



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
	鮮茄肉碎配白飯	翠玉瓜肉絲配白飯	甘筍薯仔燴牛肉配白飯	鮮茄肉醬意粉(豬)配西蘭花
	Minced Pork With Tomato + Rice	Pork Julienne With Zucchini + Rice	Minced Beef With Carrot And Potato + Rice	Minced Pork With Tomato Sauce Spaghetti + Borrocoli
	冬瓜粟米瘦肉粒湯	鮮茄什菜肉碎湯	青紅蘿蔔粟米豬蹄湯	合掌瓜甘筍粟米瘦肉湯
	(馬利餅)	(橙)	(粟米片/牛奶)	(蘋果)
	(Maria Biscuit)	(Orange)	(Cornflakes / Milk)	(Apple)
7	8	9	10	11
青瓜甘筍粒雞柳飯	西蘭花粟米魚柳飯	蕃茄甘筍免治牛肉意粉	翠玉瓜炒豬肉片配白飯	椰菜牛肉炒烏冬
Chicken Julienne With Carrot And cucumber + Rice	Fish Fillet With Sweet Corn And Borrocoli + Rice	Tomato and Carrot Minced Beef Pasta	Pork and Zucchini Stir-fry with Rice	Stir-fried Udon with Beef and Cabbage
南北杏南瓜甘筍粟米豬蹄湯	合掌瓜甘筍粟米豬蹄湯	冬瓜薏米無花果豬蹄湯	雪耳木瓜粟米瘦肉湯	蓮藕粟米甘筍豬蹄湯
(牛奶麥皮/水)	(粟米片/牛奶)	(蘋果)	(橙)	(雞蛋/水)
(Oatmeal / Water)	(Cornflakes / Milk)	(Apple)	(Orange)	(Egg / Water)
14	15	16	17	18
鮮茄豬柳配白飯	香蒜粟米肉粒配白飯	蘑菇汁薯仔牛肉碎飯	粟米蒸肉餅、菜心配白飯	粟米汁甘筍粒雞柳螺絲粉
Pork Julienne With Tomato + rice	Diced Pork With Sweet Corn And Garlic + Rice	Minced Beef With Potato In Mushroom Sauce + Rice	Steamed Meat Cake With Sweet Corn + Rice	Chicken Julienne With Sweet Corn And Carrot Sauce + Fusilli
南瓜甘筍馬蹄粟米素湯	蓮藕粉葛粟米瘦肉湯	蟲草花淮山甘筍豬蹄湯	椰子合掌瓜甘筍瘦肉湯	栗子淮山薏米粟米湯
(粟米片/牛奶)	(雞蛋/水)	(低脂芝士/水)	(蘋果)	(威化餅)
(Cornflakes / Milk)	(Egg / Water)	(Low-fat cheese / Water)	(Apple)	(Wafer)
21	22	23	24	25
節瓜粟米肉粒配白飯	菠菜甘筍牛柳絲飯	白汁蘑菇魚柳意粉	西蘭花粟米雞粒配白飯	中秋節 Mid-Autumn Festival Holiday
Diced Pork With Haory Melon And Sweet corn + Rice	Beef Julienne With Carrot And Spinach + Rice	Eish Fillet with Mushroom Sauce + Spaghetti	Diced Chicken With Broccoli And sweet corn + Rice	
青紅蘿蔔粟米馬蹄雪耳素湯	西洋菜甘筍豬蹄湯	老黃瓜薏米雞肉湯	羅宋湯(豬肉)	
(蕃薯)	(低脂芝士/水)	(梨子)	(粟米片/牛奶)	
(sweet potato)	(Low-fat cheese / Water)	(pear)	(Cornflakes / Milk)	
28	29	30		
勝瓜薯仔豬柳飯	鮮茄菠蘿薯仔雞皇飯	中式免治牛肉(粟米,甘筍)配白飯		
Pork Julienne With luffa And potato + Rice	Chicken With Potato, Tomato And Pineapple + Rice	Minced Beef With Carrot And Corn + Rice		
鮮茄什菜肉碎湯	節瓜粟米馬蹄豬蹄湯	合掌瓜甘筍粟米瘦肉湯		
(雞蛋/水)	(粟米片/牛奶)	(低脂芝士/水)		
(Egg / Water)	(Cornflakes / Milk)	(Low-fat cheese / Water)		

*以上餐單內容祇供參考。

*The menu is for reference only.