

鄰舍輔導會東欣幼兒園 NAAC Tung Yan Day Nursery

夏季餐單(一) Summer Menu(1)

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
早餐 Breakfast	牛奶麥皮 Oatmeal with Milk	菠菜牛肉貝殼粉 Conchiglioni with Beef and Spinach	芝士三文治 Cheese Sandwiches	蕃茄雞絲湯米線 Tomato, Chicken with Rice Noodles Soup	排包 Milk Bar Bun	洋蔥雜菜奄列 Onions and Mixed Vegetables Omelette
午餐 Lunch	肉碎蒸雞蛋 Steamed Egg with Minced Pork 清炒椰菜 Stir-fried Cabbage 紅棗椰子煲雞湯 Chicken Soup with Red Date and Coconut	蕃茄鮮菠蘿薯仔煮魚柳 Tomato, Potato and Pineapple with Fish Fillet 節瓜蛋花瘦肉湯 Hairy Gourd Soup with Minced Pork and Egg	杏鮑菇青瓜炒雞柳 Stir-fried Chicken with King Oyster Mushroom and Cucumber 蓮藕排骨湯 Pork Ribs Soup with Lotus Root	玉子豆腐金菇煮牛肉 Egg Tofu, Enoki Mushroom with Beef 粟米紅蘿蔔排骨湯 Pork Ribs Soup with Corn and Carrot	南瓜雜菜雞肉燴長通粉 Penne Pasta with Pumpkin, Mixed Vegetables and Chicken 忌廉蘑菇湯 Cream of Mushroom Soup	甘筍肉片炒意粉 Fried Spaghetti with Lean Meat and Carrot
水果 Fruit	蘋果 Apple	香蕉 Banana	火龍果 Dragon Fruit	西瓜 Watermelon	蘋果 Apple	
茶點 Tea	菜心牛肉湯烏冬 Beef and Choy Sum Udon Soup	班戟、烩蛋 Pancake Boiled Egg 牛奶 Milk	生菜瘦肉炒米粉 Stir-fried Rice Noodles with Pork and Lettuce	扭紋餐包 Twist Bun 牛奶 Milk	低糖腐竹蛋花糖水 Low Sugar Egg Drop and Bean Curd Dessert Soup 牛油軟包 Soft Butter Bun	

(修訂日期：4/2026)

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夏季餐單(二) Summer Menu(2)

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
早餐 Breakfast	蔥花卷 Twisted Scallion Bun 豆漿 Soy Milk	雜菜肉碎字母粉 Mixed Vegetables and Minced Pork with Alphabet Noodles	牛奶粟米片 Cornflakes with Milk 方包 Bread	娃娃菜肉碎 上海湯麵 Minced Pork and Baby Cabbage with Shanghai Noodles Soup	黑糖提子包 Brown Sugar Raisin Bread 牛奶 Milk	焗蛋 Boiled Egg 牛奶 Milk
午餐 Lunch	翠玉瓜西芹炒雞柳 Stir-fried Chicken Fillet with Courgette and Celery 西湖牛肉羹 West Lake Beef Soup	西蘭花甜椒炒蝦仁 Stir-Fried Shrimp with Sweet Red Pepper and Broccoli 冬瓜瘦肉湯 Pork Soup with Wax Gourd	白蘿蔔炒牛肉 Stir-Fried White Danish and Beef 老黃瓜紅蘿蔔排骨湯 Old Cucumber Soup with Carrot and Pork Ribs	低鹽瑞士汁雞槌 Low Salt Swiss Chicken Drumettes 蒜蓉炒蜜豆 Stir-Fried Honey Beans with Garlic 紅蘿蔔佛手瓜豬脰湯 Carrot and Chayote Melon with Pork Shank Soup	蕃茄肉醬意粉 Spaghetti with Fresh Tomato and Minced Pork 粟米雞蓉蛋花羹 Egg Drop Soup with Chicken and Corn	椰菜雞肉米粉 Stir-fried Rice Noodles with Cabbage and Chicken
水果 Fruit	蘋果 Apple	哈密瓜 Hami Melon	火龍果 Dragon Fruit	香蕉 Banana	蘋果 Apple	
茶點 Tea	椰菜肉絲炒薯粉 Stir-fried Sweet Potato Vermicelli Noodles with Cabbage and Pork	馬拉糕 Cantonese Sponge Cake 牛奶 Milk	粟米雞肉粥 Chicken Congee with Corn	蒸腸粉 Steamed Rice Noodle Rolls 豆漿 Soy Milk	冰糖燉雪梨 Stewed Pear with Rock Sugar 蒸饅頭 Steamed Bun	

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