



保良局葉吳彬彬皇后山幼稚園

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

2026年3月份全日班午膳餐單(茶點) March Lunch And Snack Schedule



星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
鮮茄菠蘿雞絲螺絲粉	青瓜薯仔雞球飯	茄子肉絲飯	黑松露百花雞絲意粉	三絲燴烏冬(甘荀絲,椰菜絲,雞絲)
Shredded Chicken With Pineapple And Tomato + Fusilli	Chicken Ball With Cucumber And Potato + Rice	Pork Julienne With Eggplant + Rice	Chicken Julienne With Cauliflower In Black Truffle Sauce + Spaghetti	Fried Udon With Three-shredded(shredded cabbage, shredded carrots, shredded chicken)
(素)什菜南瓜湯	白蘿蔔粟米紅蘿蔔瘦肉湯	冬瓜薏米肉粒湯	紅蘿蔔粟米肉片湯	白菜甘荀瘦肉湯
(牛奶麥皮/水)	(蘋果)	(粟米片/牛奶)	(黑糖提子包)	(低脂芝士/水)
(Oatmeal / Water)	(Apple)	(Cornflakes / Milk)	(Brown Sugar Raisin Bun)	(Low-fat cheese / Water)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
蕃茄肉醬意粉(牛肉)	日式洋蔥西蘭花雞粒飯	勝瓜粒雞皇飯	馬蹄蒸肉餅燕麥飯	三絲燴白幼麵(甘荀絲,椰菜絲,肉絲)
Spaghetti With Bolognese Sauce (Beef)	Chicken With Broccoli And Onion In Japanese Style + Rice	Chicken With Sponge Gourd + Rice	Steamed Meat Cake With Water Chestnut + Oat Rice	Fried Noodle With Three-shredded(shredded cabbage, shredded carrots, shredded pork)
(素)淮山海底椰無花果蘋果湯	合掌瓜瘦肉湯	番茄薯仔瘦肉湯	南瓜紅蘿蔔肉碎湯	霸王花紅蘿蔔瘦肉湯
(低脂芝士/水)	(雞蛋/水)	(粟米片/牛奶)	(牛奶麥皮/水)	(威化餅)
(Low-fat cheese / Water)	(Egg / Water)	(Cornflakes / Milk)	(Oatmeal / Water)	(Wafer)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
合掌瓜肉絲飯	白菌雞皇意粉	金蒜薯仔蒸肉粒飯	蘑菇汁甘荀牛肉飯	馬蹄肉碎蒸水蛋飯
Pork Julienne With Hairy Gourd + Rice	Chicken With White Mushroom + Spaghetti	Steamed Pork With Garlic And Potato + Rice	Beef With Carrot In Mushroom Sauce + Rice	Steamed Egg With Minced Pork And Water Chestnut + Rice
佛手瓜栗子甘荀南北杏素湯	木瓜雪耳雞湯	冬瓜薏米肉片湯	羅宋湯(豬肉,紅蘿蔔)	清補涼紅蘿蔔瘦肉湯
(雞蛋/水)	(低脂芝士/水)	(蘋果)	(粟米片/牛奶)	小食嘗試
(Egg / Water)	(Low-fat cheese / Water)	(Apple)	(Cornflakes / Milk)	Snack tasting activity
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
香菇蒸雞飯	香濃粟米汁肉粒意粉	香草汁福花牛肉飯	雞蛋蒸肉餅燕麥飯	三絲燴銀針粉(甘荀絲,椰菜絲,雞絲)
Steamed Chicken With Mushroom + Rice	Diced Pork In Sweet Corn Sauce + Spaghetti	Beef With Cauliflower In Herb Sauce + Rice	Steamed Meat Cake With Egg + Oat Rice	Fried Silver Needle Noodle With Three-shredded(shredded cabbage, shredded carrots, shredded chicken)
(素)粉葛紅蘿蔔馬蹄粟米湯	鮮茄什菜肉片湯	羅漢果紅蘿蔔瘦肉湯	合掌瓜粟米瘦肉湯	節瓜紅蘿蔔肉片湯
(蘋果)	(雞蛋/水)	(低脂芝士/水)	(威化餅)	(粟米片/牛奶)
(Apple)	(Egg / Water)	(Low-fat cheese / Water)	(Wafer)	(Cornflakes / Milk)
<b>30</b>	<b>31</b>			
香芋汁甘荀牛柳絲意粉	豆角肉絲飯			
Beef Julienne With Carrot In Taro Sauce + Spaghetti	Pork Julienne With Green Bean + Rice			
(素)田園南瓜番茄紅蘿蔔湯	木瓜雪耳瘦肉湯			
(低脂芝士/水)	(牛奶麥皮/水)			
(Low-fat cheese / Water)	(Oatmeal / Water)			

\*以上餐單內容祇供參考。

\*The menu is for reference only.