

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

第一週		早餐 Breakfast	水果 Fruit	午餐 Lunch	茶點 Afternoon snack
Week 1	一 Monday	穀物早餐 Cornflake 牛奶 Milk	橙 Orange 水 Water	粟米、鮮菇蒸肉餅 Corn, chinese mushroom with lean pork 炒時菜 Fried vegetable 紅米飯 Red rice 蘋果馬蹄生魚湯 Apple, chinese water chestnut, fish soup	芝士三文治 Cheese sandwiches
	二 Tuesday	班戟 Pancake 牛奶 Milk	香蕉 Banana 水 Water	南瓜、牛肉燴意粉 Braised beef and pumpkin spaghetti 炒豆角 Fried yard-long beans 粟米蛋花湯 Corn soup with eggs	生菜碎肉粥 Lettuce, minced pork with congee
	三 Wednesday	餐包 Bun 牛奶 Milk	提子 Geapes 水 Water	瘦肉蒸水蛋 Steamed egg with lean pork 炒菜心 Fried Choy Sum 白飯 Rice 帶子冬菇瘦肉湯 Scallop, chinese mushroom, lean pork soup	紅綠豆糖水 Red bean and green bean sweet soup
	四 Thursday	蕃茄瘦肉湯通粉 Tomato and lean pork macaroni	西瓜 Watermelon 水 Water	豆腐煮雞柳 Boiled chicken with tufu 炒時菜 Fried vegetable 紅米飯 Red rice 老黃瓜瘦肉湯 Lean Pork herbal soup with yellow cucumber	蛋糕 Cake 牛奶 Milk
	五 Friday	牛奶麥皮 Milk cereal	蘋果 Apple 水 Water	節瓜煮瘦肉 Boiled lean pork with hairy groud 蕃茄飯 Tomato rice 青紅蘿蔔瘦肉湯 Green radish and carrot pork soup	時菜雞肉湯米粉 Vegetable, chicken, rice noodles in soup
	六 Saturday	穀物早餐 Cornflake 牛奶 Milk	橙 Orange 水 Water	時菜瘦肉湯螺絲粉 Vegetable, lean fusilli in soup 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		早餐 Breakfast	水果 Fruit	午餐 Lunch	茶點 Afternoon snack
Week 2	一 Monday	穀物早餐 Cornflake 牛奶 Milk	橙 Orange 水 Water	豆角炒雞丁 Fried yard-long bean with chicken 炒時菜 Fried vegetable 紅米飯 Red rice 青紅蘿蔔瘦肉湯 Green radish and carrot pork soup	甘筍瘦肉上海麵 Shanghai noodles with carrot and lean pork
	二 Tuesday	燕麥包 Oat bun 牛奶 Milk	提子 Grapes 水 Water	豆腐蒸瘦肉 Boiled chicken with tofu 炒時菜 Fried vegetable 白飯 Rice 紫菜肉碎湯 Dried seaweed minced pork soup	木瓜雪耳糖水 Papaya, snow fungus
	三 Wednesday	南瓜碎肉粥 Pumpkin, minced pork with congee	香蕉 Banana 水 Water	低脂芝士粟米薯蓉 Mashed potato with low-fat cheese and corn 豬柳漢堡包 Pork tenderloin hamburger 羅宋湯 Borscht soup	餅乾 Biscuit 牛奶 Milk
	四 Thursday	肉碎蛋花麥皮 Minced pork cereal with egg	西瓜 Watermelon 水 Water	白菜炒牛肉 Fried vegetable with beef 粟米飯 Corn rice 節瓜腐竹煲魚湯 Hairy ground, bean curd stick fish soup	餐包 Bun 牛奶 Milk
	五 Friday	蛋糕 Cake 牛奶 Milk	蘋果 Apple 水 Water	蕃茄、時菜、雞絲湯米粉 Tomato, vegetable, chicken rice noodles in soup 芥菜豆腐瘦肉湯 Vegetable, tofu, lean pork soup	焗粟米 Boiled corn 水 Water
	六 Saturday	穀物早餐 Cornflake 牛奶 Milk	蘋果 Apple 水 Water	時菜瘦肉煮烏冬 Vegetable, lean pork with Japanese-styled noodles 水 Water	

