



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 choi sums and shredded eggs	香蕉 Banana	豆腐冬菇蒸水蛋 Steamed eggs with tofu and Shiitake Mushrooms 糙米白飯 Rice mixed with brown 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	洋蔥番茄燴碎肉 Braised minced 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	娃娃菜蛋花碎肉米粉 Soup rice noodles with Mini Tientsin Cabbages, shredded eggs and minced pork
三 Wednesday	生菜絲瘦肉粥 Porridge with shredded lettuces and pork	蘋果 Apple	冬瓜雜菌燜魚鬆 Stewed fish floss 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	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, shredded eggs and sliced pork	番茄雞絲粥 Porridge with shredded chicken and tomatoes
五 Friday	粟米雞絲湯貝殼粉 Soup conchiglioni with shredded chicken and corns	哈密瓜 Hami Melon	甘荀雲耳蒸雞扒 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: 5/2024 – 8/2024



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 sliced mushrooms 紅白米飯 Rice mixed with red rice 淮山蛋花粟米羹 Chinese thick soup with Chinese yam, shredded eggs and corns	焗番薯 Sweet potato
二 Tuesday	碎蛋三文治 Shredded 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 Porridge with Chinese cabbages and pork
三 Wednesday	南瓜雞絲螺絲粉 Fusilli with pumpkins and shredded chicken	橙 Orange	雞蛋番茄燴免治牛肉 Braised minced beef with eggs and tomatoes 糙米白飯 Rice mixed with brown rice 紅蘿蔔薯仔豬脰湯 Pork shank soup with carrots and potatoes	花奶啫喱 Jelly with evaporated milk 餅乾 Biscuits
四 Thursday	生菜肉絲湯米 Soup rice noodles with lettuces and shredded 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	牛奶 Milk 扭紋餐包 Twisted bun	蘋果 Apple	青瓜雲耳煮魚柳 Braised fish with cucumbers and black fungi 白米飯 Rice 南瓜骨排湯 Pork rib soup with pumpkins	甘荀肉碎炒麵 Fried noodles with carrots and minced pork
六 Saturday	營養穀物早餐 Cereals 牛奶 Milk	橙 Orange	肉絲燴意粉 Spaghetti with shredded pork 鮮蘑菇薯仔瘦肉湯 Soup with mushrooms, potatoes and pork	餐包 Bun 牛奶 Milk

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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 sums and shredded 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 sliced ginger	番薯糖水 Sweet soup with sweet potatoes
二 Tuesday	蛋糕 Cake 牛奶 Milk	橙 Orange	甘荀豆角煮魚肉 Braised fish with carrots and green beans 紅白米飯 Rice mixed with red 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	豬仔包 Sweet bun 豆漿 Soymilk
四 Thursday	粟米吞拿魚三文治 Corn tuna sandwiches	菠蘿 Pineapple	蕃茄翠玉瓜燴雞塊 Braised chicken with courgettes and tomatoes 糙米白飯 Rice mixed with brown 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	衛星包 Bun 雪糕 Ice-cream
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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