

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 幼兒秋季膳食表 1st Week of Menu in Autumn

	綠色星期一 Green Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
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	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	南北杏蘋果蜜棗湯 Soup with Apricot Seed, Sweet Apricot Seed, Glance Date and Apples <small>(生津潤肺、止咳化痰、健脾益氣)</small>	冬瓜清補涼瘦肉湯 Herbal soup with melon and pork <small>(降壓明目)</small>	赤小豆扁豆粉葛排骨湯 Sparerib Soup with Rice Beans, Lentil and Kudzu Root <small>(清熱解肌、健脾祛濕)</small>	粟米紅蘿蔔瘦肉湯 Pork Soup with corn and carrot <small>(調中開胃、健腎利水、降膽固醇)</small>	花生眉豆木瓜雞腳湯 Chicken Feet Soup with Peanut, Black-eyed Bean and Papaya <small>(補腎壯骨，養陰和胃)</small>
Lunch 午餐	甘筍洋蔥煎蛋 炒白菜 白飯 Fried Eggs with Onion and Carrot Stir-fried Chinese White Cabbage Rice	蕃茄洋蔥豬柳 清炒椰菜 紅米飯 Stir-fried Sliced Pork with Tomato and Onion Stir-fried Cabbage Red Rice	白汁雞絲燴螺絲粉 灼西蘭花 White sauce chicken fusilli Boiled broccoli	豬肉蒸雞蛋 清炒生菜 白飯 Steamed Egg with minced pork Stir-fried Lettuce Rice	牛肉炒紹菜 粟米魚柳 白飯 Stir-fried Sliced Beef with Chinese Cabbage Corn with Fish Rice
Afternoon Snack 茶點	娃娃菜粟米粒菠菜麵 Spinach noodle with Baby Cabbage 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	南瓜西米露 烩雞蛋 Spareribs and Sago 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 幼兒秋季膳食表 2nd Week of Menu in Autumn

	綠色星期一 Green Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
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	花生醬三文治 牛奶 Peanut butter Sandwich Milk
水果 Fruit	火龍果 Pitaya	橙 Orange	梨 Pear	蘋果 Apple	香蕉 Banana
Soup 湯	羅漢果西洋菜湯 Soup with Momordica Fruit and Watercress (清理肺熱、止咳潤腸)	甘荀雪耳瘦肉湯 Pork soup with carrot and snow fungus (健脾益氣，滋潤補氣)	霸王花蜜棗瘦肉湯 Pork Soup with Pitaya Flower and Glace Date (清熱生津、潤肺止咳)	節瓜粒瘦肉蛋花湯 Pork Soup with Egg and Hairy Gourd (清熱潤燥、養血益氣)	佛手瓜章魚蜜棗排骨湯 Sparerib Soup with Octopus and Glace Date (補腎壯骨、養血疏肝)
Lunch 午餐	豆角煎雞蛋 炒椰菜 白飯 Chinese Long Bean with Eggs Stir-fried Cabbage Rice	蒸燕麥肉餅 炒紹菜 紅米飯 Steamed minced meat with oatmeal Stir-fried Chinese Cabbage Rice	粟米磨菇魚柳燴意粉 灼西蘭花 Spaghetti with corn, mushroom and fillets Boiled broccoli	蕃茄煮牛肉 炒菜心 白飯 Stir-fried Sliced Beef with Tomato Stir-fried Chinese Cabbage Rice	雞肉粉絲炒節瓜 清炒紹菜 白飯 Stir-fried Sliced chicken with Hairy Gourd and Vermicelli Stir-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	蕃薯糖水 焗雞蛋 Syrup with Sweet Potato 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 幼兒秋季膳食表 3rd Week of Menu in Autumn

