



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

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日期 Date of Menu: 09/2024 – 12/2024



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

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

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