

博愛醫院任永賢夫人幼稚園 幼兒中心 Pok Oi Hospital Mrs. Yam Wing Yin Kindergarten Day Nursery

第一週 幼兒夏季膳食表 1st Week of Menu in Summer

	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	提子乾低脂牛奶麥皮 Raisins milk oatmeal	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	香蕉 Banana	橙 Orange	梨 Pear	蘋果 Apple	火龍果 Pitaya
Soup 湯	紫菜豆腐味噌湯 Miso Soup with Laver and Tofu	花生木瓜排骨湯 Spareribs soup with Papaya and Peanut	紅蘿蔔椰子雞腳湯 Chicken Feet soup with Coconut and Carrot	馬蹄紅蘿蔔瘦肉薑片湯 Pork Soup with Water Chestnut and Ginger	冬瓜肉片薑片湯 Pork Soup with White Gourd, and Ginger
Lunch 午餐	粟米炒素雞粒 清炒翠玉瓜 白飯 Stir-fried Vegetarian Chicken Cube with Corn Fried Summer Squash Rice	青瓜粒炒牛肉 椰菜炒甘筍 紅米飯 Stir-fried Sliced Beef with Cucumber Fried Chinese Cabbage and Carrot Red Rice	粟米白汁魚柳蝴蝶粉 灼西蘭花 Butterfly noodles with corn and fillets Blanch broccoli	蕃茄煮雞蛋 西芹炒豬肉 白飯 Fried Eggs with Tomato Stir-fried Sliced Pork with Celery Rice	草菇瘦肉煮豆腐 灼白菜 白飯 Steamed bean curd with mushroom and minced pork Boiled Chinese White Cabbage Rice
Afternoon Snack 茶點	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	生熟薏米紅豆水 焗雞蛋 Red Beans with Coix Seeds Sweet Soup Egg

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第二週 幼兒夏季膳食表 2nd Week of Menu in Summer

	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	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	粟米片 低脂牛奶 Corn flakes and Milk	生菜肉碎字母粉 Alphabet noodles with minced Pork and Cabbage	花生醬三文治 牛奶 Peanut butter Sandwich Milk
水果 Fruit	香蕉 Banana	橙 Orange	梨 Pear	蘋果 Apple	火龍果 Pitaya
Soup 湯	五素湯 (紅蘿蔔、南瓜、佛手 瓜、栗子、粟米) Five Soup (Carrots, pumpkin, chayote, chestnuts, corn)	南杏北杏瘦肉 無花果陳皮湯 Pork Soup with Apricot Seed, Sweet Apricot Seed, Figs and Aged Tangerine Peel	佛手瓜蓮子百合蜜棗 瘦肉湯 Pork Soup with Chayote, Lotus seed, Lily bulb and Glace Date	綠豆生熟薏米蓮藕蜜棗 瘦肉湯 Pork Soup with Mung Bean, Jobs Tears, Lotus Root and Glace Date	桂圓羅漢果 冬瓜湯 White Gourd Soup with Longan and Mangosteen
Lunch 午餐	什菌煮豆腐 灼白菜 白飯 Mushrooms with Bean Curd Boiled Chinese White Cabbage Rice	馬蹄蒸肉餅 紅蘿蔔炒青瓜 紅米飯 Steamed Water Chestnut and Pork Stir-fried with Carrot and Cucumber Red Rice	什菌牛肉炒烏冬 灼西蘭花 Stir-Fried Udon with minced Beef and Vegetables Blanch broccoli	粟米煮魚柳 清炒椰菜 白飯 Stir-fried Fillet with Chinese flowering cabbage Rice	翠玉瓜炒雞柳 肉碎蒸茄子 白飯 Stir-fried sliced Chicken with Summer Squash Steamed Eggplant with minced Pork Rice
Afternoon Snack 茶點	素三絲炒米粉 Stir-Fried Rice noodles with vegetables	蒸粟米 高鈣低糖豆漿 Steamed Corn 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	竹蔗紅蘿蔔馬蹄糖水 焗雞蛋 Sugar Cane and Imperatae Drink Egg

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第三週 幼兒夏季膳食表 3rd Week of Menu in Summer

