



鄰舍輔導會東欣幼兒園 NAAC Tung Yan Day Nursery
通告(一月份至四月份餐單 January to April Menu)

親愛的家長：

本校將於2020年1月6日(星期一)更換餐單款式(A)及(B)，兩週餐單將以輪流交替方式進食。如 貴子弟對任何食物或水果，吃後會產生敏感，請儘早向值日老師登記，以便本校跟進，敬希垂注，多謝合作！

Dear Parents,

We will change the menu on 6 January 2020(Monday). Menu "A" and Menu "B" will be effected alternately.

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. Thank you for your co-operation.

Principal Ms. Angela Wu
19-Dec-19

餐單(A) Meal Plan (A) 日期 Date of Menu(A): 6/1, 20/1, 10/2, 24/2, 9/3, 23/3, 6/4, 20/4

	MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五	SATURDAY 星期六
1. Breakfast 早餐	牛奶蛋花麥皮 Egg, cereal with milk 水 Water	圓麥餐包 Round Wheat Roll 牛奶 milk	紅蘿蔔雞蛋瘦肉字母粉 Carrot, egg, pork alphabet macaroni 水 Water	芝士 / 花生醬麥飽 Cheese and peanut butter cereal bread 牛奶 Milk	生菜雞肉通粉 Lettuce Chicken macaroni 水 Water	牛奶 粟米片 Milk cornflake
2. Fruit 生果	蘋果 Apple	奇異果 Kiwi fruit	橙 Orange	香蕉 Banana	雪梨 Pear	蘋果 Apple
3. Lunch 午餐	1. 椰菜甘荀粟米瘦肉 白汁燴蜆殼粉 Cabbage, Carrot, corn, pork white sauce shell macaroni 2. 黃豆紅棗南瓜豬骨湯 Soya bean date pumpkin pork bone soup	1. 西蘭花煮牛肉 Broccoli with beef 2. 豆腐蒸豬肉碎 Beancurd with pork meat	1. 菜心煮雞肉 Choy Sum with chicken meat 2. 蕃茄椰菜薯仔甘荀魚 湯 Tomatoes cauliflower potatoes carrot fish soup	1. 菠菜煮雞蛋 Spinach with egg 2. 馬蹄冬菇蒸肉餅 Water chestnut mushroom with pork	1. 西芹粟米粒煮魚柳 Celery corn fish meat 2. 木瓜眉豆黃豆廈肉湯 Papaya soyabean pork soup	生菜蛋絲瘦肉炒麵 Lettuce egg and pork fried noodle 水 Water
4. Afternoon Snack 午點	1. 芝士三文治 Cheese sandwiches 2. 美祿牛奶 Milo milk	生菜粟米蛋花肉碎粥 Lettuce, corn, egg, pork meat porridge 水 Water	椰奶西米露 Sago coconut milk dessert 餅乾 Biscuit	椰菜瘦肉湯麵 Cabbage pork meat noodle in soup 水 Water	清蛋糕 cake 牛奶 Milk	

餐單(B) Meal Plan (B) 日期 Date of Menu(B): 13/1, 3/2, 17/2, 2/3, 16/3, 30/3, 16/4, 27/4

	MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五	SATURDAY 星期六
1. Breakfast 早餐	蕃茄炒蛋 Fried egg with tomatoes 牛奶 Milk	果醬三文治 Jam sandwich 牛奶 Milk	菜心瘦肉碎麥皮 Choy Sum minced pork meat cereal 水 Water	營養穀物 Oatmeal 牛奶 Milk	菠菜瘦肉蜆殼粉 Spinach pork macaroni 水 Water	烩蛋 Boiled eggs 牛奶 Milk
2. Fruit 生果	蘋果 Apple	香蕉 Banana	橙 Orange	雪梨 Pear	提子 Grape	蘋果 Apple
3. Lunch 午餐	1. 甘荀粟米津白雞肉 Carrot, corn, big cabbage with chicken 2. 老黃瓜雜豆南杏蜜棗瘦 肉湯 Old Cucumber, Beans Almond, date, pork soup	1. 蕃茄煮魚柳 Tomatoes with fish fillet 2. 牛肉蒸蛋 Steamed egg with minced beef	1. 粟米洋蔥薯仔蛋絲煮 瘦肉碎 Corn, onion, potatoes, egg with minced pork 2. 蘋果雪梨雪耳百合蜜 棗豬展湯 Apple, Pear, dried lily, sweet date with pork soup	1. 雞蛋豆腐雞肉燴飯 Egg, beancurd chicken with rice 2. 清炒菜心 Fried Choy Sum	1. 節瓜雜菇蛋花魚柳 Hairy Gourd, mushroom, egg with fish meat 2. 粟米甘荀南杏豬展湯 corn, carrot, almond with pork soup	節瓜甘荀蛋絲瘦肉湯米粉 Hairy Gourd, carrot egg, pork, rice noodle in soup 水 Water
4. Afternoon Snack 午點	紅豆蕃薯糖水 Red bean sweet potato sweet soup 水 Water	生菜粟米粒雞肉湯麵 Lettuce, corn, chicken noodle in soup 水 Water	花生醬/牛油三文治 Peanuts Butter Sandwiches 好立克牛奶 Horlick Milk	白菜瘦肉麥皮 Chinese cabbage, pork meat cereal 水 Water	黑糖 提子包 Brown Sugar Raisin Bun 牛奶 Milk	