	綠色星期一 Green Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
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	吞拿魚沙律醬三文治 牛奶 Tuna with Salad Oil Sandwich Milk	菜心雞肉 蜆殼粉 Seashell noodles with Sliced Chicken and Chinese flowering cabbage	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	栗子南杏合桃 紅棗湯 Soup with Chestnut, Walnut and Sweet Apricot Seed (健脾益氣、補腎潤肺)	青紅蘿蔔蜜棗陳皮排骨 魚尾湯 Sparerib Soup with Carrot, Green Radish, Glace Date Aged Tangerine Peel and Fish (健脾和胃、補腎壯骨、清熱明目)	金銀菜蠔豉瘦肉湯 Pork soup with Dried Oyster and Chinese White Cabbage (滋潤肺燥、清肺胃熱、健脾益氣)	無花果海底椰 瘦肉湯 Pork soup with Fig and Dried Coconut (化痰止咳、潤肺清咽)	蓮藕栗子雪耳 瘦肉湯 Pork Soup with Lotus Root, Chestnut and Snow Fungus (補腎壯骨、健脾開胃、潤肺止咳)
Lunch 午餐	紅蘿蔔薯仔炒青瓜 炒節瓜 白飯 Stir-fried Cucumber with carrot and potato Stir-fried Hairy Gourd Rice	豆腐蒸雞蛋 炒椰菜 紅米飯 Steamed Eggs with Bean Curd Stir-fried cabbage Red rice	茄汁牛肉繪意粉 灼西蘭花 Spaghetti with beef in tomato sauce Boiled broccoli	肉碎煎豆腐 冬菇蒸肉餅 白飯 Fried bean curd with minced pork Steamed miced pork with mushroom Rice	芽菜甘筍絲冬菇絲炒魚肉 炒白菜 白飯 Stir-fried Fish with bean sprouts, carrot and mushrooms Stir-fried Chinese White Cabbage Rice
Afternoon Snack 茶點	蕃茄粟米粒上海麵 Noodles with Tomato And Corn	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	南瓜西米露 焗雞蛋 Spareribs and Sago 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 幼兒秋季膳食表 4th Week of Menu in Autumn

	綠色星期一 Green Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
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	花生醬三文治 牛奶 Peanut butter Sandwich Milk
水果 Fruit	火龍果 Pitaya	橙 Orange	梨 Pear	蘋果 Apple	香蕉 Banana
Soup 湯	蘋果雪梨雪耳 南北杏陳皮湯 Apples Pears Soup with Snow Fungus, Apricot Seed, Sweet Apricot Seed, Aged Tangerine Peel (健脾開胃、潤肺止咳)	佛手瓜蓮子百合 瘦肉湯 Pork Soup with Lily Bulb, Husked Lotus and Chayote (健脾和胃、潤肺化痰)	栗子紅蘿蔔南瓜湯 Pumpkin Soup with Chestnut and Carrot (健脾補中、調養肝腎)	雪耳木瓜紅棗魚尾 瘦肉湯 Fish Soup with Snow Fungus, Jujube and Papaya (補腎壯骨、潤肺和胃)	沙參王竹蜜棗 瘦肉湯 Pork Soup with Solomons Seal Rhizome, Glehnia Root and Glace Date (健脾益氣、潤肺養顏)
Lunch 午餐	蕃茄雞蛋 炒菜心 白飯 Stir-fried egg with Tomato Stir-fried Chinese flowering cabbage Rice	青瓜炒牛肉 蒸滑豆腐 紅米飯 Stir-fried Sliced Beef with Cucumber Steamed Bean Curd Rice	白汁雞柳螺絲粉 灼西蘭花 White sauce chicken filled screw powder Blanch broccoli	紅蘿蔔薯仔炒魚肉 炒西芹 白飯 Stir-fried Fish with Carrot and Potato Stir-fried Celery Rice	豬肉炒椰菜 紅蘿蔔炒粟米粒 白飯 Stir-fried Sliced Pork with Chinese White Cabbage Stir-fried Carrot with Corn Rice
Afternoon Snack 茶點	菜心粟米粒湯米粉 Rice noodles in soup with vegetables	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	蕃薯糖水 焗雞蛋 Syrup with Sweet Potato Egg