lean pork soup	雪耳蛋花糖水 Snow fungus, egg sweet soup	
	四 Thursday	時菜瘦肉上海麵 Shanghai noodles with vegetable and lean pork	提子 Grapes 水 Water	低脂芝士薯蓉 Mashed potato with low-fat cheese 豬柳漢堡包 Pork tenderloin hamburger 羅宋湯 Borscht soup	烩蕃薯 Boiled sweet potato 水 Water	
	五 Friday	南瓜碎肉粥 Pumpkin, minced pork with congee	蘋果 Apple 水 Water	時菜雞絲煮烏冬 Vegetable, chicken with Japanese-styled noodles 時菜瘦肉湯 Vegetable, lean pork soup	蛋糕 Cake 牛奶 Milk	
	六 Saturday	穀物早餐 Cornflake 牛奶 Milk	橙 Orange 水 Water	蕃茄瘦肉湯意粉 Tomato, lean pork spaghetti 水 Water		

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第三週 Week 3		早餐 Breakfast	早餐 Breakfast	水果 Fruit	午餐 Lunch
	一 Monday	穀物早餐 Cornflake 牛奶 Milk	橙 Orange 水 Water	雜菜煮魚柳 Cook fish fillet with vegetable 菜飯 Vegetable rice 雪耳川貝杏仁煲瘦肉湯 Snow fungus, fritillary, chinese almonds lean pork soup	甘筍瘦肉湯通粉 Carrot, lean pork macaroni
	二 Tuesday	時菜瘦肉螺絲粉 Vegetable, lean pork cellentani	提子 Grapes 水 Water	彩椒翠肉瓜炒牛肉 Fried bell pepper, courgette with beef 粟米飯 Corn rice 蕃茄鮮魚湯 Tomato, fish soup	餐包 Bun 牛奶 Milk
	三 Wednesday	牛奶麥皮 Milk cereal	香蕉 Banana 水 Water	粉絲肉碎蒸蛋 Steamed egg with minced pork and vermicelli 炒時菜 Fried vegetable 白飯 Rice 清補涼瘦肉湯 Lean pork soup	芋頭西米露 Taro sweet soup
	四 Thursday	時菜瘦肉上海麵 Shanghai noodles with vegetable and lean pork	梨 Pear 水 Water	白汁蘑菇肉碎燴意粉 Spaghetti with minched pork and mushroom 時菜豆腐湯 Tofu soup with vegetable	蒸饅頭 Steamed bun
	五 Friday	粟米瘦肉粥 Corn, lean pork congee	蘋果 Apple 水 Water	翠肉瓜甘筍煮雞柳 Boiled chicken with courgette and carrot 紅米飯 Red rice 時瓜瘦肉湯 Vegetable, lean pork soup	餅乾 Biscuit 牛奶 Milk
	六 Saturday	穀物早餐 Cornflake 牛奶 Milk	橙 Orange 水 Water	時菜瘦肉湯米粉 Vegetable, lean pork rice noodles in soup 水 Water	

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第四週 Week 4		早餐 Breakfast	早餐 Breakfast	水果 Fruit	午餐 Lunch
	一 Monday	牛奶麥皮 Milk cereal	橙 Orange 水 Water	蕃茄、洋葱煮牛肉 Cook tomato, onion with beef 炒時菜 Fried vegetable 南瓜飯 Pumpkin rice 羅漢果西洋菜瘦肉湯 Monk fruit, watercress, lean pork soup	腐竹薏米糖水 Bean curd stick sweet soup
	二 Tuesday	蛋花紅米粥 Red rice congee with egg	香蕉 Banana 水 Water	鮮菇薯仔煮雞肉 炒時瓜 Fried vegetable 白飯 Rice 甘筍粟米馬蹄瘦肉湯 Carrot, corn, Chinese water chestnu, lean pork soup	花生醬三文治 Peanuts Butter Sanwiches 牛奶 Milk
	三 Wednesday	餐包 Bun 牛奶 Milk	梨 Pear 水 Water	粟米、瘦肉煮豆腐 Corn, lean pork with tofu 炒時菜 Fried vegetable 紅米飯 Red rice 時瓜瘦肉湯 Vegetable, lean pork soup	甘筍碎肉螺絲粉 Carrot, minced lean pork cellentani
	四 Thursday	時菜瘦肉湯米粉 Vegetable, lean pork rice noodles in soup	提子 Grapes 水 Water	香菇肉碎蒸水蛋 Steamed egg with minced pork with chinese mushroom 炒時菜 Fried vegetable 蕃茄飯 Tomato rice 芥菜豆腐湯 Vegetable and tofu soup	班戟 Pancake 牛奶 Milk
	五 Friday	穀物早餐 Cornflake 牛奶 Milk	蘋果 Apple 水 Water	粟米、蘑菇、魚柳飯 Corn, mushroom, fish fallet rice 炒時菜 Fried vegetable 蘋果雪耳瘦肉湯 Apple, snow fungus lean pork soup	蛋糕 Cake 水 Water
	六 Saturday	牛奶麥皮 Milk cereal	橙 Orange 水 Water	時菜瘦肉湯烏冬 Vegetable, lean pork with Japanese-styled noodles 水 Water	

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