



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 mix with corn 南瓜銀耳豆腐羹 Tofu thick soup with pumpkin and white fungus	紅莓蛋糕 Cranberry Cake 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 egg and tofu 紅白米飯 Mixed rice 花生眉豆木瓜豬骨湯 Pork ribs 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 egg	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 ribs soup with chestnut, White Fungus, candied jujube and chayote	粟米瘦肉湯米粉 Soup rice vermicelli with pork and corn
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 egg with onions and tomatoes 紅白米飯 Mixed rice 節瓜蛋花肉碎湯 Minced pork soup with egg drops and Fuzzy melon	蒸番薯 Steamed Sweet Potato
五 Friday	時菜蛋花瘦肉粥 Pork porridge with egg drops 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 tomato	薏米腐竹雞蛋糖水 Sweet Barley & Ginkgo Nut Dessert with egg 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 egg drops and seaweed	提子飽 Wheat bread with raisin 牛奶 Milk

以上食物將按市場供應情況，有所調動並不會另行通知。

*The food will be supply by market and will be adjusted without further notice. *



日期 Date of Menu: 1/2025 – 4/2025



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 sweet corns	香蕉 Banana	西蘭花洋蔥煮薯仔 Braised potatoes with broccoli and onions 糙米飯 Brown rice mix with white rice 紫菜冬瓜蛋花湯 Shredded egg soup with 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	甘荀香菇燴魚柳 Braised fish fillet with mushroom and carrots 白米飯 Rice 青紅蘿蔔粟米馬蹄豬脷湯 Pork shank soup with carrots and corns	甜麵包 Sweet bun 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 Corn rice 洋蔥蕃茄薯仔魚湯 Fish soup with tomatoes, onions and potatoes	無花果雪梨水 Ficus carica and pear juice 蒸饅頭 Steamed bun
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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日期 Date of Menu: 1/2025 - 4/2025