

# 博愛醫院任永賢夫人幼稚園 幼兒中心

## 第一週 幼兒冬季膳食表

	Green Monday 綠色星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
早餐 Breakfast	粟米片 低脂牛奶 Corn flakes and Milk	雜菜瘦肉字母粉 Alphabet noodles with Sliced Pork and mixed vegetables	花生醬三文治 低脂牛奶 Peanut butter Sandwich Milks	時菜碎牛肉通心粉 Macaroni with minced Beef and vegetables	芝士三文治 低脂牛奶 Cheese Sandwich Milk
水果 Fruit	火龍果 Pitaya	橙 Orange	梨 Pear	蘋果 Apple	香蕉 Banana
湯 Soup	五素湯 (紅蘿蔔、南瓜、佛手瓜、栗子、粟米) Five Soup (Carrots, pumpkin, chayote, chestnuts, corn)	佛手瓜蓮子百合 瘦肉蜜棗湯 The chayote ,lotus lily and lean meat candied soup	紅蘿蔔粟米瘦肉 蜜棗陳皮湯 Carrot corn lean meat candied tangerine peel soup	木瓜雪耳豬肉紅棗湯 Papaya fungus pork jujube soup	紅蘿蔔椰子雞腳湯 Carrot coconut chicken feet soup
午餐 Lunch	洋蔥燴普寧豆腐 灼紹菜 白飯 Pan fried tofu in caramelized onion sauce Boiled Chinese Cabbage Rice	三色椒炒牛肉 蒸雞蛋 白飯 Stir-fried Sliced Beef with Tricolor pepper Steamed Eggs Rice	粟米白汁魚柳蝴蝶粉 灼西蘭花 Butterfly noodles with corn and fillets Blanch broccoli	冬菇蒸肉餅 蕃茄炒雞蛋 紅米飯 Steamed minced meat with mushrooms Stir-fried egg with Tomato Red Rice	瘦肉煮豆腐 炒雜菜 紅米飯 Steamed bean curd with minced pork Fried Mixed Vegetables Red Rice
茶點 Afternoon Snack	野菜粟米湯烏冬 Udon in soup with vegetables and Corn	芝麻軟餐包 高鈣低糖豆漿 Soft Roll Sesame Soybean Milk	五穀雜糧粥 Five Grains Congee	果醬三文治 高鈣低糖豆漿 Jam Sandwich Soybean Milk	蕃薯糖水 焗雞蛋 Syrup with Sweet Potato Egg

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## 第二週 幼兒冬季膳食表

	Green Monday 綠色星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Breakfast 早餐	提子乾低脂牛奶麥皮 Raisins milk oatmeal	雜菜雞絲通心粉 Macaroni with minced Chicken and vegetables	果醬三文治 低脂牛奶 Jam Sandwiches Milk	生菜肉碎字母粉 Alphabet noodles with minced Pork and Cabbage	花生醬三文治 高鈣低糖豆漿 Peanut butter Sandwich Soybean Milk
Fruit 水果	火龍果 Pitaya	橙 Orange	梨 Pear	蘋果 Apple	香蕉 Banana
Soup 湯	蕃茄薯仔湯 Tomato Potato Soup	青紅蘿蔔豬肉 蜜棗陳皮湯 Green pork, candied tangerine peel carrot soup	木瓜花生 排骨湯 Papaya peanut ribs soup	白菜乾南北杏排骨 蜜棗陳片湯 The cabbage dry almonds and ribs candied Chen soup	紅蘿蔔洋蔥 牛肉湯 Carrot onion beef soup
Lunch 午餐	粟米炒雞蛋 灼菜心 白飯 Stir-Fried Eggs with corn and Pork Boiled Chinese Cabbage Rice	鮮茄魚柳 炒白菜 白飯 Stir-Fried Fillets with Tomatoes Stir-Fried Chinese White Cabbage Rice	什菌牛肉炒烏冬 灼西蘭花 Stir-Fried Udon with minced Beef and Vegetables Blanch broccoli	冬菇炒雞柳 炒椰菜 紅米飯 Stir-Fried sliced chicken with mushrooms Stir-Fried Cabbage Red Rice	草菇肉碎煮豆腐 炒雜菜 紅米飯 Steamed bean curd with mushroom and minced pork Stir-Fried Vegetables Red Rice
Afternoon Snack 茶點	素三絲炒米粉 Stir-Fried Rice noodles with vegetables	蒸番薯 高鈣低糖豆漿 Steamed Sweet Potato Soybean Milk	番薯紅米粥 Red Rice Congee with Sweet Potato	黑糖提子包 高鈣低糖豆漿 Brown Sugar Raisin Bun Soybean Milk	冰糖雪梨糖水 焗雞蛋 Syrup with Pear Egg