	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	雜菜瘦肉通心粉 Macaroni with minced Pork and vegetables	提子乾低脂牛奶麥皮 Raisins milk oatmeal	時菜雞肉蜆殼粉 Seashell noodles with vegetables and minced chicken	芝士三文治 低脂牛奶 Cheese Sandwiches Milk
水果 Fruit	香蕉 Banana	橙 Orange	梨 Pear	蘋果 Apple	火龍果 Pitaya
Soup 湯	紫菜豆腐味噌湯 Miso Soup with Laver and Tofu	南瓜百合排骨紅棗湯 Spareribs soup with Pumpkin, Lily bulb and Chinese Date	老黃瓜豬肉赤小豆蜜棗 陳皮湯 Pork Soup with Lentil, Old Cucumber, Glace Date and Aged Tangerine Peel	紅蘿蔔馬蹄瘦肉湯 Pork Soup with Carrot and Water Chestnut	霸王花蜜棗瘦肉湯 Pork Soup with Pitaya Flower and Glace Date
Lunch 午餐	粟米炒滑蛋 清炒翠玉瓜 白飯 Stir-fried Eggs with Corn Stir-fried Summer Squash Rice	薯仔炒牛肉 清炒菜心 紅米飯 Fried Beef with Potato Stir-fried Chinese Flowering Cabbage Red Rice	鮮茄魚柳縲絲粉 灼西蘭花 Fillets fusilli with Tomatoes Boiled broccoli	粟米肉碎煮豆腐 清炒紹菜 白飯 Steamed Bean Curd with Corn and minced Pork Fried Cabbage Rice	蝦米肉碎青瓜粉絲 清炒椰菜 白飯 Minced Pork dried shrimp cucumber with Vermicelli Noodles Chinese flowering cabbage Rice
Afternoon Snack 茶點	雜菜上海麵 Noodles with mixed Vegetables	圓麥餐包 高鈣低糖豆漿 Round Wheat Roll Soybean Milk	粟米紅米粥 Red Rice Congee with Corn	果醬三文治 高鈣低糖豆漿 Jam Sandwich Soybean Milk	生熟薏米紅豆水 烩雞蛋 Red Beans with Coix Seeds Sweet Soup Egg

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第四週 幼兒夏季膳食表 4th Week of Menu in Summer

	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	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	粟米片 低脂牛奶 Corn flakes and Milk	生菜肉碎字母粉 Alphabet noodles with minced Pork and Cabbage	花生醬三文治 牛奶 Peanut butter Sandwich Milk
水果 Fruit	香蕉 Banana	橙 Orange	梨 Pear	蘋果 Apple	火龍果 Pitaya
Soup 湯	五素湯 (紅蘿蔔、南瓜、佛手瓜、栗子、粟米) Five Soup (Carrots, pumpkin, chayote, chestnuts, corn)	沙葛紅蘿蔔瘦肉湯 Pork Soup with Shage and Carrot	蕃茄薯仔牛肉湯 Beef Soup with Tomato and Potato	赤小豆扁豆粉葛排骨湯 Sparerib Soup with Rice Beans, Lentil and Kudzu Root	龍利葉蜜棗瘦肉湯 Pork Soup with Long Li Yeh and Glace Date
Lunch 午餐	蘑菇炒雞蛋 清炒椰菜 白飯 Stir - fried Eggs with Mushrooms Stir-fried Chinese Flowering Cabbage Rice	蕃茄炒牛肉 節瓜煮粉絲 紅米飯 Fried Tomato with Beef Boiled Hairy gourd with bean vermicellimumg Red Rice	南瓜雞肉炒意粉 灼西蘭花 Stir-Fried Spaghetti with Pumpkin and minced Chicken Boiled broccoli	牛肉碎煮豆腐 紅蘿蔔薯仔炒青瓜 白飯 Boiled Bean Curd with Minced Beef Stir-fried Carrot, Potato and Cucumber Rice	洋蔥炒豬柳 清炒翠玉瓜 白飯 Stir-fried Pork with Onion Stir-fried Summer Squash Rice
Afternoon Snack 茶點	鮮茄粟米拉麵 Ramen with Corn and Tomato	蒸粟米 高鈣低糖豆漿 Steamed Corn Soybean Milk	栗子紅米粥 Red Rice Congee with Chestnut	扭紋餐包 高鈣低糖豆漿 Twist Bun Soybean Milk	竹蔗紅蘿蔔馬蹄糖水 烩雞蛋 Sugar Cane and Imperatae Drink Egg