



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11月份全日班午膳餐單(茶點) November Lunch And Snack Schedule



星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
3	4	5	6	7
蘑菇汁雞柳螺絲粉	青瓜薯仔雞球飯	節瓜薯仔肉片飯	粟米蒸肉餅燕麥飯	時菜雞絲燴銀針粉
Chicken Julienne In Mushroom Sauce + Fusilli	Chicken Balls With Potato And Cucumber + Rice	Pork Slices With Potato And Zucchini + Rice	Steamed Meat Cake With Corn + Oat Rice	Braised Silver Needle Noodles With Seasonal Vegetable And Chicken
冬瓜甘筍粟米薏米銀耳素湯	老黃瓜紅蘿蔔粟米雞肉湯	節瓜蜜棗瘦肉湯	沙葛粟米甘筍豬肉湯	木瓜雪耳瘦肉湯
(蘋果)	(粟米)	(牛奶麥皮/水)	(牛奶可可米)	(粟米片/豆奶)
(Apple)	(Corn)	(Oatmeal / Water)	(Milk /Coco Pops)	(Cornflakes / Soy milk)
10	11	12	13	14
番茄肉醬意粉(牛肉)	豆角雞絲飯	菠菜汁甘筍牛肉碎意粉	馬蹄蒸肉餅燕麥飯	時菜肉絲燴烏冬
Spaghetti With Bolognese Sauce (Beef)	Chicken Julienne With Green Beans + Rice	Minced Beef With Carrot In Spinach Sauce + Spaghetti	Steamed Meat Cake With Water Chestnut + Oat Rice	Braised Udon With Seasonal Vegetable And Pork Julienne
沙參玉竹粟米淮山茨實薏米甘筍素湯	霸王花甘筍瘦肉湯	青紅蘿蔔豬腱湯	蘋果雪梨紅蘿蔔瘦肉湯	雪耳蟲草花粟米甘筍瘦肉湯
(蕃薯)	(梨)	(低脂芝士/水)	(粟米片/豆奶)	小食嚐試
(sweet potato)	(Pear)	(Low-fat cheese / Water)	(Cornflakes / Soy milk)	Snack tasting activity
17	18	19	20	21
粟米薯仔雞粒飯	合掌瓜薯仔肉絲飯	南瓜汁薯仔雞皇飯	波蘿鮮茄牛肉意粉	粟米肉碎蒸水蛋飯
Diced Chicken With Potato And Corn + Rice	Pork Julienne With Potato And Chayote + Rice	Chicken With Potato In Pumpkin Sauce + Rice	Beef With Pineapple And Tomato + Spaghetti	Steamed Egg With Minced Pork And Corn + Rice
南瓜甘筍洋葱粟米素湯	蕃茄薯仔豬腱湯	蓮藕粟米甘筍瘦肉湯	紅蘿蔔粟米南瓜豬腱湯	淮山杞子甘筍豬肉湯
(燒賣)	(蘋果)	(粟米片/豆奶)	(低脂芝士/水)	小食嚐試
(Siomai)	(Apple)	(Cornflakes / Soy milk)	(Low-fat cheese / Water)	Snack tasting activity
24	25	26	27	28
香濃粟米薯仔肉粒飯	香草汁雙花雞球飯	粟米汁薯仔雞柳螺絲粉	雞蛋蒸肉餅燕麥飯	教師發展日 Staff Development Day
Diced Pork With Potato With Sweet Corn + Rice	Chicken Balls With Broccoli And Cauliflower In Herb Sauce + Rice	Chicken Julienne With Potato In Sweet Corn Sauce + Fusilli	Steamed Meat Cake With Egg + Oat Rice	
蟲草花淮山杞子甘筍素湯	合掌瓜粟米南瓜豬腱湯	淮山百合海底椰粟米瘦肉湯	木瓜甘筍豬腱湯	
(蘋果)	(粟米)	(低脂芝士/水)	(粟米片/豆奶)	
(Apple)	(Corn)	(Low-fat cheese / Water)	(Cornflakes / Soy milk)	

*以上餐單內容祇供參考。

*The menu is for reference only.