

鄰舍輔導會元朗幼兒園
THE NEIGHBOURHOOD ADVICE-ACTION COUNCIL YUEN LONG DAY NURSERY
2023-2024 學年 秋季餐單 [2023-2024 Autumn Menu]

第一週 Week 1		早餐 Breakfast	水果 Fruit	午餐 Lunch	茶點 Afternoon snack
一 Monday		穀物早餐 Cornflake 牛奶 Milk	橙 Orange 水 Water	香菇肉碎蒸水蛋 Steamed egg with chinese mushroom 炒雜菜 Fried vegetable 紅米飯 Red rice 花生眉豆瘦肉湯 Peanut, black-eyed peas with lane pork soup	粟米瘦肉湯麵 Corn, lean pork noodles in soup
二 Tuesday		時菜瘦肉螺絲粉 Vegetable, lean pork fusilli	香蕉 Banana 水 Water	時瓜煮牛肉 Ground with beef 粟米飯 Corn rice 雪耳川貝杏仁煲瘦肉湯 Snow fungus, fritillary, chinese almonds lean pork soup	餐包 Bun 牛奶 Milk
三 Wednesday		蛋糕 Cake 牛奶 Milk	蘋果 Apple 水 Water	薯仔、鮮菇煮雞肉 Boiled potato, chinese mushroom with chicken 炒時菜 Fried vegetable 白飯 Rice 清補涼瘦肉湯 Lean pork soup	雜豆瘦肉湯米粉 Beans, lean pork, rice noodles in soup
四 Thursday		餐包 Bun 牛奶 Milk	梨 Pear 水 Water	雜豆、粟米、肉碎燴意粉 Braised peas, corn, minced lean pork spaghetti 南瓜瘦肉湯 Pumpkin, lean pork soup	腐竹薏米糖水 Bean curd stick sweet soup
五 Friday		牛奶麥皮 Milk cereal	橙 Orange 水 Water	甘筍煮雞柳 Boiled carrot with chicken 炒時菜 Fried vegetable 紅米飯 Red rice 蘋果雪梨龍脷葉煲瘦肉湯 Apple, pear, dragon's tongue leaf lane pork soup	餅乾 Biscuit 水 Water
六 Saturday		穀物早餐 Cornflake 牛奶 Milk	蘋果 Apple 水 Water	時菜瘦肉湯通粉 Vegetable, lean pork macaroni 水 Water	

以上食物將按市場供應情況，有所調動並不會另行通知家長。

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第二週 Week 2		早餐 Breakfast	水果 Fruit	午餐 Lunch	茶點 Afternoon snack
一 Monday		牛奶麥皮 Milk cereal	橙 Orange 水 Water	粟米肉碎蒸豆腐 Steamed minced lean with corn and tufu 炒時菜 Fried vegetable 番薯飯 Sweet potato rice 羅漢果煲瘦肉湯 Monk fruit lane pork soup	南瓜西米露 Pumpkin sago dessert
二 Tuesday		甘筍瘦肉湯字母粉 Carrot, lean pork alphabet macaroni	香蕉 Banana 水 Water	時菜煮雞肉 Boiled chicken with vegetable 炒時菜 Fried vegetable 白飯 Rice 佛手瓜豬展湯 Chayote pork shin soup	低脂芝士全麥三文治 Low-fat cheese wheat sandwiches 水 Water
三 Wednesday		餐包 Bun 牛奶 Milk	火龍果 Dragon fru 水 Water	雜菜炒魚柳 Fried vegetable with fish fillet 炒時菜 Fried vegetable 紅米飯 Red rice 老黃瓜煲赤小豆扁豆湯 Yellow cucumber with rice bean and white hyacinth bean soup	生菜碎肉粥 Cabbage minced lane pork congee
四 Thursday		穀物早餐 Cornflake 牛奶 Milk	提子 Grapes 水 Water	肉碎蒸水蛋 Steamed egg with lean pork 炒時菜 Fried vegetable 南瓜飯 Pumpkin rice 薯仔鮮魚湯 Potato fish soup	蛋糕 Cake 牛奶 Milk
五 Friday		肉碎紅米粥 Minced lane pork with red rice congee	蘋果 Apple 水 Water	菜心珍珠筍草菇炒雞柳 香菇飯 Chinese mushroom rice 節瓜蛋花湯 Hairy ground soup with eggs	焗粟米 Boiled corn 牛奶 Milk
六 Saturday		餅乾 Biscuit 牛奶 Milk	橙 Orange 水 Water	蕃茄瘦肉湯意粉 Tomato and land pork spaghetti 水 Water	

