

鄰舍輔導會東欣幼兒園 NAAC Tung Yan Day Nursery

夏季餐單(一) Summer Menu(1)

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
早餐 Breakfast	牛奶麥皮 Oatmeal with Milk	菠菜牛肉貝殼粉 Conchiglioni with Beef and Spinach	芝士三文治 Cheese Sandwiches	雞絲湯米線 Chicken with Rice Noodles Soup	排包 Milk Bar Bun	洋蔥雜菜奄列 Onions and Mixed Vegetables Omelette
午餐 Lunch			牛奶 Milk		牛奶 Milk	牛奶 Milk
	肉碎蒸雞蛋 Steamed Egg with Minced Pork 清炒椰菜 Stir-fried Cabbage 紅棗椰子煲雞湯 Chicken Soup with Red Date and Coconut	蕃茄鮮菠蘿薯仔煮魚柳 Tomato, Potato and Pineapple with Fish Fillet 節瓜蛋花瘦肉湯 Hairy Gourd Soup with Minced Pork and Egg	杏鮑菇青瓜炒雞柳 Stir-fried Chicken with King Oyster Mushroom and Cucumber 蓮藕排骨湯 Pork Ribs Soup with Lotus Root	玉子豆腐金菇煮牛肉 Egg Tofu, Enoki Mushroom with Beef 粟米紅蘿蔔排骨湯 Pork Ribs Soup with Corn and Carrot	南瓜雜菜雞肉燴長通粉 Penne Pasta with Pumpkin, Mixed Vegetables and Chicken 忌廉蘑菇湯 Cream of Mushroom Soup	甘筍肉片炒意粉 Fried Spaghetti with Lean Meat and Carrot
水果 Fruit	蘋果 Apple	香蕉 Banana	蘋果 Apple	西瓜 Watermelon	蘋果 Apple	
茶點 Tea	菜心牛肉湯烏冬 Beef and Choy Sum Udon Soup	班戟、烱蛋 Pancake Boiled Egg 牛奶 Milk	生菜瘦肉炒米粉 Stir-fried Rice Noodles with Pork and Lettuce	扭紋餐包 Twist Bun 牛奶 Milk	低糖腐竹蛋花糖水 Low Sugar Egg Drop and Bean Curd Dessert Soup	

(修訂日期：4/2024)



鄰舍輔導會東欣幼兒園 NAAC Tung Yan Day Nursery

夏季餐單(二) Summer Menu(2)

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
早餐 Breakfast	蔥花卷 Twisted Scallion Bun 豆漿 Soy Milk	雜菜肉碎字母粉 Mixed Vegetables and Minced Pork with Alphabet Noodles	牛奶粟米片 Cornflakes with Milk 方包 Bread	娃娃菜肉碎 上海湯麵 Minced Pork and Baby Cabbage with Shanghai Noodles Soup	黑糖提子包 Brown Sugar Raisin Bread 牛奶 Milk	烩蛋 Boiled Egg 牛奶 Milk
午餐 Lunch	翠玉瓜西芹炒雞柳 Stir-fried Chicken Fillet with Courgette and Celery 西湖牛肉羹 West Lake Beef Soup	西蘭花甜椒炒蝦仁 Stir-Fried Shrimp with Sweet Red Pepper and Broccoli 冬瓜瘦肉湯 Pork Soup with Wax Gourd	白蘿蔔炒牛肉 Stir-Fried White Danish and Beef 老黃瓜紅蘿蔔排骨湯 Old Cucumber Soup with Carrot and Pork Ribs	低鹽瑞士汁雞槌 Low Salt Swiss Chicken Drumettes 蒜蓉炒蜜豆 Stir-Fried Honey Beans with Garlic 紅蘿蔔佛手瓜豬脰湯 Carrot and Chayote Melon with Pork Shank Soup	蕃茄肉醬意粉 Spaghetti with Fresh Tomato and Minced Pork 粟米雞蓉蛋花羹 Egg Drop Soup with Chicken and Corn	椰菜雞肉米粉 Stir-fried Rice Rice Noodles with Cabbage and Chicken
水果 Fruit	蘋果 Apple	哈密瓜 Hami Melon	蘋果 Apple	香蕉 Banana	蘋果 Apple	
茶點 Tea	椰菜肉絲炒薯粉 Stir-fried Sweet Potato Vermicelli Noodles with Cabbage and Pork	馬拉糕 Cantonese Sponge Cake 牛奶 Milk	粟米雞肉粥 Chicken Congee with Corn	蒸腸粉 Steamed Rice Noodle Rolls 豆漿 Soy Milk	冰糖燉雪梨 Stewed Pear with Rock Sugar 蒸饅頭 Steamed Bun	

