

鄰舍輔導會元朗幼兒園
THE NEIGHBOURHOOD ADVICE-ACTION COUNCIL YUEN LONG DAY NURSERY
2024-2025 學年 秋季餐單 [2024-2025 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 Sanwiches 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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