

The Neighbourhood Advice-Action Council Yuen Long Day Nursery
2025-2026學年 秋季餐單 [Autumn Menu]

Week 1		Breakfast	Fruit	Lunch	Afternoon snack
	MON	breakfast cereals milk	orange water	Steamed Egg with Mushroom and Minced Pork Stir-fried seasonal vegetables Red rice Snow Fungus, Fritillaria, Almond and Lean Pork Soup	Corn and lean pork noodle soup
	TUE	Snail Noodles with Vegetables and Lean Meat	banana water	Beef with seasonal melon Corn Rice Vegetable and Tofu Soup	Oatmeal meal packs milk
	WED	cake milk	apple water	Chicken with potatoes and mushrooms Stir-fried vegetables Rice Qingbuliang Lean Meat Soup	Rice Noodles in Mixed Bean and Lean Meat Soup
	THU	Meal kits milk	orange water	Spaghetti with tomatoes, onions and minced meat Pumpkin, Corn and Lean Pork Soup	Bean curd sticks and barley syrup
	FRI	Milk oat bran	pear water	Chicken Fillet with Carrots Stir-fried seasonal vegetables Rice Apple, Pear, and Asparagus Leaf Soup with Lean Pork	cookie water
	SAT	breakfast cereals milk	apple water	Macaroni Soup with Vegetables and Lean Pork 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. *

本園餐單由機構營養師提供意見
The menu is provided by the nutritionist

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Week 2		Breakfast	Fruit	Lunch	Afternoon snack
	MON	Milk oat bran	orange water	Steamed Egg with Minced Meat Stir-fried seasonal vegetables Rice Monk Fruit and Lean Meat Soup	Pumpkin Sago
	TUE	Carrot and Lean Pork Soup with Alphabet	banana water	Chicken with seasonal vegetables Stir-fried seasonal melon Red rice Chayote and Pork Soup	Low-fat cheese whole wheat sandwich water
	WED	Meal kits milk	pitaya water	Stir-fried fish fillet with mixed vegetables Stir-fried seasonal vegetables Rice Cucumber and red bean and lentil soup	Lettuce and Minced Meat Porridge
	THU	breakfast cereals milk	grapes water	Steamed Tofu with Corn and Minced Pork Stir-fried seasonal vegetables Pumpkin Rice Potato and Fish Soup	cake water
	FRI	Minced Pork and Red Rice Porridge	apple water	Stir-fried Chicken with Choy Sum and Pearl Bamboo Mushroom Rice Winter Melon, Egg and Lean Pork Soup	Boiled corn milk
	SAT	cookie milk	orange water	Tomato and lean meat soup pasta water	

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Week 3		Breakfast	Fruit	Lunch	Afternoon snack
	MON	breakfast cereals milk	orange water	Steamed meat patties with corn and mushrooms Stir-fried seasonal vegetables Rice Fig, Almond and Lean Pork Soup	Carrot, Lean Pork and Red Rice Porridge
	TUE	Macaroni Soup with Vegetables and Lean Meat	banana water	Pumpkin and Beef Spaghetti Stir-fried beans Corn Egg Drop Soup	Jam Sandwich milk
	WED	Meal kits milk	pear water	Steamed Egg with Lean Meat Stir-fried Choy Sum Red rice Scallop, Mushroom and Lean Pork Soup	Tomato Chicken Rice Noodle Soup
	THU	Lean meat and egg porridge	grapes water	Tofu and Chicken Fillet Stir-fried seasonal vegetables Rice Cucumber and lean meat soup	cake milk
	FRI	Milk oat bran	apple water	Wax gourd and lean meat Corn and Mushroom Rice Green and Red Carrot Lean Pork Soup	cookie water
	SAT	breakfast cereals milk	apple water	Snail Noodles with Vegetable and Lean Pork Soup water	

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Week 4		Breakfast	Fruit	Lunch	Afternoon snack
	MON	Shanghai Noodles with Corn and Lean Pork	Orange water	Steamed Egg with Mushroom and Minced Pork Stir-fried seasonal vegetables Rice Seaweed and Minced Pork Soup	Meal kits milk
	TUE	Pancakes milk	banana water	Steamed minced meat with tofu Stir-fried seasonal vegetables Red rice Snow Fungus, Papaya and Lean Pork Soup	Red and mung bean soup
	WED	Pumpkin and Minced Meat Porridge	pear water	Low-fat cheese mashed potatoes Pork fillet burger Borscht	Boiled corn water
	THU	breakfast cereals milk	kiwi water	Stir-fried beef with cabbage Tomato Rice Fish Soup with Winter Melon and Bean Curd	cake water
	FRI	Minced Meat Egg Drop Oatmeal	apple water	Rice noodle soup with tomato, seasonal vegetables and shredded chicken Honeysuckle and lean meat soup	cookie milk
	SAT	breakfast cereals milk	apple water	Rice noodles with seasonal vegetables and lean meat water	

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