

# 天主教露德聖母幼稚園

修訂日期:2019年4月8日

## 2019年4月至2019年6月膳食表

星期	上午班/上午班 茶點	全日班 午餐	全日班 湯水	水果	全日班 下午茶點
(一)	醬油撈麵/水果	肉碎蒸蛋紅白飯	雪耳肉粒湯	時果	青瓜紅蘿蔔雞絲 墨西哥卷/水
(二)	饅頭/水果	粟米汁煎魚柳紅白飯	瘦肉蘋果湯	時果	粟米/水
(三)	三文治/水果	椰菜雞絲醬油拌蕎麥麵	瘦肉豆腐麵豉	時果	麵包/水
(四)	麥餐包/水果	翠玉瓜肉粒紅白飯	南瓜魚湯	時果	燒賣/水
(五)	燒賣/水果	蕃茄洋蔥肉碎蝴蝶粉	雜菜字母湯	時果	腸粉/水
(一)	梳打餅/水果	蕃茄鮮磨菇肉碎貝殼粉	蕃茄薯仔排骨湯	時果	烩蛋/水
(二)	蛋糕/水果	鮮茄肉碎蛋紅白飯	冬瓜肉粒湯	時果	餃子/水
(三)	麥片/水果	番茄雞丁燴字母粉	雜菜湯	時果	麵包/水
(四)	麥餐包/水果	豬柳漢堡飽、香煎雞翼		時果	蛋糕/水
(五)	班戟/水果	雜菜瘦肉湯菠菜麵		時果	三文治/水
(一)	醬油撈麵/水果	三色椒蕃茄雞絲意大利粉	粟米瘦肉湯	時果	青瓜紅蘿蔔雞絲 墨西哥卷/水
(二)	饅頭/水果	豆角粒肉碎炒蛋紅白飯	瘦肉蘋果湯	時果	粟米/水
(三)	三文治/水果	粟米肉碎粥 / 炒河粉		時果	麵包/水
(四)	麥餐包/水果	薯仔雞翼紅白飯	蕃茄薯仔排骨湯	時果	燒賣/水
(五)	燒賣/水果	雜菜瘦肉湯烏冬		時果	腸粉/水
(一)	梳打餅/水果	洋蔥肉碎煎蛋紅白飯	冬瓜肉粒湯	時果	烩蛋/水
(二)	蛋糕/水果	三色椒蕃茄雞絲薄餅	雜菜字母湯	時果	餃子/水
(三)	麥片/水果	洋蔥肉碎雜菜雞肉燴天使麵	蕃茄薯仔排骨湯	時果	麵包/水
(四)	麥餐包/水果	火龍果炒雞柳紅白飯	瘦肉蘋果湯	時果	蛋糕/水
(五)	班戟/水果	鮮茄燴雞柳螺絲粉		時果	三文治/水
(一)	醬油撈麵/水果	豆腐雞粒紅白飯	南瓜魚湯	時果	青瓜紅蘿蔔雞絲 墨西哥卷/水
(二)	饅頭/水果	粟米肉粒紅白飯	雪耳肉粒湯	時果	粟米/水
(三)	三文治/水果	粟米肉碎粥 / 甘筍雞絲炒上海麵		時果	麵包/水
(四)	麥餐包/水果	南瓜肉粒紅白飯	時菜魚湯	時果	燒賣/水
(五)	燒賣/水果	鮮茄肉碎長通粉	雜菜字母湯	時果	腸粉/水

