

# 鄰舍輔導會粉嶺幼兒園 NAAC Fanling Day Nursery

## 通告—秋冬季餐單 Notice-Autumn and Winter Menu

親愛的家長：

本園將於 2020 年 10 月 5 日(一)更換秋冬季餐單(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。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 change the autumn and winter menu on 5 October 2020(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  
二零二零年九月二十五日(25-9-2020)

### 餐單 Menu(A)

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
早餐 Breakfast	牛奶營養穀物 Cereal with milk	小餐包 Bun 牛奶 Milk	甘筍雞肉湯米粉 Chicken, carrot ,rice noodle	雜菜奄列 Vegetable omelet 清水 Water	生菜雞蓉米線 Lettuce ,minced chicken and vermicelli	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	木瓜/梨 Papaya/Pear	水果 Seasonal fruit
午餐 Lunch	蒸水蛋 Steamed egg 南瓜雞柳 Pumpkin with chicken fillets 紫菜豆腐魚肉湯 Seaweed,Tofu and Fish Soup 糙米白米飯 Brown and white rice	瘦肉煮豆腐 Pork meat with tofu 薯仔洋蔥炒牛肉 Fried beef with poatato and onion 白米飯 White rice	紹菜煮肉碎 Chinese cabbage minced pork 粟米魚柳 Fish fillet with corn 花生眉豆瘦肉湯 Peanut.black eye bean and pork soup 糙米白米飯 Brown and white rice	鮮茄燴豬扒 Braised pork chop with tomato 蒜泥娃娃菜 Baby cabbage with mashed garlic 白米飯 White rice	白菜肉絲炒銀針粉 Fried silver pin noodle with shredded meat and Chinese white cabbage 生菜牛肉粥 Lettuce and beef porridge	椰菜雞蛋雞肉燴 意大利粉 Spaghetti with cabbage,egg and chicken 清水 Water
茶點 Afternoon Snack	白粥 Porridge 蒸腸粉 Stemed rice roll	腐竹糖水 Beancurd sheet sweet soup 餅干 Biscuit	花生醬麥方包 Peanut butter wheat sandwiches 豆漿 Soy milk	時菜瘦肉米通粉 Pork and seasonal vegetable with rice macaroni	合桃蛋糕 Walnut cake 檸檬薏米水 Lemon barley water	

### 餐單 Menu(B)

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
早餐 Breakfast	牛奶麥皮 Oatmeal with milk	紹菜瘦肉字母粉 Chinese cabbage,pork and alfabeto	烩蛋 Boiled egg 清水 Water	白菜瘦肉湯米粉 Cabbage ,pork ,rice noodle	蒸饅頭 Steamed bun 牛奶 Milk	烩蛋 Boiled egg 牛奶 Milk
水果 Fruit	蘋果 Apple	橙 Orange	木瓜/梨 Papaya/Pear	蘋果 Apple	香蕉 Banana	水果 Seasonal fruit
午餐 Lunch	粉絲蒸雞蛋 Steamed egg with green bean vermicelli 椰菜炒牛肉 Fried cauliflower and beef 粟米雪耳豆腐湯 Corn ,fungus and tofu soup 白米飯 White rice	冬菇炆雞翼 Stewed chicken wing with Shiitake mushroom 清炒時菜 Fried Seasonal vegetable 糙米白米飯 Brown and white rice	南瓜瘦肉燴通粉 Pumpkin, pork with macaroni 雜菜牛肉湯 (蕃茄, 甘筍, 椰菜, 芹菜, 青椒 薯仔) Vegetable beef soup (tomato, corrot, cauliflower, celery, green pepper, potato)	薯仔燴雞柳 Potatoes with chicken filllets 節瓜炆粉絲 Braised hairy gourd with green bean vermicelli 白米飯 White rice	瘦肉煮豆腐 Fried pork and tofu 紹菜煮玉米筍 Chinese cabbage with baby corn 青紅蘿蔔排骨湯 Carrot and green radish pork spareribs soup 糙米白米飯 Brown rice white rice	西炒飯 (生菜, 雞蛋, 瘦肉) Fried rice (lettuce,egg,pork)
茶點 Afternoon Snack	腐竹瘦肉粥 Beancurd sheet and pork porridge	烩粟米/日本番薯 Corn/Sweet patato 清水 Water	排包 Milk bread 牛奶 Milk	牛油三文治 Butter sandwiches 無花果雪梨水 Fig pear water	粟米西米露 Sago sweet soup with corn 餅干 Biscuit	