



保良局葉吳彬彬皇后山幼稚園

PO LEUNG KUK YIP NG BUN BUN QUEEN' S HILL KINDERGARTEN

2025年9月份全日班午膳餐單(茶點) September Lunch And Snack Schedule



星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
1	2	3	4	5
合掌瓜薯仔雞柳飯	和風西蘭花洋葱牛肉飯	翠玉瓜甘筍肉絲飯	墨西哥蝦仁薯仔魚粒意粉	鮮茄粟米牛肉飯
Chicken Julienne With Potato And Chayote + Rice	Beef With Onion And Broccoli In Japanese + Rice	Pork Julienne With Zucchini And Carrot + Rice	Minced Fish With Potato And Shrimp In Mexican Style + Spaghetti	Beef With Tomato And Sweet Corn + Rice
南瓜三色素湯(番茄, 粟米, 甘筍)	合掌瓜甘筍粟米豬腱湯	節瓜章魚瘦肉湯	青紅蘿蔔粟米豬腱湯	紅棗杞子山藥甘筍瘦肉湯
(粟米片/牛奶)	(蘋果)	(牛奶麥皮/水)	(雞蛋/水)	(梳打餅)
(Cornflakes / Milk)	(Apple)	(Oatmeal / Water)	(Egg / Water)	(Soda Cracker)
8	9	10	11	12
意式甘筍牛柳絲意粉	甘筍汁魚柳紅米飯	勝瓜薯仔牛肉飯	黑松露海鮮螺絲粉	時菜雞柳燴銀針粉
Beef Julienne With Carrot In Italian Style + Spaghetti	Fish Fillet In Carrot Sauce + Red Rice	Beef With Potato And Loofah + Rice	Assorted Seafood In Black Truffle Sauce + Fusilli	Braised Silver Needle Noodles With Seasonal Vegetable And Chicken Julienne
南北杏南瓜甘筍粟米雞肉湯	鮮茄什菜肉片湯	冬瓜薏米無花果豬腱湯	雪耳木瓜粟米瘦肉湯	蓮藕粟米甘筍豬腱湯
(低脂芝士/水)	(蘋果)	(雞蛋/水)	(牛奶麥皮/水)	(威化餅)
(Low-fat cheese / Water)	(Apple)	(Egg / Water)	(Oatmeal / Water)	(wafers)
15	16	17	18	19
南瓜汁粟米雞柳螺絲粉	香蒜粟米蒸肉粒紅米飯	蘑菇汁薯仔牛肉碎飯	粟米蒸肉餅燕麥飯	時菜雞絲燴烏冬
Chicken Julienne With Sweet Corn In Pumpkin Sauce + Fusilli	Steamed Minced Pork With Sweet Corn And Garlic + Red Rice	Minced Beef With Potato In Mushroom Sauce + Rice	Steamed Meat Cake With Sweet Corn + Oat Rice	Braised Udon With Seasonal Vegetable And Chicken Julienne
南瓜甘筍馬蹄粟米素湯	蓮藕粉葛粟米瘦肉湯	蟲草花淮山甘筍豬腱湯	椰子合掌瓜甘筍瘦肉湯	栗子淮山薏米粟米湯
(粟米片/牛奶)	(梨)	(牛奶麥皮/水)	(蕃薯)	(低脂芝士/水)
(Cornflakes / Milk)	(Pear)	(Oatmeal / Water)	(sweet potato)	(Low-fat cheese / Water)
22	23	24	25	26
鮮茄波蘿薯仔雞皇飯	菠菜汁甘筍牛柳絲飯	意式海鮮意粉	日式西蘭花洋葱雞粒飯	粟米雞粒蒸蛋飯
Chicken With Potato, Tomato And Pineapple + Rice	Beef Julienne With Carrot In Spinach Sauce + Rice	Assorted Seafood In Italian Style + Spaghetti	Diced Chicken With Broccoli And Onion In Japanese Style + Rice	Steamed Egg With Diced Chicken And Sweet Corn + Rice
青紅蘿蔔粟米馬蹄雪耳素湯	西洋菜甘筍豬腱湯	老黃瓜薏米雞肉湯	羅宋湯(豬肉)	冬瓜淮山蓮子瘦肉湯
(低脂芝士/水)	(蘋果)	(雞蛋/水)	(粟米)	(牛奶麥皮/水)
(Low-fat cheese / Water)	(Apple)	(Egg / Water)	(Corn)	(Oatmeal / Water)
29	30			
勝瓜薯仔雞柳飯	中式免治牛肉飯(粟米, 甘筍)			
Chicken Julienne With Potato And Loofah + Rice	Minced Beef With Carrot And Corn + Rice			
霸王花老黃瓜瘦肉湯	節瓜粟米馬蹄豬腱湯			
(粟米片/牛奶)	(蘋果)			
(Cornflakes / Milk)	(Apple)			

*以上餐單內容祇供參考。

*The menu is for reference only.