

鄰舍輔導會粉嶺幼兒園

The Neighbourhood Advice-Action Council Fanling Day Nursery

秋冬季度餐單

Autumn and Winter Menu

親愛的家長：

本園將於 2023 年 11 月 6 日(一)更新季度餐單(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。以下餐單會因供應、質量等原因會作修改而不另行通知，請留意當天學校張貼內容為準，敬希垂注。


Dear Parents,

We will adjust the menu on 6 November 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

二零二三年十月十三日(13/10/2023)

餐單(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	蒸腸粉 Steamed rice roll 清水 Water	蛋花雞肉麥皮粥 Chicken egg porridge	排包 Milk Bun 牛奶 Milk	小饅頭 Steamed Bun 牛奶 Milk	洋蔥粟米奄列 Corn and onion omelet 牛奶 Milk
水果 Fruit	蘋果 Apple	橙 orange	香蕉 Banana	蘋果 Apple	火龍果 Dragon Fruit	水果 Seasonal Fruit
午餐 Lunch	肉碎蒸雞蛋 Steamed egg with minced pork 炒娃娃菜 Fried baby cabbage 節瓜瘦肉湯 Hairy gourd pork soup 白米飯 White rice	雲耳蒸雞 Steam black fungus with chicken 翠玉瓜炒魚片 Fried Zucchini with fried fish fillets 白米飯 White rice	番茄肉碎煮蛋. Scrambled egg with mined pork and tomato 炒西蘭花 Fried broccoli 白米飯 White rice	粟米洋葱燴豬扒 Braised pork chop with onion and corn 炒時菜 Fried Seasonal vegetable 白米飯 White rice	白粥 Plain Porridge 三絲炒米粉 (甘筍、瘦肉、生菜) Fried rice noodle with carrot, minced pork and lettuce	椰菜雞蛋雞肉燴 意大利粉 Spaghetti with cabbage, egg and chicken 清水 Water
茶點 Afterschool Snak	小餐包 Bun 清水 Water	紹菜瘦肉湯米 Chinese cabbage, pork rice noodle in soup	扭紋餐包 Twist Bun 無花果雪梨水 Fig pear water	甘筍雞肉湯河粉 Carrot, chicken rice noodle in soup	花生醬三文治 peanut butter sandwich 清水 Water	

餐單(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 Cereal with milk	烱蛋 Boiled Egg 清水 Water	小蛋糕 Cake 清水 Water	小餐包 Bun 牛奶 Milk	蒸腸粉 Steamed rice roll 清水 Water	烱蛋 Boiled Egg 牛奶 Milk
水果 Fruit	蘋果 Apple	橙 Orange	香蕉 Banana	梨 Pear	蘋果 Apple	水果 Seasonal Fruit
午餐 Lunch	粉絲蒸雞蛋 Steamed egg with green bean vericelli 椰菜花炒牛肉 Fried cauliflower with beef 白米飯 White rice	馬蹄蒸肉餅 Steamed pork with water chestnut 雜菜羅宋湯 Vegetable Soup (tomato, corrot, potato) 白米飯 White rice	薯仔燴雞柳 Potato with chicken fillets 節瓜炆粉絲 Braised hairy gourd with green bean vermicelli 白米飯 White rice	番茄瘦肉燴蝴蝶粉 Tomato, pork with farfalline 木瓜排骨湯 Papaya pork rib soup	南瓜煮瘦肉 Pumpkin chicken fillets 紹菜煮玉米筍 Chinese cabbage with baby corn 白米飯 White rice	西炒飯 (生菜, 雞蛋, 瘦肉) Fried rice (Lettuce, egg, pork)
茶點 Afterschool Snak	時菜瘦肉字母粉 Pork and seasonal vegetable with alfabeto	排包 Milk Bun 牛奶 Milk	紹菜瘦肉湯米 Chinese cabbage, pork rice noodle in soup	奶油三文治 Butter Sandwiches 檸檬薏米水 Lemon barley water	番薯糖水 Sweet potato soup 餅干 Biscuit	

