



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10月份全日班午膳餐單(茶點) **October 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 國慶日 National Day	2 鮮茄洋蔥雞球飯 Chicken Ball With Onion And Tomato + Rice 紅蘿蔔馬蹄粟米肉粒湯	3 教師發展日 Teacher Development Day
6 中秋節 Mid-Autumn Festival Holiday	7 中秋節 Mid-Autumn Festival Holiday	8 洋蔥西蘭花牛肉飯 Beef With Onion And Broccoli + Rice 沙參南北杏玉竹粟米甘筍肉片湯 (燒賣) (Siumai)	9 雞蛋蒸肉餅燕麥飯 Steamed Meat Cake With Egg + Oat Rice 老黃瓜粟米甘筍瘦肉湯 (蘋果) (Apple)	10 香濃粟米汁肉粒螺絲粉 Diced Pork In Sweet Corn Sauce + Fusilli 蓮藕百合馬蹄瘦肉粒湯 小食嚐試 Snack tasting activity
13 白汁粟米肉絲飯 Pork Julienne With Corn In White Sauce + Rice 沙參玉竹粟米淮山甘筍薏米素湯 (粟米片/牛奶) (Cornflakes / Milk)	14 意式甘筍牛肉螺絲粉 Beef With Carrot In Italian Style + Fusilli 雪耳木瓜甘筍瘦肉湯 (梨) (Pear)	15 薯仔粟米炆雞球飯 Braised Chicken Balls With Potato And Corn + Rice 淮山海底椰無花果甘筍瘦肉湯 (低脂芝士/水) (Low-fat cheese / Water)	16 鮮茄洋蔥牛肉飯 Beef With Tomato And Onion + Rice 白蘿蔔粟米甘筍肉片湯 (蕃薯) (sweet potato)	17 三絲燴烏冬(椰菜絲,甘筍絲,雞絲) Braised Udon With Three-shredded(shredded cabbage, shredded carrots, shredded chicken) 佛手瓜紅蘿蔔南北杏肉片湯 (雞蛋/水) (Egg / Water)
20 佛手瓜粟米雞球飯 Chicken Balls With Chayote And Corn + Rice 南瓜洋蔥甘筍素湯 (蘋果) (Apple)	21 香草汁福花肉絲飯 Pork Julienne With Cauliflower In Herb Sauce + Rice 羅宋湯(豬肉) (粟米) (Corn)	22 蘑菇汁甘筍牛肉意粉 Beef With Carrot In Mushroom Sauce + Rice 冬瓜薏米淮山豬腱湯 (雞蛋/水) (Egg / Water)	23 豆角薯仔雞柳飯 Chicken Julienne With Potato And Green Beans + Rice 木瓜雪耳瘦肉湯 (低脂芝士/水) (Low-fat cheese / Water)	24 肉絲椰菜燴麵 Braised Noodles With Pork Julienne And Cabbage 椰子百合甘筍肉片湯 小食嚐試 Snack tasting activity
27 白汁粟米雞粒飯 Diced Chicken With Corn In White Sauce + Rice 田園南瓜蕃茄甘筍素湯 (雞蛋/水) (Egg / Water)	28 菠菜汁甘筍雞柳意粉 Chicken Julienne With Carrot In Spinach Sauce + Spaghetti 沙葛粟米甘筍肉粒湯 (蘋果) (Apple)	29 重陽節 Chung Yeung Festival	30 馬蹄蒸肉餅燕麥飯 Steamed Meat Cake With Water Chestnut + Oat Rice 蘋果雪梨甘筍瘦肉湯 (粟米片/牛奶) (Cornflakes / Milk)	31 時菜肉絲燴瀨粉 Braised Rice Noodles With Pork Julienne And Seasonal Vegetables 章魚節瓜瘦肉湯 (低脂芝士/水) (Low-fat cheese / Water)

*以上餐單內容祇供參考。

*The menu is for reference only.