

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 幼兒春季膳食表 1st Week of Menu in Spring

	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	牛奶粟米片 Corn flakes with Milk	雜菜牛肉 通心粉 Macaroni with Sliced Beef and mix vegetables	芝士三文治 牛奶 Cheese Sandwich Milk	菜心瘦肉 蜆殼粉 Seashell noodles with Sliced Pork and Chinese flowering cabbage	吞拿魚沙律醬三文治 牛奶 Tuna with Salad Oil Sandwich Milk
水果 Fruit	火龍果 Pitaya	橙 Orange	梨 Pear	蘋果 Apple	香蕉 Banana
Soup 湯	粟米紅蘿蔔佛手瓜湯 Pork Soup with Corn, carrot and Chayote	蓮子百合蜜棗瘦肉湯 Pork Soup with , Lotus seed, Lily bulb and Glace Date	赤小豆扁豆粉葛排骨湯 Sparerib Soup with Rice Beans, Lentil and Kudzu Root	紅蘿蔔椰子瘦肉湯 Pork soup with coconut and carrot	木瓜雪耳紅棗瘦肉湯 Pork Soup with Papaya, Snow fungus and Chinese Date
Lunch 午餐	豆腐蒸雞蛋 炒白菜 白飯 Steamed Eggs with Soybean curd Fried Chinese White Cabbage Rice	甘筍洋蔥炒瘦肉 炒菜心 紅米飯 Stir-fried Sliced Pork with Carrot and Onion Fried Chinese flowering cabbage Red Rice	白汁雞絲燴螺絲粉 灼西蘭花 White sauce chicken fusilli Boiled broccoli	豆角炒牛肉 草菇煮節瓜 白飯 Stir-fried minced Beef with Chinese long bean Mushroom with Hairy Gourd Rice	蕃茄炒魚柳 炒椰菜 白飯 Stir-fried Fillet with Tomato Stir-fried Cabbage Rice
Afternoon Snack 茶點	娃娃菜菠菜麵 Spinach noodle with Baby Cabbage	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	腐竹薏米糖水 焗雞蛋 Barley Soy Skin Sweet Soup Egg

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

第二週 幼兒春季膳食表 2nd Week of Menu in Spring

	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	燕麥方脆 牛奶 Oatmeal Squares and Milk	雜菜牛肉 字母粉 Alphabet Noodles with Sauteed Beef and mix vegetables	果醬三文治 牛奶 Jam Sandwich Milk	小棠菜瘦肉 通心粉 Macaroni with Sliced Pork and Bok Choy	提子乾牛奶麥皮 Raisins milk oatmeal
水果 Fruit	火龍果 Pitaya	橙 Orange	梨 Pear	蘋果 Apple	香蕉 Banana
Soup 湯	粟米豆腐羹 Thick Soup with corn and tofu	青紅蘿蔔蜜棗陳皮 瘦肉湯 Pork Soup with Carrot, Green Radish, Glace Date and Aged Tangerine Peel	霸王花蜜棗瘦肉湯 Pork Soup with Pitaya Flower and Glace Date	白菜菜乾南北杏排骨蜜 棗陳皮湯 Spareribs Soup with Chinese White Cabbage, Apricot Seed, Sweet Apricot Seed, Glace Date and Aged Tangerine Peel	紅蘿蔔洋蔥牛肉薑片湯 Beef Soup with Carrot, Onion and Ginger
Lunch 午餐	素炒三丁 (紅蘿蔔、粟米、合桃) 灼椰菜 白飯 Stir-fried Carrot with Corn and nut Boiled Cabbage Rice	肉碎蒸雞蛋 炒白菜 紅米飯 Steamed Eggs with Minced Pork Fried Chinese White Cabbage Red Rice	粟米磨菇魚柳蝴蝶粉 灼西蘭花 Butterfly noodles with corn, mushroom and fillets Boiled broccoli	薯仔炒雞柳 炒菜心 白飯 Stir-fried sliced Chicken with Potato Fried Chinese flowering cabbage Rice	草菇瘦肉煮豆腐 炒紹菜 白飯 Steamed Bean Curd with mushroom and minced Pork Fried Chinese Cabbage Rice
Afternoon Snack 茶點	野菜什菌湯烏冬 Udon in vegetables and mushroom soup	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	椰汁芋頭西米露 焗雞蛋 Coconut milk Taros and Egg

