



## 餐單 Meal Plan (一)

| 星期<br>Weeks    | 早餐<br>Breakfast  | 水果<br>Fruit         | 午餐<br>Lunch   | 下午茶餐<br>Afternoon Snack   |
|----------------|--|---------------------|---|---|
| 一<br>Monday    | 甘筍娃娃菜通心粉<br>Macaroni with carrots and baby cabbage                   | 香蕉<br>Banana        | 菠菜野菌炒雞蛋<br>Scramble eggs with spinach and mushrooms<br>糙米白飯 Mixed rice<br>蜜棗合掌瓜蓮藕冬菇湯<br>Shiitake Mushroom soup with jujube, chayote, and lotus root | 扭紋餐包<br>Twisted bun<br>牛奶<br>Milk                                 |
| 二<br>Tuesday   | 生菜雞絲粥<br>Porridge with lettuce and shredded chicken                  | 橙<br>Orange         | 燕麥馬蹄蒸肉餅<br>Steamed meat patty with oatmeal and water chestnuts<br>菜飯 Vegetable rice<br>青紅蘿蔔鮮魚湯<br>Fish soup with carrots                            | 椰汁紫薯西米露<br>Sago pudding with coconut milk and purple sweet potato |
| 三<br>Wednesday | 果沾三文治<br>Jam sandwiches<br>牛奶<br>Milk                                | 蘋果<br>Apple         | 番茄雞蛋煮免治牛肉<br>Braised beef with tomatoes and eggs<br>白米飯 White rice<br>蜜棗南北杏雪耳豬骨湯<br>Pork-rib soup with jujube, apricot kernel and white fungus      | 南瓜雞絲麥皮<br>Oatmeal with pumpkin and shredded chicken               |
| 四<br>Thursday  | 小棠菜雞肉米粉<br>Rice flour noodles with chicken and Green Chinese Cabbage | 梨<br>Pear           | 粟米豆腐燴魚塊<br>Braised fish with corn and tofu<br>紅米白飯 Mixed rice<br>莧菜瘦肉蛋花湯<br>Soup with Chinese Amaranth, pork and shredded eggs                      | 蒸蔥花卷<br>Steamed scallion bun<br>低糖豆漿<br>Low-sugar soy milk        |
| 五<br>Friday    | 牛奶雞蛋麥皮<br>Oatmeal with milk and eggs                                 | 青提子<br>Green grapes | 翠肉瓜甘筍炒雞柳<br>Fried chicken fillet with Zucchini and carrots<br>白米飯 White rice<br>南瓜西施骨湯<br>Pork rib soup with pumpkin                                | 蘋果雪梨水<br>Apple and pear water<br>烩雞蛋<br>Boiled egg                |
| 六<br>Saturday  | 營養穀物早餐<br>Cereals<br>牛奶<br>Milk                                      | 橙<br>Orange         | 三絲炒<br>Fried rice<br>番茄甘筍碎肉湯<br>Soup with tomatoes, carrots and minced meat   | 蛋糕<br>Cake<br>牛奶<br>Milk  |

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日期 Date of Menu: 09/2025 – 12/2025



