

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 2025 年 4 月 14 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 14 April 2025 (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
二零二五年三月二十八日(28/3/2025)

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	牛奶麥皮 Oatmeal	時菜瘦肉湯米 vegetables, pork rice noodle in soup	蒸腸粉 Steamed rice roll 清水 Water	烩蛋 Boiled Egg 清水 Water	小饅頭 Steamed Bun 牛奶 Milk
水果 Fruit	香蕉 Banana	蘋果 Apple	香蕉 Banana	橙 orange	火龍果/哈密瓜 Dragon Fruit/ cantaloupe	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 香菇豆腐紫菜湯 Shiitake mushroom seaweed and tofu soup	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 炒娃娃菜 Fried baby cabbage 節瓜雪耳瘦肉湯 Hairy gourd Soup with pork and white fungus 白米飯 White rice	紹菜瘦肉甘筍 湯上海麵 Shanghai-style noodles in soup with pork and Chinese cabbage
茶點 Afterschool Snack	蛋糕 Cake 清水 water	小餐包 Bun 清水 water	奶油三文治 Butter Sandwiches 牛奶 milk	南瓜瘦肉燕麥粥 Pimpkin minced pork porridge	扭紋餐包 Twist Bun 牛奶 Milk	

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	烩蛋 Boiled Egg 清水 Water	小餐包 Bun 牛奶 Milk	小饅頭 Steamed Bun 牛奶 Milk	粟米奄列 Omelette with corn 美祿 Milo
水果 Fruit	香蕉 Banana	橙 orange	香蕉 Banana	火龍果/西瓜 Dragon Fruit/Water Melon	蘋果 Apple	水果 Seasonal Fruit
午餐 Lunch	甘筍薯仔炆瘦肉 Braised pork with carrot and potato 粟米豆腐蛋花魚肉湯 Corn Soup with fish, egg and tofu 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 白米飯 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 百寶冬瓜粒湯(瘦肉、豆 腐) Winter Melon Soup with pork and tofu	生菜雞肉蛋絲炒飯 Fried rice with chicken, egg and lettuce 清水 Water
茶點 Afterschool Snack	扭紋餐包 Twist Bun 清水 water	雞肉湯字母粉 Chicken with alfabeto	白粥 Rice Congee 蒸腸粉 Steamed rice roll	烩番薯 Braised sweet potatoes 清水 water	花生醬三文治 Peanut butter Sandwiches 清水 Water	

