

No. :

鄰舍輔導會粉嶺幼兒園

The Neighbourhood Advice-Action Council Fanling Day Nursery

春夏季餐單 Spring and Summer Menu



親愛的家長：

本園將於 2026 年 5 月 4 日(一)更換春夏季餐單(A)及(B)。如 貴子弟對任何食物或水果，吃後會產生敏感，請於早上向值日老師登記，以便本園跟進，敬希垂注，多謝合作！

Dear Parents,

We will adjust the menu on 4 May 2026 (Monday). If your child has a sensitive reaction to any of the food or fruit consumed, please let us know immediately, so that we can follow up accordingly. Menu will revised due to supply, food quality and other reasons without prior notice. Please pay attention to the Menu content posted by the school. Thank you for your co-operation.

湯詠琪校長 謹啟 Principal Ms. Tong Wing Ki
二零二六年四月二十四日(24/4/2026)

餐單(A)Menu (A)

星期 餐類	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursady 星期四	Friday 星期五	Saturday 星期六
早餐 Breakfast	蔥花卷 scallion flower roll 清水 water	牛奶麥皮 Oatmeal	時菜瘦肉湯米 vegetables, pork rice noodle in soup	蒸腸粉 Steamed rice roll 清水 Water	烩蛋 Boiled Egg 清水 Water	小饅頭 Steamed Bun 牛奶 Milk
水果 Fruit	香蕉 Bananan	蘋果 Apple	香蕉 Banana	橙 orange	火龍果／哈蜜瓜 Dragon Fruit／ cantaloupe	水果 Seasonal Fruit
午餐 Lunch	粉絲蒸雞蛋 Steamed egg with green bean vericelli 肉碎清炒椰菜花 Fried cauliflower with mined pork 白米糙米飯 White rice, brown rice 香菇豆腐紫菜湯 Shiitake mushroom seaweed and tofu soup	薯仔炆雞翼 Chicken wings with potatoes stew 冬瓜炒魚片 Stir-fried fish fillet with winter melon 白米飯 White rice	娃娃菜冬菇粟米 瘦肉湯銀針粉 Baby bok choy, shiitake mushrooms, and corn; lean pork soup with silver needle noodles	番茄肉碎煮蛋 Scrambled egg with mined pork and tomato 清炒翠玉瓜 Fried Zucchini 白米飯 White rice	雞脾菇玉子豆腐炆肉碎 Cremini mushroom, tamago tofu with minced Pork 炒娃娃菜 Fried baby cabbage 木瓜雪耳瘦肉湯 Soup with pork, papaya and white fungus 白米飯 White rice	紹菜瘦肉甘筍 湯上海麵 Shanghai-style noodles in soup with pork and Chinese cabbage
茶點 Afterschool Snack	蛋糕 Cake 牛奶美祿 Milo	小餐包 Bun 清水 water	奶油三文治 Butter Sandwiches 牛奶 milk	南瓜瘦肉小米粥 Pumpkin congee with minced pork and millet rice	扭紋餐包 Twist Bun 牛奶 Milk	

餐單(B)Menu(B)

星期 餐類	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursady 星期四	Friday 星期五	Saturday 星期六
早餐 Breakfast	牛奶營養穀物 Cercal with milk	時菜瘦肉湯米 vegetables, pork rice noodle in soup	烩蛋 Boiled Egg 清水 Water	小餐包 Bun 清水 Water	小饅頭 Steamed Bun 牛奶 Milk	粟米奄列 Omelette with corn 美祿 Milo
水果 Fruit	香蕉 Banana	橙 orange	香蕉 Banana	火龍果／西瓜 Dragon Fruit／Water Melon	蘋果 Apple	水果 Seasonal Fruit
午餐 Lunch	甘筍薯仔炆瘦肉 Braised pork with carrot and potato 粟米豆腐蛋花瘦肉湯 Corn Soup with pork, egg and tofu 白米糙米飯 White rice, brown rice	甘筍蒸肉餅 Steamed Pork with carrot 炒娃娃菜 Fried baby cabbage 白米飯 White rice	瘦肉蒸蛋 Steamed egg with minced pork 蘿蔔炆魚鬆 Braised Radish with Fish Floss 白米飯 White rice	雲耳蒸雞 Steam black fungus with chicken 節瓜煮肉片 Hairy gourd with pork 白米飯 White rice	番茄蘑菇雞肉 燴通粉 Tomato, mushroom, chicken with macaroni 百寶冬瓜粒湯(瘦肉、豆 腐) Winter Melon Soup with pork and tofu	生菜雞肉蛋絲炒飯 Fried rice with chicken, egg and lettuce 清水 Water
茶點 Afterschool Snack	扭紋餐包 Twist Bun 牛奶美祿 Milo	雞肉湯字母粉 Chicken with alfabeto	雪梨薏米水 Semen coicis pear water 馬拉盞小蛋糕 Cantonese sponge cake	番薯椰汁西米露 Sweet sago with coconut milk	果醬三文治 Jam Sandwiches 清水 Water	