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Week 3	一 Monday	生菜瘦肉粥 Lean pork congee with lettuce	橙 Orange 水 Water	香菇肉碎蒸水蛋 Steamed egg with chinese mushroom 炒時菜 Fried vegetable 紅米飯 Red rice 花生眉豆瘦肉湯 Peanut, black-eyed peas with lean pork soup	花生醬全麥三文治 Peanuts Butter Wheat Sanwiches 牛奶 Milk
	二 Tuesday	時菜瘦肉螺絲粉 Vegetable, lean pork cellentani	香蕉 Banana 水 Water	時瓜煮牛肉 Ground with beef 粟米飯 Corn rice 蕃茄鮮魚湯 Tomato, fish soup	餐包 Bun 牛奶 Milk
	三 Wednesday	蛋糕 Cake 牛奶 Milk	蘋果 Apple 水 Water	薯仔、鮮菇煮雞肉 Boiled potato, chinese mushroom with chicken 炒時菜 Fried vegetable 白飯 Rice 清補涼瘦肉湯 Lean pork soup	雜豆瘦肉湯米粉 Mixed vegetables, lean pork rice noodles in soup
	四 Thursday	餐包 Bun 牛奶 Milk	火龍果 Dragonfruit 水 Water	雜豆、粟米、肉碎燴意粉 Braised peas, corn, minced lean pork spaghetti 蘋果雪梨龍脷葉煲瘦肉湯 Apple, pear, dragon's tongue leaf lane pork soup	腐竹薏米糖水 Bean curd stick sweet soup
	五 Friday	牛奶麥皮 Milk cereal	蘋果 Apple 水 Water	甘筍煮雞柳 Boiled carrot with chicken 炒時菜 Fried vegetable 紅米飯 Red rice 南瓜瘦肉湯 Pumpkin, lean pork soup	粟米瘦肉湯麵 Corn, lean pork noodles
	六 Saturday	穀物早餐 Cornflake 牛奶 Milk	橙 Orange 水 Water	時菜瘦肉湯通粉 Vegetable, lean pork macaroni 水 Water	

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第四週		早餐 Breakfast	水果 Fruit	午餐 Lunch	茶點 Afternoon snack
Week 4	一 Monday	牛奶麥皮 Milk cereal	橙 Orange 水 Water	粟米肉碎蒸豆腐 Steamed minced lean with corn and tufu 炒時菜 Fried vegetable 紅米飯 Red rice 羅漢果煲瘦肉湯 Monk fruit lane pork soup	南瓜西米露 Pumpkin sweet soup
	二 Tuesday	甘筍瘦肉通粉 Carrot, lean pork macaroni	提子 Grapes 水 Water	時菜煮雞肉 Boiled vegetable with chicken 炒時瓜 Fried vegetable (seasonal) 白飯 Rice 佛手瓜豬展湯 Chayote and pork soup	蛋糕 Cake 牛奶 Milk
	三 Wednesday	餐包 Bun 牛奶 Milk	香蕉 Banana 水 Water	雜菜炒魚柳 Fired vegetable, fish fallet 炒時菜 Fried vegetable 香菇飯 Chinese mushroom rice 老黃瓜煲赤小豆扁豆湯 Yellow cucumber, mixed bean soup	生菜碎肉粥 Lean pork congee with lettuce
	四 Thursday	穀物早餐 Cornflake 牛奶 Milk	火龍果 Dragonfruit 水 Water	肉碎蒸水蛋 Steamed egg with minced pork 炒時菜 Fried vegetable 紅米飯 Red rice 薯仔鮮魚湯 Potato fish soup	烩粟米 Boiled corn 水 Water
	五 Friday	肉碎紅米粥 Red rice congee with minced pork	蘋果 Apple 水 Water	菜心珍珠筍草菇炒雞柳 Fried chicken with choy sum, baby corn and mushroom 南瓜飯 Pumpkin rice 節瓜蛋花湯 Hairy ground soup with egg	餅乾 Biscuit 牛奶 Milk
	六 Saturday	穀物早餐 Cornflake 牛奶 Milk	梨 Pear 水 Water	蕃茄瘦肉湯意粉 Tomato, lean pork spaghetti in soup 水 Water	

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