

天主教露德聖母幼稚園
2019年12月至2020年3月全日班膳食表

星期	上午茶點	午餐			下午茶點
		菜式	湯	水果	
(一)	梳打餅/蔬菜	碎肉蒸蛋紅白飯	紫菜豆腐肉碎湯	時果	菜肉包/水
(二)	麥餐包/水果	蕃茄免治豬肉紅白飯	瘦肉蘋果湯	時果	雞蛋三文治/水
(三)	焗蕃薯/蔬菜	粟米粥 / 炒麵		時果	包餃子/水
(四)	燒買/水果	豆腐肉碎紅白飯	南瓜魚湯	時果	提子麥包/水
(五)	醬油撈麵/蔬菜	蘑菇醬油雞肉炒意粉		時果	梳打餅/水
(一)	梳打餅/水果	什菌燴雞柳紅白飯	蕃茄薯仔排骨湯	時果	菜肉包/水
(二)	麥餐包/蔬菜	粟米魚柳紅白飯	豆腐肉碎麵豉湯	時果	雞蛋三文治/水
(三)	焗粟米/水果	南瓜肉碎粥 / 炒米粉		時果	壽司/水
(四)	腸粉/蔬菜	薯仔炆雞翼紅白飯	洋蔥蕃茄排骨湯	時果	提子麥包/水
(五)	果醬三文治/水果	白汁雜菜瘦肉蜆殼粉		時果	梳打餅/水
(一)	梳打餅/蔬菜	粟米紅蘿蔔燴肉粒紅白飯	紅蘿蔔瘦肉湯	時果	菜肉包/水
(二)	麥餐包/水果	冬菇蒸肉餅紅白飯	雪耳肉粒湯	時果	雞蛋三文治/水
(三)	焗蕃薯/蔬菜	粟米肉碎粥 / 雜菜雞肉炒烏冬		時果	水果串/水
(四)	燒買/水果	蕃茄肉粒炒蛋紅白飯	字母雜菜湯	時果	提子麥包/水
(五)	醬油撈麵/蔬菜	蕃茄碎肉湯菠菜麵		時果	梳打餅/水
(一)	梳打餅/水果	揚州炒飯	紫菜豆腐肉碎湯	時果	菜肉包/水
(二)	麥餐包/蔬菜	節瓜肉碎粉絲紅白飯	瘦肉蘋果湯	時果	雞蛋三文治/水
(三)	焗粟米/水果	南瓜肉碎粥 / 炒麵		時果	窩夫/水
(四)	腸粉/蔬菜	中式豬柳紅白飯	南瓜魚湯	時果	提子麥包/水
(五)	果醬三文治/水果	蕃茄雞柳蝴蝶粉		時果	梳打餅/水
(一)	梳打餅/蔬菜	粟米肉粒紅白飯	蕃茄薯仔排骨湯	時果	菜肉包/水
(二)	麥餐包/水果	蕃茄雞粒紅白飯	豆腐肉碎麵豉湯	時果	雞蛋三文治/水
(三)	焗蕃薯/蔬菜	粟米南瓜肉碎粥 / 腸粉		時果	吞拿魚潛艇/水
(四)	燒買/水果	蘑菇紅蘿蔔雞肉紅白飯	洋蔥蕃茄排骨湯	時果	提子麥包/水
(五)	醬油撈麵/蔬菜	蕃茄肉醬長通粉		時果	梳打餅/水