(修訂日期：4/2024)



鄰舍輔導會東欣幼兒園 NAAC Tung Yan Day Nursery

冬季餐單(一) Winter Menu(1)

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
早餐 Breakfast	海綿蛋糕 Sponge Cake 牛奶 Milk	雜菜肉絲湯米粉 Mixed Vegetables, Pork and Rice Noodle Soup	牛奶粟米片 Cornflakes with Milk 方包 Bread	番茄牛肉通粉 Macaroni with Beef and Tomato	黑糖提子包 Brown Sugar Raisin Bread 牛奶 Milk	烩蛋 Boiled Egg 牛奶 Milk
午餐 Lunch	番茄瘦肉炒蛋 Minced Pork Stir- Fried with Tomato and Egg 青紅蘿蔔瘦肉湯 Green Radish, Carrot and Pork Soup	蘿蔔薯仔燴牛肉 Beef Stew with Potato and Carrot 節瓜蓮藕排骨湯 Lotus Root Soup with Pork Ribs and Hairy Gourd	南瓜煮雞柳 Chicken with Cooked Pumpkin 紅蘿蔔粟米腰果 粟 子素湯 Sweet Corn Carrot Soup with Chestnut and Cashew nuts	蒜蓉椰菜炒肉片 Stir-Fried Cabbage and Sliced Pork with Minced Garlic 木瓜番茄薯仔魚湯 Fish Soup with Papaya, Tomato, and Potato	白汁西蘭花 雞絲燴意粉 Chicken and Broccoli Spaghetti with White Sauce 羅宋湯 Borscht Soup	生菜瘦肉炒米粉 Fried Rice Noodle with Pork and Lettuce
水果 Fruit	蘋果 Apple	梨 Pear	蘋果 Apple	香蕉 Banana	蘋果 Apple	(修訂日期: 10/2024)
茶點 Tea	冬菇粟米雞肉粥 Chicken Congee with Chinese Mushroom and Corn	粟米、烩蛋 Corn, Boiled Egg 牛奶 Milk	紹菜瘦肉 炒上海麵 Fried Shanghai Noodle with Chinese Cabbage and Pork	菜肉包 Vegetable and Meat Bun 牛奶 Milk	低糖椰汁西米露 Less Sweet Coconut Milk with Sago	

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冬季餐單(二) Winter Menu(2)

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
早餐 Breakfast	牛奶麥皮 Oatmeal with Milk	紹菜雞肉字母粉 Alphabet Soup with Chinese Cabbage and Chicken	排包 Milk Bar Bun 牛奶 Milk	雜菜瘦肉上海麵 Mixed Vegetables, Pork with Shanghai Noodle Soup	牛油三文治 Butter Sandwiches 牛奶 Milk	粟米奄列 Corn Omelette 牛奶 Milk
午餐 Lunch	蜜汁洋蔥煮雞柳 Chicken with Onion and Honey Sauce 番茄薯仔瘦肉湯 Tomato, Potato and Lean Pork Soup	冬菇蒸肉餅 Steamed Meat Cake with Chinese Mushroom 雪梨雪耳排骨湯 Pork Ribs Soup with Pear and Snow Fungus	甘筍薯仔粟米燴魚柳 Fish Stew with Carrot, Potato, and Corn 節瓜瘦肉湯 Hairy Gourd with Pork Soup	青瓜洋蔥炒牛肉 Stir-Fried Beef with Cucumber and Onion 合掌瓜紅蘿蔔排骨湯 Pork Ribs Soup with Chayote and Carrot	番茄粟米椰菜豬柳炒螺絲粉 Fried Fusilli with Tomato, Corn, Cabbage, and Pork Tenderloin 南瓜雞蓉湯 Pumpkin and Chicken Soup	番茄瘦肉通粉 Tomato and Pork Macaroni Soup
水果 Fruit	蘋果 Apple	火龍果 Dragon Fruit	蘋果 Apple	香蕉 Banana	蘋果 Apple	(修訂日期: 10/2024)
茶點 Tea	菜心牛肉通粉 Macaroni with Beef and Choy Sum	蒸饅頭 Steamed Bun 豆漿 Soy Milk	生菜瘦肉粥 Pork Congee with Lettuce	牛油粟米薯蓉 Mashed Potatoes with Butter and corn 牛奶 Milk	低糖紅豆沙 Less Sweet Chinese Red Bean Soup	