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

第三週 幼兒春季膳食表 3rd Week of Menu in Spring

	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	牛奶粟米片 Corn flakes with Milk	雜菜瘦肉 通心粉 Macaroni with Sliced Pork and mix vegetables	芝士三文治 牛奶 Cheese Sandwich Milk	菜心雞肉 蜆殼粉 Seashell noodles with Sliced Chicken and Chinese flowering cabbage	吞拿魚沙律醬三文治 牛奶 Tuna with Salad Oil Sandwich Milk
水果 Fruit	火龍果 Pitaya	橙 Orange	梨 Pear	蘋果 Apple	香蕉 Banana
Soup 湯	木瓜無花果南北杏湯 Soup with Papaya, Fig, Apricot Seed and Sweet Apricot Seed	南瓜百合排骨紅棗湯 Spareribs soup with Pumpkin, Lily bulb and Chinese Date	無花果海底椰 瘦肉湯 Pork soup with Fig and Dried Coconut	綠豆薏米蓮藕蜜棗 瘦肉湯 Pork Soup with Mung Bean, Jobs Tears, Lotus Root and Glace Date	雪梨粟米蜜棗 瘦肉湯 Pork Soup with Pear, Corn and Glace Date
Lunch 午餐	紅蘿蔔薯仔炒青瓜 炒紹菜 白飯 Stir-fried Cucumber with carrot and potato Stir-fried Chinese White Cabbage Rice	牛肉碎煎雞蛋 炒菜心 紅米飯 Fried Eggs with Minced Beef Fried Chinese flowering Cabbage Red Rice	白汁雞柳螺絲粉 灼西蘭花 White sauce chicken filled screw powder Blanch broccoli	蕃茄煮魚柳 炒椰菜 白飯 Stir-fried Fillet with Tomato Fried Cabbage Rice	香椿肉碎煎豆腐 炒白菜 白飯 Fried Bean Curd with minced Pork Fried White cabbage Rice
Afternoon Snack 茶點	蕃茄上海麵 Noodles with Tomato	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	腐竹薏米糖水 焗雞蛋 Barley Soy Skin Sweet Soup Egg

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

第四週 幼兒春季膳食表 4th Week of Menu in Spring

	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	燕麥方脆 牛奶 Oatmeal Squares and Milk	雜菜牛肉 字母粉 Alphabet Noodles with Sauteed Beef and mix vegetables	果醬三文治 牛奶 Jam Sandwich Milk	小棠菜瘦肉 通心粉 Macaroni with Sliced Pork and Bok Choy	提子乾牛奶麥皮 Raisins milk oatmeal
水果 Fruit	火龍果 Pitaya	橙 Orange	梨 Pear	蘋果 Apple	香蕉 Banana
Soup 湯	蓮子百合南瓜湯 Soup with Lotus seed, Lily bulb and Pumpkin	紅蘿蔔粟子 瘦肉蜜棗湯 Pork soup with Carrot, Chestnut and Glace Date	紅蘿蔔粟米 瘦肉椰子湯 Pork soup with Carrot, Corn and Coconut	蓮藕雪耳圓肉紅棗 瘦肉湯 Pork Soup with Lotus Root, Snow fungus Longan and Chinese Date	花生木瓜排骨湯 Spareribs soup with Papaya and Peanut
Lunch 午餐	粟米炒豆腐粒 炒菜心 白飯 Stir-fried Corn with Tofu Fried Chinese flowering cabbage Rice	蕃茄洋蔥豬柳 炒椰菜 紅米飯 Stir-fried Sliced Pork with Tomato and Onion Fried Cabbage Red Rice	茄汁牛肉繪意粉 灼西蘭花 Spaghetti with beef in tomato sauce Boiled broccoli	節瓜炒雞柳 炒生菜 白飯 Stir-fried Sliced Chicken with Hairy Gourd Fried Lettuce Rice	粟米肉粒 炒白菜 白飯 Stir-fried Corn with Pork Fried White Cabbage Rice
Afternoon Snack 茶點	菜心湯米粉 Rice noodles in soup with vegetable	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	椰汁芋頭西米露 焗雞蛋 Coconut milk Taros and Egg