

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

WEEK 1		Breakfast	Fruit	Lunch	Afternoon snack
	Monday	Lean Meat and Egg Congee	orange water	Steamed Egg with Lean Meat Stir-fried seasonal vegetables Red Rice Fig, Almond and Lean Meat Soup	Steamed Buns milk
	Tuesday	Breakfast Cereals milk	banana water	Stewed Lean Meat with Potatoes Stir-fried seasonal vegetables Tomato Rice Vegetable and Tofu Soup	Boiled Sweet Potatoes water
	Wednesday	Meal Kits milk	Grapes water	Spaghetti with onion, pumpkin and fish fillet Fried seasonal melon Scallop, Mushroom and Lean Meat Soup	Corn and Red Rice Porridge
	Thursday	Tomato and lean meat macaroni soup	apple water	Tofu and Chicken Fillet Stir-fried seasonal vegetables Sweet Potato Rice Pumpkin, Red Dates and Lean Meat Soup	cake milk
	Friday	Milk oatmeal	orange water	Stir-fried beef with mushrooms, green melon and cucumber Stir-fried seasonal vegetables Red Rice Green carrot and lean meat soup	Red and mung bean syrup
	Saturday	Breakfast Cereals milk	apple water	Snail Noodles with Vegetable and Lean Meat Soup water	

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The menu is provided by the nutritionist

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WEEK 2		Breakfast	Fruit	Lunch	Afternoon snack
	Monday	Breakfast Cereals milk	orange water	Scrambled Eggs with Mixed Beans and Minced Meat Stir-fried seasonal vegetables Red Rice Clear and refreshing lean meat soup	Shanghai noodles with seasonal vegetables and lean meat
	Tuesday	Vegetable and lean meat powder	banana water	Cooked Lean Meat with Mushrooms and Cucumber Stir-fried seasonal vegetables Rice Tomato Fish Soup	Jam Whole Wheat Sandwich milk
	Wednesday	Oatmeal meal pack milk	Grapes water	Steamed Tofu with Minced Meat Stir-fried seasonal vegetables Corn Rice Golden leaf vegetable and lean meat soup	Boiled Sweet Potatoes water
	Thursday	Pumpkin and Minced Meat Porridge	orange water	Low-Fat Cheese Mashed Potatoes Pork fillet burger Borscht	Boiled Corn water
	Friday	cake milk	apple water	Udon with Shredded Chicken and Vegetables Cucumber and lean meat soup	Snow Fungus and Egg Drop Soup
	Saturday	Breakfast Cereals milk	orange water	Tomato and lean meat soup pasta water	

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WEEK 3		Breakfast	Fruit	Lunch	Afternoon snack
	Monday	Breakfast Cereals milk	orange water	Fish Fillet with Mixed Vegetables Red Rice Snow Fungus, Fritillaria, Almond and Lean Meat Soup	Vegetable and lean meat vermicelli
	Tuesday	Macaroni Soup with Carrot and Pork	banana water	Stir-fried beef with bell pepper and green melon Vegetable Rice Tomato Fish Soup	Meal Kits milk
	Wednesday	Milk oatmeal	Grapes water	Steamed Egg with Vermicelli and Minced Pork Stir-fried seasonal vegetables Rice Papaya, Snow Fungus and Lean Meat Soup	Pumpkin Sago
	Thursday	Corn and lean meat porridge	orange water	Spaghetti with mushrooms and minced meat in white sauce Carrot, Corn, Water Chestnut and Lean Meat Soup	cake milk
	Friday	Shanghai noodles with seasonal vegetables and lean meat	apple water	Boiled Chicken Fillet with Green Pork, Melon, Carrot and Bamboo Shoot Tomato Rice Cucumber and lean meat soup	cookie milk
	Saturday	Breakfast Cereals milk	orange water	Rice Noodles with Vegetable and Lean Meat Soup water	

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WEEK 4		Breakfast	Fruit	Lunch	Afternoon snack
	Monday	Milk oatmeal	orange water	Corn, mushroom and fish fillet rice Stir-fried seasonal vegetables Apple, Tremella and Lean Meat Soup	Peanut Butter Sandwich water
	Tuesday	Red Rice Porridge with Egg Drops	banana water	Chicken with mushrooms and potatoes Fried seasonal melon Rice Mustard Greens and Tofu Soup	Pancake milk
	Wednesday	Meal Kits milk	Grapes water	Corn, lean meat and tofu Stir-fried seasonal vegetables Red Rice Pumpkin, Red Dates and Lean Meat Soup	Bean curd sticks and barley syrup
	Thursday	Rice Noodles with Vegetable and Lean Meat Soup	apple water	Steamed Egg with Mushroom and Minced Pork Stir-fried seasonal vegetables Rice Tomato Fish Soup	cookie milk
	Friday	Breakfast Cereals milk	orange water	Beef stew with tomatoes and onions Stir-fried seasonal vegetables Pumpkin Rice Monk Fruit, Watercress and Lean Meat Soup	cake water
	Saturday	cookie milk	orange water	Macaroni Soup with Vegetables and Lean Meat water	

