



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	三絲燴白幼麵(雞絲,甘筍絲,椰菜絲) Braised Noodles With Three-shredded(shredded cabbage, shredded carrots, shredded chicken) 紅蘿蔔馬蹄粟米肉粒湯
				(蘋果) (Apple)
5	6	7		9
卡邦尼粟米雞皇螺絲粉 Chicken With Corns In Carbonara Sauce + Fusilli 青紅蘿蔔粟米馬蹄雪耳素湯	番茄肉醬意粉(牛肉) Minced Beef In Tomato Sauce + Spaghetti 合掌瓜紅蘿蔔粟米瘦肉湯	黑松露汁福花肉片螺絲粉 Sliced Pork With Cauliflower In Black Truffle Sauce + Fusilli 沙參玉竹粟米肉片湯	菠菜汁福花雞球意粉 Chicken Ball With Cauliflower In Spinach Sauce + Spaghetti 老黃瓜粟米紅蘿蔔瘦肉湯	馬蹄雞茸蒸水蛋飯 Steamed Egg With Minced Chicken And Water Chestnut + Rice 老黃瓜粟米紅蘿蔔瘦肉湯
(粟米片/牛奶) (Cornflakes / Milk)	(雞蛋/水) (Egg / Water)	(低脂芝士/水) (Low-fat cheese / Water)	(蘋果) (Apple)	小食嚐試 Snack tasting activity
12	13	14	15	16
菠蘿鮮茄雞柳意粉 Chicken Julienne With Pineapple and Tomato + Spaghetti 沙參玉竹淮山薏米素湯	意式粟米牛肉螺絲粉 Beef With Corn In Italian Sauce + Fusilli 雪耳木瓜瘦肉湯	蟲草花蒸肉粒飯 Steamed Diced Pork With Cordyceps Flower + Rice 淮山海底椰無花果紅蘿蔔瘦肉湯	白汁蘑菇甘筍雞柳螺絲粉 Chicken Julienne With Mushroom and Carrot In White Sauce + Fusilli 白蘿蔔粟米肉片湯	三絲燴烏冬(椰菜絲,甘筍絲,雞絲) Braised Udon With Three-shredded(shredded cabbage, shredded chicken) 佛手瓜肉片湯
(粟米片/牛奶) (Cornflakes / Milk)	(雞蛋/水) (Egg / Water)	(低脂芝士/水) (Low-fat cheese / Water)	(蘋果) (Apple)	(牛奶麥皮/水) (Oatmeal / Water)
19	20	21	22	23
重陽節 Chung Yeung Festival	番茄肉碎飯 Minced Pork and Tomato Rice 節瓜肉碎粟米湯	西蘭花肉碎飯 Minced Pork and Broccoli Rice 雪耳馬蹄紅蘿蔔湯	粟米豬柳飯 Pork Fillet and Sweet Corn Rice 青紅蘿蔔豬肉湯	鮮茄豬柳意粉 Fresh Tomato and Pork Fillet Pasta 無花果南北杏合掌瓜湯
	(雞蛋/水) (Egg / Water)	(低脂芝士/水) (Low-fat cheese / Water)	(蘋果) (Apple)	
26	27	28	29	30
福花肉片飯 Sliced Pork and Cauliflower Rice 雪耳木瓜瘦肉湯	西蘭花粟米魚柳飯 Rice with Fish Fillet, Broccoli, and Corn 合掌瓜甘筍粟米豬蹄湯	鮮茄肉碎飯 Rice with Minced Pork in Fresh Tomato Sauce 冬瓜粟米瘦肉粒湯	鮮茄肉醬意粉(豬)配西蘭花 Spaghetti with Minced Pork in Fresh Tomato Sauce served with Broccoli 鮮茄什菜肉碎湯	甘筍薯仔燴牛肉配白飯 Rice with Braised Beef, Carrots, and Potatoes 青紅蘿蔔粟米豬蹄湯
(粟米片/牛奶) (Cornflakes / Milk)	(雞蛋/水) (Egg / Water)	(低脂芝士/水) (Low-fat cheese / Water)	(蘋果) (Apple)	小食嚐試 Snack tasting activity

*以上餐單內容祇供參考。

*The menu is for reference only.