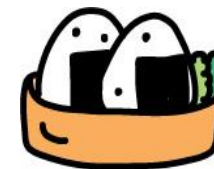




保良局葉吳彬彬皇后山幼稚園



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

2026年6月份全日班午膳餐單(茶點) June 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
白菌雞皇飯	香蒜薯仔蒸肉粒紅米飯	洋蔥甘筍牛肉飯	粟米蒸肉餅燕麥飯	三絲燴瀨粉(椰菜絲,甘筍絲,肉絲)
Chicken With White Mushroom + Rice	Steamed Minced Pork With Potato And Garlic + Red	Beef With Carrot And Onion + Rice	Steamed Meat Cake With Sweet Corn + Oat Rice	Fried Rice Noodle With Three-shredded(shredded cabbage, shredded carrot, shredded pork)
(素)蓮藕百合粟米湯	青紅蘿蔔粟米豬蹄湯	木瓜雪耳豬肉湯	番茄薯仔粟米肉片湯	冬瓜薏米瘦肉湯
(蕃薯)	(雞蛋/水)	(梨)	(低脂芝士/水)	小食嚐試
(sweet potato)	(Egg / Water)	(Pear)	(Low-fat cheese / Water)	Snack tasting activity
8	9	10	11	12
鮮茄洋蔥牛肉螺絲粉	節瓜薯仔肉絲紅米飯	蘑菇汁甘筍牛肉螺絲粉	香菇蒸肉餅燕麥飯	三絲燴銀針粉(椰菜絲,甘筍絲,雞絲)
Beef With Tomato And Onion + Fusilli	Pork Julienne With Potato And Hairy Gourd + Red Rice	Beef With Onion And Tomato + Fusilli	Steamed Meat Cake With Mushroom + Oat Rice	Fried Sliver Needle Noodles With Three shredded(shredded cabbage, shredded carrots, shredded chicken)
(素)木耳雪耳栗子蓮子薏米湯	合掌瓜紅蘿蔔粟米瘦肉湯	章魚節瓜瘦肉湯	老黃瓜粟米豬蹄湯	南瓜粟米瘦肉湯
(蘋果)	(粟米片/牛奶)	(雞蛋/水)	(粟米)	(低脂芝士/水)
(Apple)	(Cornflakes / Milk)	(Egg / Water)	(Corn)	(Low-fat cheese / Water)
15	16	17	18	19
白汁蘑菇雞絲飯	鮮茄菠蘿雞粒意粉	粟米肉粒螺絲粉	馬蹄蒸肉餅燕麥飯	端午節 Dragon Boat Festival
Chicken Julienne With Mushroom In White Sauce + Rice	Chicken With Pineapple And Tomato + Spaghetti	Diced Pork With Sweet Corn + Fusilli	Steamed Meat Cake With Water Chestnut + Oat Rice	
(素)田園南瓜番茄湯	佛手瓜蓮藕紅蘿蔔瘦肉湯	腐竹馬蹄紅蘿蔔粟米肉片湯	粟米紅蘿蔔瘦肉湯	
(蘋果)	(雞蛋/水)	(低脂芝士/水)	(粟米片/牛奶)	
(Apple)	(Egg / Water)	(Low-fat cheese / Water)	(Cornflakes / Milk)	
22	23	24	25	26
甘筍汁魚柳螺絲粉	香草汁福花牛肉意粉	聯校畢業典禮 Joint-school Graduation Ceremony	教師整理日 Teacher Preparation Day	家長日 Parents Day
Fish Fillet In Carrot Sauce + Fusilli	Beef With Cauliflower In Herb Sauce + Spaghetti			
(素)椰子合掌瓜無花果粟米湯	蘋果雪梨瘦肉湯			
(雞蛋/水)	(朱古力手指餅)			
(Egg / Water)	(Chocolate Fingers Biscuits)			
29	30			
蒜香薯仔蒸雞飯	南瓜汁肉粒意粉			
Steamed Chicken With Potato And Garlic + Rice	Pork In Pumpkin Sauce + Spaghetti			
(素)淮山粟米栗子蓮藕湯	羅宋湯(豬肉,紅蘿蔔)			
(蘋果)	(牛奶麥皮/水)			
(Apple)	(Oatmeal / Water)			

*以上餐單內容祇供參考。

*The menu is for reference only.