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第三週 Week 3		早餐 Breakfast	水果 Fruit	午餐 Lunch	茶點 Afternoon snack
一 Monday		穀物早餐 Cornflake 牛奶 Milk	橙 Orange 水 Water	粟米、鮮菇蒸肉餅 Corn, chinese mushroom with lean pork 炒時菜 Fried vegetable 紅米飯 Red rice 老黃瓜瘦肉湯 Lean pork herbal soup with yellow cucumber	甘筍瘦肉紅米粥 Carrot, lean pork with red rice congee
二 Tuesday		粟米瘦肉湯通粉 Corn, lean pork macaroni	香蕉 Banana 水 Water	南瓜、牛肉燴意粉 Braised beef and pumpkin spaghetti 炒豆角 Fried yard-long beans 粟米蛋花湯 Corn soup with eggs	花生醬三文治 Peanuts Butter Sandwiches 牛奶 Milk
三 Wednesday		餐包 Bun 牛奶 Milk	梨 Pear 水 Water	瘦肉蒸水蛋 Steamed egg with lean pork 炒菜心 Fried Choy Sum 紅米飯 Red rice 帶子冬菇瘦肉湯 Scallop, chinese mushroom, lean pork soup	蕃茄雞肉湯米粉 Tomato, chicken, rice noodle in soup
四 Thursday		瘦肉蛋花粥 Lean pork congee with eggs	提子 Grapes 水 Water	豆腐煮雞柳 Boiled Chicken with tufu 炒時菜 Fried vegetable 白飯 Rice 無花果南北杏瘦肉湯 Fig, apricot kernel and lean pork soup	蛋糕 Cake 牛奶 Milk
五 Friday		牛奶麥皮 Milk cereal	蘋果 Apple 水 Water	節瓜煮瘦肉 Boiled lean pork with hairy ground 粟米香菇飯 Chinese mushroom rice with corn 青紅蘿蔔瘦肉湯 Green radish and carrot pork bones soup	餅乾 Biscuit 水 Water
六 Saturday		穀物早餐 Cornflake 牛奶 Milk	蘋果 Apple 水 Water	時菜瘦肉湯螺絲粉 Vegetable, lean fusilli in soup 水 Water	

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第四週 Week 4		早餐 Breakfast	水果 Fruit	午餐 Lunch	茶點 Afternoon snack
一 Monday		甘旬瘦肉上海麵 Carrot, lean with Shanghai noodles	橙 Orange 水 Water	豆腐蒸碎肉 Steamed minced lean pork with tufu 炒時菜 Fried vegetable 紅米飯 Red rice 雪耳木瓜瘦肉湯 Snow fungus, papaya lean pork soup	餐包 Bun 牛奶 Milk
二 Tuesday		班戟 Pancake 牛奶 Milk	香蕉 Banana 水 Water	豆角炒雞丁 Fried yard-long bean with chicken 炒時菜 Fried vegetable 南瓜飯 Pumpkin rice 紫菜肉碎湯 Dried seaweed minced pork soup	木瓜雪耳糖水 Papaya, snow fungus sweet soup
三 Wednesday		南瓜碎肉粥 Pumpkin, minced pork with congee	梨 Pear 水 Water	低脂芝士薯蓉 Mashed potato with low-fat cheese 豬柳漢堡包 Pork tenderloin hamburger 羅宋湯 Borscht soup	焗粟米 Boiled corn 牛奶 Milk
四 Thursday		穀物早餐 Cornflake 牛奶 Milk	奇異果 Kiwi 水 Water	白菜炒牛肉 Fried chinese white cabbage with beef 蕃茄飯 Tomato rice 節瓜腐竹煲魚湯 Hairy ground, bean curd stick fish soup	蛋糕 Cake 水 Water
五 Friday		肉碎蛋花麥皮 Minced lean cereal with egg	蘋果 Apple 水 Water	蕃茄、時菜、雞絲湯米粉 Tomato, vegetable, chicken rice noodles in soup 金銀菜瘦肉湯 Dried chinese with cabbage, lean pork soup	餅乾 Biscuit 牛奶 Milk
六 Saturday		穀物早餐 Cornflake 牛奶 Milk	蘋果 Apple 水 Water	時菜、瘦肉煮米粉 Vegetable, lean pork rice noodles in soup 水 Water	

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2023-2024年度 延展餐單 <2023-2024 Extended menu >

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
茶點 Snack						Milk 牛奶 Bread 麵包
晚餐 Dinner	corn, minced pork macaroni 粟米肉碎通粉 時令水果 Seasonal fruit 清水 Water	Vegetables, minced pork rice noodles 時菜肉碎米粉 時令水果 Seasonal fruit 清水 Water	Tomato and minced pork cellentani 蕃茄肉碎螺絲粉 時令水果 Seasonal fruit 清水 Water	Carrots and minced pork macaroni 甘筍肉碎通粉 時令水果 Seasonal fruit 清水 Water	Vegetables and minced pork spaghetti 雜菜肉碎意大利粉 時令水果 Seasonal fruit 清水 Water	

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