



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	菜心蛋花湯麵 Soup noodles with choy sum and eggs	香蕉 Banana	豆腐冬菇蒸水蛋 Steamed eggs with tofu and Shiitake Mushrooms 白米飯 Rice 紅蘿蔔粟米馬蹄腰果湯 Cashew soup with carrots, corns and water chestnuts	南瓜花奶西米露 Pumpkin sago pudding with evaporated milk 餅乾 Biscuits
二 Tuesday	果醬麥包三文治 Wheat bread sandwiches with jam 牛奶 Milk	橙 Orange	冬瓜雜菌煮魚柳 Braised fish fillet with winter melons and mixed mushrooms 紅白米飯 Rice mixed with red rice 紅菜頭蘋果蜜棗豬骨湯 Pork bone soup with beetroots, apples and candied jujubes	娃娃菜蛋花碎肉米粉 Soup rice noodles with Mini Tientsin Cabbages, eggs and pork
三 Wednesday	生菜絲瘦肉粥 Porridge with lettuces and pork	蘋果 Apple	洋蔥番茄燴肉片 Braised pork with onions and tomatoes 白米飯 Rice 赤小豆扁豆粉葛魚湯 Fish soup with Adzuki Beans, Hyacinth Beans and Kudzu Roots	輕量牛油蒸粟米 Steamed corns with little butter
四 Thursday	雞蛋牛奶麥皮 Milk oatmeal with eggs	梨 Pear	椰菜薯仔煮牛肉 Braised beef with cabbages and potatoes 南瓜飯 Pumpkin rice 紫菜蛋花肉片湯 Soup with seaweed, eggs and pork	番茄雞絲粥 Porridge with chicken and tomatoes
五 Friday	粟米雞絲湯貝殼粉 Soup conchiglioni with chicken and corns	哈密瓜 Hami Melon	甘筍雲耳蒸雞扒 Steamed chicken fillet with carrots and black fungi 白米飯 Rice 雜菜排骨湯 Pork rib soup with mixed vegetables	冬瓜薏米糖水 Sweet soup with winter melon and Chinese barley 蒸饅頭 Chinese steamed bun
六 Saturday	營養穀物早餐 Cereals 牛奶 Milk	蘋果 Apple	時菜瘦肉炒米粉 Fried rice noodles with vegetables and pork 雞蛋瘦肉粥 Porridge with eggs and pork	蛋糕 Cake 牛奶 Milk

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The meal depends on market supply. No further notice will be made for adjustment.



日期 Date of Menu: 5/2026 – 8/2026



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	紹菜番茄湯上海麵 Soup noodles with long cabbages and tomatoes	香蕉 Banana	節瓜蘑菇片燴蜂巢豆腐 Braised tofu with zucchinis and mushrooms 白米飯 Rice 淮山蛋花粟米羹 Chinese thick soup with Chinese yam, eggs and corns	焗番薯 Sweet potato
二 Tuesday	雞蛋三文治 Egg sandwiches	火龍果 Dragon Fruit	洋蔥薯仔燴雞柳 Stewed chicken fillet with onions and potatoes 白米飯 Rice 合掌瓜粟米蜜棗排骨湯 Pork rib soup with chayote, corns and candied jujubes	白菜瘦肉煮麥皮 Oatmeal with Chinese cabbages and pork
三 Wednesday	南瓜雞絲螺絲粉 Fusilli with pumpkins and chicken	橙 Orange	雞蛋番茄燴免治牛肉 Braised minced beef with eggs and tomatoes 白米飯 Rice 紅蘿蔔薯仔豬脰湯 Pork shank soup with carrots and potatoes	蔥花卷 Scallion Roll 豆漿 Soymilk
四 Thursday	生菜肉絲湯米 Soup rice noodles with lettuces and pork	西瓜 Watermelon	粟米馬蹄蒸肉餅 Steamed pork patty with corns and water chestnuts 菜飯 Rice mixed with vegetables 木瓜黃豆魚湯 Fish soup with papayas and soybeans	焗蛋 Boiled egg 羅漢果水 Monk fruit water
五 Friday	扭紋餐包 Twisted bun 牛奶 Milk	蘋果 Apple	青瓜雲耳煮魚柳 Braised fish fillet with cucumbers and black fungi 白米飯 Rice 南瓜骨排湯 Pork rib soup with pumpkins	甘筍肉碎炒麵 Fried noodles with carrots and pork
六 Saturday	營養穀物早餐 Cereals 牛奶 Milk	橙 Orange	肉絲燴意粉 Spaghetti with pork 鮮蘑菇薯仔瘦肉湯 Pork soup with mushrooms and potatoes	餐包 Bun 牛奶 Milk

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日期 Date of Menu: 5/2026 – 8/2026



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	菜心蛋絲米粉 Soup rice noodles with choi sum and eggs	香蕉 Banana	菠蘿椰菜花燴紅腰豆 Braised red kidney beans with pineapples and cauliflowers 白米飯 Rice 節瓜豆腐雞蛋薑片湯 Soup with zucchinis, tofu, eggs and ginger	馬拉糕 Chinese sponge cake 檸檬薏米水 Chinese barle y water with lemon
二 Tuesday	蛋糕 Cake 牛奶 Milk	橙 Orange	甘荀豆角煮魚肉 Braised fish with carrots and green beans 白米飯 Rice 眉豆蜜棗木瓜豬脷湯 Pork shank soup with black eye beans, candied jujubes and papayas	肉燥蒸腸粉 Steamed rice rolls with minced pork
三 Wednesday	雜菜雞肉蝴蝶粉 Soup farfalle with mixed vegetables and chicken	蘋果 Apple	莧菜雞蛋炒瘦肉粒 Fried pork with amaranths and eggs 白米飯 Rice 青蘿蔔紅蘿蔔魚湯 Fish soup with carrots	烩蛋 Boiled egg 豆漿 Soymilk
四 Thursday	黑糖包 Black sugar bun 牛奶 Milk	菠蘿 Pineapple	蕃茄翠玉瓜燜雞塊 Braised chicken with tomatoes and courgette 白米飯 Rice 雪耳蘋果排骨湯 Pork rib soup with white fungi and apples	野菜湯烏冬 Soup udon with vegetables
五 Friday	甘荀瘦肉粥 Porridge with carrots and pork	梨 Pear	紹菜粉絲牛肉蒸蛋 Steamed eggs with long cabbages, glass noodles and beef 粟米飯 Corn Rice 赤小豆老黃瓜蜜棗豬脷湯 Pork shank soup with Adzuki Beans, cucumbers and candied jujubes	番薯糖水 Sweet soup with sweet potatoes
六 Saturday	營養穀物早餐 Cereals 牛奶 Milk	蘋果 Apple	生菜雞絲炒飯 Fried rice with lettuces and shredded chicken 洋蔥番茄瘦肉湯 Pork soup with onions and tomatoes	餐包 Bun 牛奶 Milk

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