



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	甘筍娃娃菜通心粉 Macaroni with carrots and baby cabbage	香蕉 Banana	菠菜野菌炒雞蛋 Scramble eggs with spinach and mushrooms 白米飯 White Rice 蜜棗合掌瓜蓮藕冬菇湯 Shiitake Mushroom soup with jujube, chayote, and lotus root	扭紋餐包 Twisted bun 牛奶 Milk
二 Tuesday	生菜雞絲粥 Porridge with lettuce and chicken	橙 Orange	燕麥馬蹄蒸肉餅 Steamed meat patty with oatmeal and water chestnuts 南瓜飯 Pumpkin Rice 青紅蘿蔔鮮魚湯 Fish soup with carrots	椰汁紫薯西米露 Sago pudding with coconut milk and purple sweet potato
三 Wednesday	果沾三文治 Jam sandwiches 牛奶 Milk	蘋果 Apple	番茄雞蛋煮免治牛肉 Braised beef with tomatoes and eggs 白米飯 White rice 蜜棗南北杏雪耳豬骨湯 Pork-rib soup with jujube, apricot kernel and white fungus	南瓜雞絲麥皮 Oatmeal with pumpkin and chicken
四 Thursday	小棠菜雞肉米粉 Rice flour noodles with chicken and Green Chinese Cabbage	梨 Pear	粟米豆腐燴魚塊 Braised fish with corn and tofu 白米飯 White rice 莧菜瘦肉蛋花湯 Soup with Chinese Amaranth, pork and eggs	蔥花卷 Scallion bun 低糖豆漿 Low-sugar soy milk
五 Friday	牛奶雞蛋麥皮 Oatmeal with milk and eggs	青提子 Green grapes	翠肉瓜甘筍炒雞柳 Fried chicken fillet with Zucchini and carrots 白米飯 White rice 南瓜西施骨湯 Pork rib soup with pumpkin	蘋果雪梨水 Apple and pear water 烩雞蛋 Boiled egg
六 Saturday	營養穀物早餐 Cereals 牛奶 Milk	橙 Orange	三絲炒飯 Fried rice 番茄甘筍碎肉湯 Soup with tomatoes, carrots and meat	蛋糕 Cake 牛奶 Milk

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日期 Date of Menu: 09/2026 – 12/2026



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	牛奶雞蛋煮麥皮 Oatmeal with milk and eggs	香蕉 Banana	番茄菠蘿燴玉子豆腐 Braised Tamago Tofu with tomatoes and pineapple 白米飯 White rice 栗子紅蘿蔔南瓜湯 Pumpkin soup with chestnuts and carrots	野菜粟米烏冬 Vegetables and corn udon
二 Tuesday	生菜絲魚肉粥 Fish porridge with lettuce	橙 Orange	菠菜雞蓉蒸雞蛋 Steamed eggs with spinach and chicken 白米飯 White rice 鮮淮山無花果粟米瘦肉湯 Meat soup with Chinese Yam, fig and corns	蒸饅頭 Steamed buns 竹蔗茅根水 Sugarcane water
三 Wednesday	娃娃菜雞肉湯麵 Noodles with baby cabbage and chicken	蘋果 Apple	蒜蓉南瓜蒸魚 Steamed fish with garlic and pumpkin 粟米飯 Corn rice 西湖牛肉羹 Minced beef and egg drop soup	花奶百合紅豆沙 (少甜) Red bean and lily bulbs soup with evaporated milk (less sugar)
四 Thursday	雞蛋麥包三文治 Egg sandwiches 牛奶 Milk	梨 Pear	合掌瓜雪耳炒牛柳絲 Fried beef with chayote and white fungus 白米飯 White rice 粟米馬蹄甘筍排骨湯 Pork rib soup with corns, water chestnuts and carrots	番茄碎肉蝴蝶粉 Farfalle with tomatoes and meat
五 Friday	菜心粒瘦肉上海麵 Shanghai noodles with meat and choy sum	柑 Tangerine	西蘭花甜椒煮豬柳 Pork fillet with broccoli and bell peppers 白米飯 White rice 赤小豆粉葛鮮魚湯 Fish soup with rice bean and Kudze Root	牛油蒸粟米 Steamed corn with butter
六 Saturday	營養穀物早餐 Cereals 牛奶 Milk	蘋果 Apple	芽菜肉絲炒米粉 Fried rice flour noodles with soy bean sprouts and meat 白粥 Congee	芝麻餐包 Sesame buns 牛奶 Milk

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日期 Date of Menu: 09/2026 – 12/2026



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	時菜蛋花刀削麵 Knife-cut noodles with vegetables and eggs	香蕉 Banana	南瓜豆腐蒸水蛋 Steamed eggs with pumpkin and tofu 白米飯 White rice 紅菜頭蘋果蘿蔔粟米湯 Corn soup with beetroots, apples and carrots	洋薏米綠豆甜粥 Sweet porridge with barley and green beans
二 Tuesday	蒸腸粉 Steamed rice-flour rolls	橙 Orange	蜜汁洋蔥玉豆燴豬柳 Braised pork fillet with onions, beans and honey sauce 甘筍飯 Carrot rice 木瓜眉豆魚湯 Fish soup with papayas and black-eyed peas	粟米蛋花燕麥粥 Oatmeal porridge with corn and egg
三 Wednesday	白菜牛肉貝殼粉 Conchiglioni with cabbage and beef	梨 Pear	冬菇蓮藕蒸雞 Steamed chicken with Shiitake Mushroom and lotus roots 白米飯 White rice 蘋果紅蘿蔔蜜棗排骨湯 Pork rib soup with apples, carrots and jujube	雜菜炒蛋 Scramble eggs with mixed vegetables
四 Thursday	牛奶雞蛋麥皮 Oatmeal with milk and eggs	蘋果 Apple	節瓜蛋花燴魚柳 Braised fish fillets with fuzzy melon and eggs 白米飯 White rice 蜜棗蓮藕煲豬展湯 Pork shank soup with jujube and lotus roots	甘筍雞絲炒米 Fried rice flour noodles with carrots and chicken
五 Friday	南瓜瘦肉粥 Porridge with pumpkin and meat	火龍果 Dragon Fruit	草菇牛肉煮豆腐 Tofu with straw mushrooms and beef 白米飯 White rice 薯仔雜菜瘦肉湯 Meat soup with potatoes and mixed vegetables	黑糖餐包 Black sugar bun 牛奶 Milk
六 Saturday	營養穀物早餐、牛奶 Cereals、milk	橙 Orange	菜心粒雞絲炒麵 Fried chicken noodles with choy sum 紫菜瘦肉蛋花湯 Seaweed soup with meat and eggs	黑糖餐包 Black sugar buns 牛奶 Milk

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