

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 2023 年 5 月 8 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 8 May 2023 (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  
二零二三年四月二十八日(28/4/2023)

## 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	牛奶營養穀物 Cercal with milk	小餐包 Bun 牛奶 Milk	甘筍雞肉湯字母粉 Carrot, chicken with alfabeto	蒸腸粉 Steamed rice roll 清水 Water	排包 Milk bread 牛奶 Milk	小饅頭 Steamed Bun 牛奶 Milk
水果 Fruit	蘋果 Apple	橙 orange	火龍果／哈蜜瓜 Dragon Fruit／ cantaloupe	香蕉 Banana	蘋果 Apple	水果 Seasonal Fruit
午餐 Lunch	粉絲蒸雞蛋 Steamed egg with green bean vericelli 清炒椰菜花 Fried cauliflower 白米糙米飯 White rice, brown rice	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	白菜瘦肉甘筍炒銀針粉 Fried silver needle noodles with carrot, minced pork and Chinese cabbage 竹蔗馬蹄水 Sugar cane, water chestnut drink	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 冬瓜雪耳瘦肉湯 Winter Melon Soup with pork and white fungus	紹菜瘦肉甘筍 湯上海麵 Shanghai-style noodles in soup with pork and Chinese cabbage
茶點 Afterschool Snack	黃金蛋糕 Cake 清水 water	野菜瘦肉湯上海麵 Shanghai-style noodles in soup with pork and vegetables	奶油三文治 Cream Sandwiches 豆漿 Soy milk	鮮果啫喱 Fruit Jelly 清水 water	粟米瘦肉燕麥粥 Corn minced pork porridge	

## 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	排包 Milk bread 牛奶 Milk	小饅頭 Steamed Bun 牛奶 Milk	烩蛋 Boiled Egg 清水 Water	粟米奄列 Omelette with corn 美祿 Milo
水果 Fruit	蘋果 Apple	橙 orange	火龍果／西瓜 Dragon Fruit／Water Melon	香蕉 Banana	蘋果 Apple	水果 Seasonal Fruit
午餐 Lunch	甘筍薯仔炆瘦肉 Braised pork with carrot and potato 老少平安 Steamed tofu with fish paste 粟米蛋花雪耳湯 Corn Soup with egg and white fungus 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 炒西蘭花 Fried broccoli 百寶冬瓜粒湯(瘦肉、豆腐) Winter Melon Soup with pork and tofu 白米 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 薏米水 barley water	生菜雞肉蛋絲炒飯 Fried rice with chicken, egg and lettuce 清水 Water
茶點 Afterschool Snack	娃娃菜瘦肉湯字母粉 Baby Cabbage, pork with alfabeto	卷蛋糕 Roll cakes 清水 Water	時菜牛肉湯烏冬 Seasonal vegetable, beef, udon in soup	牛油方包 Butter sandwiches 清水 Water	番薯糖水 Sweet potato soup 餅乾 Biscuit	