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## 第三週 幼兒冬季膳食表

	Green Monday 綠色星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Breakfast 早餐	粟米片 低脂牛奶 Corn flakes and Milk	雜菜瘦肉通心粉 Macaroni with minced Pork and vegetables	芝士三文治 低脂牛奶 Cheese Sandwiches Milk	時菜雞肉蜆殼粉 Seashell noodles with vegetables and minced chicken	花生醬三文治 低脂牛奶 Peanut Butter Sandwiches Milk
Fruit 水果	火龍果 Pitaya	橙 Orange	梨 Pear	蘋果 Apple	香蕉 Banana
Soup 湯	木瓜無花果 南杏北杏湯 Papaya and figs almonds apricot lean soup	南瓜百合 排骨紅棗湯 Pumpkin Lily ribs jujube soup	粉葛淮山瘦肉湯 Arrowroot chinese yam lean meat soup	紅蘿蔔粟米 椰子排骨湯 Corn coconut carrot ribs soup	雪梨粟米 瘦肉蜜棗湯 Pear corn lean meat candied soup
Lunch 午餐	什菌煮豆腐 炒白菜 白飯 Steamed bean curd with mixed mushrooms Stir-Fried Chinese White Cabbage Rice	紅蘿蔔粟米粒 菜心炒牛肉 白飯 Stir-Fried Carrot with corn Stir-Fried sliced Beef with Chinese Cabbage Rice	鮮茄魚柳縲絲粉 灼西蘭花 Fillets fusilli with Tomatoes Boiled broccoli	冬菇薯仔煮雞肉 清炒紹菜 紅米飯 Stir-Fried sliced Chicken with Mushroom and Potato Stir-Fried Chinese Cabbage Red Rice	洋蔥炒牛肉 灼菜心 紅米飯 Stir-Fried Beef with onion Boiled Chinese flowering cabbage Red Rice
Afternoon Snack 茶點	雜菜菠菜麵 Noodles with mixed Vegetables	圓麥餐包 高鈣低糖豆漿 Round Wheat Roll Soybean Milk	栗子紅米粥 Red Rice Congee with Chestnut	果醬三文治 高鈣低糖豆漿 Jam Sandwich Soybean Milk	蕃薯糖水 焗雞蛋 Syrup with Sweet Potato Egg

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## 第四週 幼兒冬季膳食表

	Green Monday 綠色星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Breakfast 早餐	提子乾低脂牛奶麥皮 Raisins milk oatmeal	雜菜瘦肉蜆殼粉 Seashell noodles with minced Pork and Vegetables	果醬三文治 低脂牛奶 Jam Sandwiches Milk	生菜肉碎字母粉 Alphabet noodles with minced Pork and Cabbage	花生醬三文治 高鈣低糖豆漿 Peanut butter Sandwich Soybean Milk
Fruit 水果	火龍果 Pitaya	橙 Orange	梨 Pear	蘋果 Apple	香蕉 Banana
Soup 湯	栗子紅蘿蔔 南瓜湯 The chestnuts carrot pumpkin soup	木瓜木耳 瘦肉紅棗湯 Papaya fungus lean meat, red dates soup	蓮子百合 瘦肉蜜棗湯 The lotus lily lean meat candied soup	蓮藕雪耳 圓肉紅棗湯 The lotus root white fungus and red dates soup	黑豆圓肉 瘦肉湯 Back beans lean meat soup
Lunch 午餐	蘑菇炒雞蛋 炆菜心 白飯 Stir-Fried Egg with Mushrooms Boiled Chinese Cabbage Rice	蕃茄煮牛肉 炒白菜 紅米飯 Stir-Fried Sliced Beef with Tomatoes Stir-Fried Chinese White Cabbage Red Rice	蒜香雞肉炒意粉 炆西蘭花 Stir-Fried Spaghetti with Pumpkin and minced Chicken Boiled broccoli	攪菜煮豆腐 雜菜炒牛肉 白飯 Steamed bean curd with Eggs Stir-Fried Beef with mixed Vegetables Rice	洋蔥煮豬柳 炒菜心 紅米飯 Sliced Pork in Onion Sauce Stir-Fried Chinese Cabbage Red Rice
Afternoon Snack 茶點	鮮茄秀珍菇拉麵 Ramen with Oyster Mushroom and Tomato	蒸番薯 高鈣低糖豆漿 Steamed Sweet Potato Soybean Milk	粟米紅米粥 Red Rice Congee with Corn	扭紋餐包 高鈣低糖豆漿 Twist Bun Soybean Milk	冰糖雪梨糖水 烩雞蛋 Syrup with Pear Egg