



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	2
			國慶日 National Day	西蘭花粟米豬肉
				Broccoli, corn and pork
				羅宋湯(豬肉)
				(蘋果) (Apple)
5	6	7	8	9
勝瓜薯仔豬柳飯	番茄魚柳意粉	菜心炒豬肉片配白飯	菠菜甘筍牛柳絲配白飯	翠玉瓜肉絲配白飯
Luffa, potato and pork fillet rice	Tomato fish fillet spaghetti	Stir-fried choy sum with pork slices and white rice	Spinach and carrot shredded beef tenderloin with white rice	Zucchini with shredded pork and white rice
鮮茄什菜肉碎湯	老黃瓜雞肉湯	雪耳木瓜粟米瘦肉湯	西洋菜甘筍豬腱湯	鮮茄什菜肉碎湯
(粟米片/牛奶)	(雞蛋/水)	(低脂芝士/水)	(蘋果)	小食嚐試
(Cornflakes / Milk)	(Egg / Water)	(Low-fat cheese / Water)	(Apple)	Snack tasting activity
12	13	14	15	16
西蘭花粟米魚柳配白飯	鮮茄牛肉碎配白飯	翠玉瓜肉絲配白飯	甘筍薯仔雞肉配白飯	鮮茄肉醬意粉(牛)配西蘭花
Broccoli, corn and fish fillet with white rice	Fresh tomato minced beef with white rice	Zucchini with shredded pork and white rice	Carrot and potato chicken with white rice	Fresh tomato meat sauce spaghetti (beef) with broccoli
合掌瓜甘筍粟米豬腱湯	冬瓜粟米雞粒湯	鮮茄什菜肉碎湯	青紅蘿蔔粟米豬腱湯	合掌瓜甘筍粟米瘦肉湯
(粟米片/牛奶)	(雞蛋/水)	(低脂芝士/水)	(蘋果)	(牛奶麥皮/水)
(Cornflakes / Milk)	(Egg / Water)	(Low-fat cheese / Water)	(Apple)	(Oatmeal / Water)
19	20	21	22	23
重陽節 Chung Yeung Festival	翠玉瓜炒豬肉片配白飯	西蘭花粟米魚柳飯	蕃茄甘筍免治牛肉意粉	青瓜甘筍粒豬肉粒飯
	Stir-fried zucchini with pork slices and white rice	Broccoli, corn and fish fillet rice	Tomato and carrot minced beef spaghetti	Cucumber, carrot and diced pork rice
	南北杏南瓜甘筍粟米豬肉湯	雪耳木瓜粟米雞肉湯	冬瓜薏米無花果豬腱湯	合掌瓜甘筍粟米瘦肉湯
	(雞蛋/水)	(低脂芝士/水)	(蘋果)	
	(Egg / Water)	(Low-fat cheese / Water)	(Apple)	
26	27	28	29	30
三絲炒烏冬(豬肉絲、椰菜絲、蘿蔔絲)	香蒜粟米肉粒配白飯	粟米粒雞柳	鮮茄魚柳配白飯	粟米蒸肉餅、菜心配白飯
Stir-fried udon with three shredded ingredients (shredded pork, shredded cabbage, shredded carrot)	Garlic and corn diced pork with white rice	Corn kernels with chicken fillet	Fresh tomato fish fillet with white rice	Steamed meat patty with corn, choy sum, and white rice
節瓜粟米馬蹄豬腱湯	南瓜甘筍馬蹄栗子粟米素湯	鮮茄什菜牛肉湯	椰子合掌瓜甘筍雞肉湯	蓮藕粉葛粟米瘦肉湯
(粟米片/牛奶)	(雞蛋/水)	(低脂芝士/水)	(蘋果)	小食嚐試
(Cornflakes / Milk)	(Egg / Water)	(Low-fat cheese / Water)	(Apple)	Snack tasting activity

*以上餐單內容祇供參考。

*The menu is for reference only.