## 餐單 Meal Plan (二)

| 星期<br>Weeks    | 早餐<br>Breakfast                                     | 水果<br>Fruit    | 午餐<br>Lunch  | 下午茶餐<br>Afternoon Snack   |
|----------------|---|----------------|--|---|
| 一<br>Monday    | 牛奶雞蛋煮麥皮<br>Oatmeal with milk and eggs               | 香蕉<br>Banana   | 番茄菠蘿燴玉子豆腐<br>Braised Tamago Tofu with tomatoes and pineapple<br>白米飯 White rice<br>栗子紅蘿蔔南瓜湯<br>Pumpkin soup with chestnuts and carrots                  | 野菜粟米烏冬<br>Vegetables and corn udon  |
| 二<br>Tuesday   | 生菜絲魚肉粥<br>Fish porridge with shredded lettuce       | 橙<br>Orange    | 菠菜雞蓉蒸雞蛋<br>Steamed eggs with spinach and minced chicken<br>紅米飯 Red rice<br>鮮淮山無花果粟米瘦肉湯<br>Meat soup with Chinese Yam, fig and corns                    | 蒸饅頭<br>Steamed buns<br>竹蔗茅根水<br>Sugarcane water                                   |
| 三<br>Wednesday | 娃娃菜雞肉湯麵<br>Noodles with baby cabbage and chicken    | 蘋果<br>Apple    | 蒜蓉南瓜蒸魚<br>Steamed fish with garlic and pumpkin<br>粟米飯 Corn rice<br>西湖牛肉羹<br>Minced beef and egg drop soup  | 花奶百合紅豆沙<br>(少甜)<br>Red bean and lily bulbs soup with evaporated milk (less sugar) |
| 四<br>Thursday  | 雞蛋麥包三文治<br>Egg sandwiches<br>牛奶<br>Milk             | 梨<br>Pear      | 合掌瓜雪耳炒牛柳絲<br>Fried shredded beef with chayote and white fungus<br>糙米飯 Brown rice<br>粟米馬蹄甘筍排骨湯<br>Pork rib soup with corns, water chestnuts and carrots | 番茄碎肉蝴蝶粉<br>Farfalle with tomatoes and minced meat                                 |
| 五<br>Friday    | 菜心粒瘦肉上海麵<br>Shanghai noodles with pork and choy sum | 柑<br>Tangerine | 西蘭花甜椒煮豬柳<br>Pork fillet with broccoli and bell peppers<br>白米飯 White rice<br>赤小豆粉葛鮮魚湯<br>Fish soup with rice bean and Kudze Root                        | 牛油蒸粟米<br>Steamed corn with butter   |
| 六<br>Saturday  | 營養穀物早餐<br>Cereals<br>牛奶<br>Milk                     | 蘋果<br>Apple    | 芽菜肉絲炒米粉<br>Fried rice flour noodles with soy bean sprouts and shredded meat<br>白粥 Congee   | 芝麻餐包<br>Sesame buns<br>牛奶<br>Milk   |

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## 餐單 Meal Plan (三)

| 星期<br>Weeks    | 早餐<br>Breakfast  | 水果<br>Fruit         | 午餐<br>Lunch  | 下午茶餐<br>Afternoon Snack  |
|----------------|--|---------------------|--|--|
| 一<br>Monday    | 時菜蛋花刀削麵<br>Knife-cut noodles with vegetables and egg drops | 香蕉<br>Banana        | 南瓜豆腐蒸水蛋<br>Steamed eggs with pumpkin and tofu<br>紅米飯 Red rice<br>紅菜頭蘋果蘿蔔粟米湯<br>Corn soup with beetroots, apples and carrots                        | 洋薏米綠豆甜粥<br>Sweet porridge with barley and green beans                |
| 二<br>Tuesday   | 蒸腸粉<br>Steamed rice-flour rolls                            | 橙<br>Orange         | 蜜汁洋蔥玉豆燴豬柳<br>Braised pork fillet with onions, beans and honey sauce<br>白米飯 White rice<br>木瓜眉豆魚湯<br>Fish soup with papayas and black-eyed peas      | 粟米蛋花燕麥粥<br>Oatmeal porridge with corn and egg drops                  |
| 三<br>Wednesday | 白菜牛肉貝殼粉<br>Conchiglioni with cabbage and beef              | 梨<br>Pear           | 冬菇蓮藕蒸雞<br>Steamed chicken with Shiitake Mushroom and lotus roots<br>糙米白飯 Mixed rice<br>蘋果紅蘿蔔蜜棗排骨湯<br>Pork rib soup with apples, carrots and jujube | 雜菜炒蛋<br>Scramble eggs with mixed vegetables                          |
| 四<br>Thursday  | 牛奶雞蛋麥皮<br>Oatmeal with milk and eggs                       | 蘋果<br>Apple         | 節瓜蛋花燴魚柳<br>Braised fish fillets with fuzzy melon and egg drops<br>粟米飯 Corn rice<br>蜜棗蓮藕煲豬展湯<br>Pork shank soup with jujube and lotus roots         | 甘筍雞絲炒米<br>Fried rice flour noodles with carrots and shredded chicken |
| 五<br>Friday    | 南瓜瘦肉粥<br>Porridge with pumpkin and meat                    | 火龍果<br>Dragon Fruit | 草菇牛肉煮豆腐<br>Tofu with straw mushrooms and beef<br>甘筍飯 Carrot rice<br>薯仔雜菜瘦肉湯<br>Meat soup with potatoes and mixed vegetables                        | 黑糖餐包<br>Black sugar bun<br>牛奶<br>Milk                                |
| 六<br>Saturday  | 營養穀物早餐、牛奶<br>Cereals、milk                                  | 橙<br>Orange         | 菜心粒雞絲炒麵<br>Fried chicken noodles with choy sum<br>紫菜瘦肉蛋花湯<br>Seaweed soup with meat and egg drop   | 黑糖餐包<br>Black sugar buns<br>牛奶<br>Milk                               |

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