**Our Lady of Lourdes Catholic Kindergarten  
Menu for Whole Day Class from April to June 2019**

Revision date: 8-4-2019

Day	Tea Break (A.M) (P.M)	Whole Day Lunch	Soup	Fruits	Whole Day Tea Break
Mon	Soy Sauce Noodle / Fruit	Rice with Minced Pork and Steamed Eggs	White fungus with Diced Pork Soup	Fruits	Mexican roll with Cucumber, Carrot, and Chicken/ Water
Tue	Steamed Bread / Fruit	Rice with Fish Fillet in Corn Sauce	Apple with Diced Pork Soup	Fruits	Corn Cob / Water
Wed	Sandwich / Fruit	Broccoli, Chicken and Soy Sauce Mixed with Soba Noodles	Tofu with Fish Soup	Fruits	Bread / Water
Thurs	Bread / Fruit	Rice with Diced Pork and Zucchini	Pumpkin with Fish Soup	Fruits	Dim Sam / Water
Fri	Dim Sam / Fruit	Butterfly Pasta with Onion and Minced Pork in Tomato Sauce	Mixed Vegetables Soup	Fruits	Rice Noodle Roll / Water
Mon	Soda cracker / Fruit	Shell Pasta with Mushroom and Minced Pork Tomato Sauce	Tomato Potato with Pork Rib Soup	Fruits	Steamed egg / Water
Tue	Cake/ Fruit	Rice with Minced Pork and Eggs in Tomato Sauce	Winter melon with Diced Pork Soup	Fruits	Steamed dumpling / Water
Wed	Oats /Fruit	Pasta with pan-fried chicken and Tomato Sauce	Mixed Vegetables Soup	Fruits	Bread / Fruit
Thurs	Wheat Bread / Fruit	Pork Hamburger and Fried Chicken Wings		Fruits	Cake / Water
Fri	Pancake/ Water	Lean Meat Soup Noodles with Mixed Vegetables		Fruits	Sandwich / Fruit
Mon	Soy Sauce Noodle / Fruit	Spaghetti with Three-color Bell Pepper and Chicken in Tomato Sauce	Corn and Diced Pork Soup	Fruits	Mexican roll with Cucumber, Carrot, and Chicken/ Water
Tue	Steamed Bread / Fruit	Rice with Fried Eggs and Vegetable	Apple with Diced Pork Soup	Fruits	Corn Cob / Water
Wed	Sandwich / Fruit	Congee with corn and minced pork and Fried Rice Noodle		Fruits	Bread / Water
Thurs	Bread / Fruit	Rice with Chicken Wings and Potato	Tomato Potato with Pork Rib Soup	Fruits	Dim Sam / Water
Fri	Dim Sam / Fruit	Udon with Vegetable and Pork Soup		Fruits	Rice Noodle Roll / Water
Mon	Soda cracker / Fruit	Rice with Fried Onion Eggs and Minced Pork	Winter melon with Diced Pork Soup	Fruits	Steamed egg / Water
Tue	Cake/ Fruit	Pizza with Three-color Bell Pepper and Chicken in Tomato Sauce	Mixed Vegetables Soup	Fruits	Steamed dumpling / Water
Wed	Oats /Fruit	Pasta with Vegetable and Chicken in Tomato Sauce	Tomato Potato with Pork Rib Soup	Fruits	Bread / Fruit
Thurs	Wheat Bread / Fruit	Rice with dragon fruit and Fried chicken	Apple with Diced Pork Soup	Fruits	Cake / Water
Fri	Pancake/ Water	Spaghetti with chicken Fillet in Tomato Sauce		Fruits	Sandwich / Fruit
Mon	Soy Sauce Noodle / Fruit	Rice with Diced Chicken and Tofu	Pumpkin with Fish Soup	Fruits	Mexican roll with Cucumber, Carrot, and Chicken/ Water
Tue	Steamed Bread / Fruit	Rice with Diced Pork in Creamy Corn Sauce	White fungus with Diced Pork Soup	Fruits	Corn Cob / Water
Wed	Sandwich / Fruit	Congee with corn / Fired noodles with carrot and Chicken		Fruits	Bread / Fruit
Thurs	Bread / Fruit	Rice with Minced Pork and Pumpkin	Vegetable with Fish Soup	Fruits	Dim Sam / Water
Fri	Dim Sam/ Fruit	Penne with Minced Pork in Tomato Sauce	Mixed Vegetables Soup	Fruits	Rice Noodle Roll / Water

Remark: Rice (Mix with red & white rice)