



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	蕃茄蛋花上海麵 Soup noodles with tomato and shredded eggs	香蕉 Banana	冬菇白菜炆腐竹 Braised yuba with mushroom and Chinese cabbage 粟米飯 Rice mixed with corns 南瓜銀耳豆腐羹 Tofu thick soup with pumpkin and white fungus	提子飽 Wheat bread with raisin 牛奶 Milk
二 Tuesday	花生醬三文治 Peanut butter sandwiches 牛奶 Milk	梨 Pear	雞蛋豆腐蒸豬肉 Steamed pork with eggs and tofu 紅白米飯 Mixed rice 花生眉豆木瓜豬骨湯 Pork rib soup with papaya, peanuts and black eye peas	白粥 Porridge 蒸腸粉 Steamed vermicelli roll
三 Wednesday	牛奶雞蛋麥皮 Oatmeal with milk and eggs	橙 Orange	津白草菇炆魚塊 Braised fish with straw mushroom and cabbage 白米飯 Rice 栗子雪耳合掌瓜蜜棗排骨湯 Pork rib soup with chestnut, white fungus, candied jujube and chayote	粟米瘦肉湯米粉 Soup rice vermicelli with pork and corns
四 Thursday	椰菜碎牛肉貝殼粉 Conchiglioni with cabbage and minced beef	蘋果 Apple	蕃茄洋蔥炒蛋 Scrambled eggs with onions and tomatoes 紅白米飯 Mixed rice 節瓜蛋花肉碎湯 Minced pork soup with eggs and fuzzy melon	蒸番薯 Steamed sweet potato
五 Friday	時菜蛋花瘦肉粥 Pork porridge with eggs and vegetables	火龍果 Dragon fruit	翠玉瓜雜菌煮雞柳 Braised chicken with zucchini and mixed fungus 白米飯 Rice 紅蘿蔔蕃茄豆腐魚湯 Fish soup with tofu, carrot and tomatoes	薏米腐竹雞蛋糖水 Sweet barley & ginkgo nut dessert with eggs 餅乾 Biscuits
六 Saturday	營養穀物早餐 Cereals 牛奶 Milk	蘋果 Apple	生菜雞絲炒飯 Fried rice with shredded chicken and lettuce 蛋花紫菜瘦肉湯 Pork soup with eggs and seaweed	紅莓蛋糕 Cranberry cake 牛奶 Milk

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日期 Date of Menu: 1/2026 – 4/2026



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	菜心粒蛋絲通粉 Macaroni with minced choy sum and shredded eggs	香蕉 Banana	椰菜花香菇燴番茄 Braised tomatoes with cauliflower and mushroom 糙米白飯 Mixed rice 南北杏椰子雪耳腰果湯 Cashew nuts soup with white fungus, coconut and apricot kernel	班戟 Pancake 牛奶 Milk
二 Tuesday	紐紋餐飽 Twisted plain bun 牛奶 Milk	梨 Pear	甘荀牛肉碎蒸蛋 Steamed eggs with minced beef and carrot 南瓜飯 Pumpkin rice 豆腐花生木瓜魚湯 Fish soup with tofu, peanuts and papaya	紹菜肉絲湯銀針粉 Soup silver pin noodles with shredded pork and long cabbages
三 Wednesday	雞蛋椰菜瘦肉粥 Pork porridge with eggs and cabbage	奇異果 Kiwi	冬菇馬蹄蒸瘦肉 Steamed pork with Shiitake mushroom and water chestnuts 白米飯 Rice 蕃茄洋蔥薯仔雜菜排骨湯 Pork rib soup with tomatoes, onions, potatoes and mixed vegetables	蛤蛋 Boiled eggs 牛奶 Milk
四 Thursday	菠菜蛋花肉絲湯米粉 Soup noodles with spinach, eggs, and minced pork	橙 Orange	波蘿紅菜頭煮雞柳 Braised chicken with pineapples and beet roots 紅白米飯 Mixed rice 節瓜蓮藕排骨湯 Pork rib soup with fuzzy melon and lotus root	木瓜雪耳糖水 Papaya and white fungus dessert 小餐包 Plain bun
五 Friday	生菜雞絲麥皮 Oatmeal with lettuce and shredded chicken	蘋果 Apple	粟米蛋花燴斑塊 Braised fish with corns and eggs 白米飯 Rice 雪梨南北杏豬骨湯 Pork rib soup with apricot kernel and pear	馬拉糕 Cantonese sponge cake 自製豆漿 Soybean milk
六 Saturday	蛋花瘦肉粥 Pork porridge with eggs	橙 Orange	南瓜蒸肉碎燴意大利粉 Spaghetti with pumpkin and minced pork 薯仔羅宋湯 Borscht with potatoes	果占三文治 Jam sandwiches 牛奶 Milk

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日期 Date of Menu: 1/2026 – 4/2026



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	娃娃菜粟米湯米粉 Soup noodles with baby cabbage and corns	香蕉 Banana	西蘭花洋蔥煮薯仔 Braised potatoes with broccoli and onions 糙米飯 Mixed rice 紫菜冬瓜蛋花湯 Soup with eggs, seaweed and winter melon	果占三文治 Jam sandwiches 牛奶 Milk
二 Tuesday	南瓜肉碎粥 Pumpkin porridge with minced pork	橙 Orange	甘荀香菇焗魚柳 Braised fish fillet with mushroom and carrots 白米飯 Rice 青紅蘿蔔粟米馬蹄豬腸湯 Pork shank soup with carrots and corns	蒸粟米 Steamed corns
三 Wednesday	蕃茄雞絲湯麵 Soup noodles with tomatoes and shredded chicken	梨 Pear	蓮藕馬蹄蒸肉餅 Steamed pork patty with lotus root and water chestnuts 粟米飯 Rice mixed with corns 洋蔥蕃茄薯仔魚湯 Fish soup with tomatoes, onions and potatoes	蒸饅頭 Steamed bun 無花果雪梨水 Ficus carica and pear juice
四 Thursday	黑糖提子飽 Black sugar bread with raisin 牛奶 Milk	蘋果 Apple	菠菜雞蓉蒸雞蛋 Steamed eggs with spinach and mashed chicken 紅米飯 Mixed rice 粉葛西施骨湯 Pork rib soup with Kudzu	雜菜雞蛋貝殼粉 Conchiglioni with mixed vegetables and eggs
五 Friday	時菜瘦肉通心粉 Macaroni with vegetables and pork	木瓜 Papaya	粟米白菜粒煮牛肉 Braised beef with corns and Chinese cabbage 白米飯 Rice 雪耳南北杏蘋果瘦肉湯 Pork soup with white fungus, apricot kernel and apple	椰汁西米露 Coconut milk sago
六 Saturday	營養穀物早餐 Cereals 牛奶 Milk	蘋果 Apple	芽菜雞絲炒麵 Fried noodles with shredded chicken and sprout 南瓜瘦肉粥 Pork porridge with pumpkin	花生醬三文治 Peanut butter sandwiches 牛奶 Milk

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