

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11月份全日班午膳餐單(茶點) November Lunch And Snack Schedule



星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
2	**3**	**4**	**5**	**6**
青瓜甘荀粒雞柳飯	粟米蒸肉餅、菜心配白飯	翠玉瓜肉絲配白飯	西蘭花粟米魚柳飯	鮮茄肉醬意粉(豬)配西蘭花
Chicken Julienne With Carrot And cucumber + Rice	Steamed Meat Cake With Sweet Corn + Rice	Pork Julienne With Zucchini + Rice	Fish Fillet With Sweet Corn And Borrocoli + Rice	Minced Pork With Tomato Sauce Spaghetti + Borrocoli
南北杏南瓜甘荀粟米豬肉湯	合掌瓜甘荀瘦肉湯	鮮茄什菜肉碎湯	西洋菜甘荀豬腱湯	合掌瓜甘荀粟米瘦肉湯
(粟米片/豆奶)	(雞蛋/水)	(低脂芝士/水)	(蘋果)	(牛奶麥皮/水)
(Cornflakes / Soy milk)	(Egg / Water)	(Low-fat cheese / Water)	(Apple)	(Oatmeal / Water)
9	**10**	**11**	**12**	**13**
鮮茄豬柳配白飯	椰菜雞絲燴烏冬	蕃茄肉醬意粉 (牛肉)	合掌瓜肉絲飯	親子旅行 Parent-child Picinic
Pork Julienne With Tomato + rice	Braised Udon With Three-shredded(shredded cabbage, shredded carrots, shredded chicken)	Spaghetti With Bolognese Sauce (Beef)	Pork Julienne With Hairy Gourd + Rice	
南瓜甘荀馬蹄粟米素湯	合掌瓜煲瘦肉湯	南瓜紅蘿蔔肉碎湯	佛手瓜栗子甘荀南北杏素湯	
(粟米片/豆奶)	(雞蛋/水)	(低脂芝士/水)	(牛奶麥皮/水)	
(Cornflakes / Soy milk)	(Egg / Water)	(Low-fat cheese / Water)	(Oatmeal / Water)	
16	**17**	**18**	**19**	**20**
粟米汁甘荀粒雞柳螺絲粉	香蒜粟米肉粒配白飯	薯仔牛肉碎飯	青瓜薯仔雞球飯	菠菜甘荀牛肉碎意粉
Chicken Julienne With Sweet Corn And Carrot Sauce + Fusilli	Diced Pork With Sweet Corn And Garlic + Rice	Minced Beef With Potato+ Rice	Chicken Balls With Potato And Cucumber + Rice	Minced Beef With Carrot In Spinach Sauce + Spaghetti
栗子淮山粟米湯	蓮藕粉葛粟米瘦肉湯	蟲草花淮山甘荀豬腱湯	老黃瓜紅蘿蔔粟米雞肉湯	青紅蘿蔔豬腱湯
(粟米片/豆奶)	(雞蛋/水)	(低脂芝士/水)	(蘋果)	(牛奶麥皮/水)
(Cornflakes / Soy milk)	(Egg / Water)	(Low-fat cheese / Water)	(Apple)	(Oatmeal / Water)
23	**24**	**25**	**26**	**27**
節瓜粟米肉粒配白飯	菠菜甘荀牛柳絲飯	鮮茄洋蔥牛肉飯	西蘭花粟米雞粒配白飯	中式免治牛肉飯(粟米,甘荀)
Diced Pork With Haory Melon And Sweet corn + Rice	Beef Julienne With Carrot And Spinach + Rice	Beef With Tomato And Onion + Rice	Diced Chicken With Broccoli And sweet corn + Rice	Minced Beef With Carrot And Corn + Rice
青紅蘿蔔粟米馬蹄雪耳素湯	西洋菜甘荀豬腱湯	白蘿蔔粟米甘荀肉片湯	羅宋湯(豬肉)	節瓜粟米馬蹄豬腱湯
(粟米片/豆奶)	(雞蛋/水)	(低脂芝士/水)	(蘋果)	小食嚐試
(Cornflakes / Soy milk)	(Egg / Water)	(Low-fat cheese / Water)	(Apple)	Snack tasting activity
30				
勝瓜薯仔豬柳飯				
Pork Julienne With luffa And potato + Rice				
鮮茄什菜肉碎湯				
(粟米片/豆奶)				
(Cornflakes / Soy milk)				

*以上餐單內容祇供參考。

*The menu is for reference only.