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第一週		早餐	水果	午餐	茶點
	一	瘦肉蛋花粥	橙 水	瘦肉蒸雞蛋 炒時菜 紅米飯 無花果南北杏瘦肉湯	蒸饅頭 牛奶
	二	穀物早餐 牛奶	香蕉 水	薯仔炆瘦肉 炒時菜 蕃茄飯 時菜豆腐湯	焗蕃薯 水
	三	餐包 牛奶	提子 水	洋蔥、南瓜、魚柳燴意粉 炒時瓜 帶子冬菇瘦肉湯	粟米紅米粥
	四	蕃茄瘦肉湯通粉	蘋果 水	豆腐煮雞柳 炒時菜 蕃薯飯 南瓜紅棗瘦肉湯	蛋糕 牛奶
	五	牛奶麥皮	橙 水	冬菇翠肉瓜炒牛肉 炒時菜 紅米飯 青紅蘿蔔瘦肉湯	紅綠豆糖水
	六	穀物早餐 牛奶	蘋果 水	時菜瘦肉湯螺絲粉 水	

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第二週		早餐	水果	午餐	茶點
	一	穀物早餐 牛奶	橙 水	雜豆肉碎炒蛋 炒時菜 紅米飯 清補涼瘦肉湯	時菜瘦肉上海麵
	二	雜菜瘦肉字母粉	香蕉 水	雜菇時瓜煮瘦肉 炒時菜 白飯 蕃茄鮮魚湯	果醬全麥三文治 牛奶
	三	燕麥餐包 牛奶	提子 水	碎肉蒸豆腐 炒時菜 粟米飯 金銀菜瘦肉湯	焗蕃薯 水
	四	南瓜碎肉粥	橙 水	低脂芝士薯蓉 豬柳漢堡包 羅宋湯	焗粟米 水
	五	蛋糕 牛奶	蘋果 水	時菜雞絲煮烏冬 時瓜瘦肉湯	雪耳蛋花糖水
	六	穀物早餐 牛奶	橙 水	蕃茄瘦肉湯意粉 水	

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	一	穀物早餐 牛奶	橙 水	雜菜煮魚柳 紅米飯 雪耳川貝杏仁煲瘦肉湯	時菜瘦肉螺絲粉
	二	甘筍瘦肉湯通粉	香蕉 水	彩椒翠肉瓜炒牛肉 菜飯 蕃茄鮮魚湯	餐包 牛奶
	三	牛奶麥皮	提子 水	粉絲肉碎蒸蛋 炒時菜 白飯 雪耳木瓜瘦肉湯	南瓜西米露
	四	粟米瘦肉粥	橙 水	白汁冬菇肉碎燴意粉 甘筍粟米馬蹄瘦肉湯	蛋糕 牛奶
	五	時菜瘦肉上海麵	蘋果 水	翠肉瓜甘筍煮雞柳 蕃茄飯 時瓜瘦肉湯	餅乾 牛奶
	六	穀物早餐 牛奶	橙 水	時菜瘦肉湯米粉 水	

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第四週		早餐	水果	午餐	茶點
	一	牛奶麥皮	橙 水	粟米、冬菇、魚柳飯 炒時菜 蘋果雪耳瘦肉湯	花生醬三文治 水
	二	蛋花紅米粥	香蕉 水	鮮菇薯仔煮雞肉 炒時瓜 白飯 芥菜豆腐湯	班戟 牛奶
	三	餐包 牛奶	提子 水	粟米、瘦肉煮豆腐 炒時菜 紅米飯 南瓜紅棗瘦肉湯	腐竹薏米糖水
	四	時菜瘦肉湯米粉	蘋果 水	香菇肉碎蒸水蛋 炒時菜 白飯 蕃茄鮮魚湯	餅乾 牛奶
	五	穀物早餐 牛奶	橙 水	蕃茄、洋蔥煮牛肉 炒時菜 南瓜飯 羅漢果西洋菜瘦肉湯	蛋糕 水
	六	餅乾 牛奶	橙 水	時菜瘦肉湯通粉 水	

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