備註：1. 水果：蘋果/香蕉/橙/士多啤梨/藍莓/西瓜/蜜瓜/雪梨/火龍果或時令水果

2. 蔬菜：車厘茄/青瓜條/椰菜絲/小粟米/小紅蘿蔔或時令蔬菜

3. 生日慶祝會食物內容：生日蛋糕、三文治、雞翼、意大利粉、粟米、水果及炒飯…等。

4. 逢星期三小食嘗試：包餃子、壽司、水果串、碎蛋三文治、窩夫、吞拿魚潛艇、雞蛋船

Our Lady of Lourdes Catholic Kindergarten

Whole Day Class Menu in December 2019 to March 2020

Day	Tea Break (A.M)	Lunch		Fruits	Tea Break (P.M)
		Dishes	Soup		
Mon	Soda cracker / Vegetable	Rice with steamed egg and minced pork	Diced pork soup with seaweed and tofu	Fruits	Vegetable & meat bun / Water
Tue	Wheat bread / Fruit	Rice with minced pork and tomato	Meat soup with apple	Fruits	Egg sandwich / Water
Wed	Boiled Sweet potato / Vegetable	Congee with corn / Fried noodles with soy sauce		Fruits	Steamed dumpling / Water
Thurs	Siu Mai / Fruit	Rice with minced pork and tofu	Fish soup with pumpkin	Fruits	Grape bun / Water
Fri	Noodle with soy sauce / Vegetable	Fried spaghetti with mushroom and chicken slice		Fruits	Soda cracker / Water
Mon	Soda cracker / Fruit	Rice with mushroom and stewed chicken	Spare ribs soup with tomato and potato	Fruits	Vegetable & meat bun / Water
Tue	Wheat bread / Vegetable	Rice with fish fillet in corn sauce	Miso soup with minced meat and tofu	Fruits	Egg sandwich / Water
Wed	Boiled Corn / Fruit	Pumpkin congee with minced pork / Fried vermicelli		Fruits	Sushi / Water
Thurs	Steamed Rice Roll	Rice with potato and chicken wings	Spare ribs soup with tomato and onion	Fruits	Grape Bun / Water
Fri	Jam bread / Fruit	Macaroni with vegetable and diced pork in white sauce		Fruits	Soda cracker / Water
Mon	Soda cracker / Vegetable	Rice with braised meat, corn and carrot	Meat soup with carrot	Fruits	Vegetable & meat bun / Water
Tue	Wheat bread / Fruit	Rice with steamed mushroom and minced pork	White fungus soup with diced pork	Fruits	Egg sandwich / Water
Wed	Boiled sweet potato / Vegetable	Congee with corn and diced pork / Fried udon with mixed vegetable and chicken meat		Fruits	Fruit skewer / Water
Thurs	Siu Mai / Fruit	Rice with tomato, diced pork and egg	ABC vegetable soup	Fruits	Grape Bun / Water
Fri	Noodle with soy sauce/ Vegetable	Minced pork soup with tomato and spinach		Fruits	Soda cracker / Water
Mon	Soda cracker / Fruit	Yang Chiu Fried rice	Diced pork soup with seaweed and tofu	Fruits	Vegetable & meat bun / Water
Tue	Wheat bread / Vegetable	Rice with hairy gourd diced pork	Apple soup with diced pork	Fruits	Egg sandwich / Water
Wed	Boiled Corn / Fruit	Pumpkin congee with minced pork / Fried noodles with soy sauce		Fruits	Waffle / Water
Thurs	Steamed Rice Roll / Vegetable	Rice with Chinese style sliced pork	Fish soup with pumpkin.	Fruits	Grape Bun / Water
Fri	Jam bread / Fruit	Farfalloni with tomato and chicken		Fruits	Soda cracker / Water
Mon	Soda cracker / Vegetable	Rice with diced pork in creamy corn sauce	Spare ribs soup with tomato and potato	Fruits	Vegetable & meat bun / Water
Tue	Wheat bread / Fruit	Rice with chicken and tomato sauce	Miso soup with minced meat and tofu	Fruits	Egg sandwich / Water
Wed	Boiled sweet potato / Vegetable	Congee with pumpkin, corn and minced pork / Steamed Rice roll		Fruits	Tuna fish Submarine / Water
Thurs	Siu Mai / Fruit	Rice with chicken, mushroom and carrot	Spare ribs soup with tomato and onion	Fruits	Grape Bun / Water
Fri	Noodle with soy sauce/ Vegetable	Macaroni with tomato and diced pork in tomato sauce		Fruits	Soda cracker / Water

Remark: Rice (Mix with red & white rice)

Remark: 1. Fruit: Apple / Banana / Orange / Strawberry / Blueberry / Watermelon / Melon / Pear / Dragon Fruit or Seasonal Fruit

2. Vegetables: Cherry Tomato / Cucumber Strips / Broccoli / Corn / Small Carrots or Seasonal Vegetables

3. Food for birthday party: cake, sandwiches, chicken wings, spaghetti, corn cob, fruit, fried rice...etc.

4. Little Chef for every Wednesday: Steamed dumpling, Sushi, Fruit skewer, Chopped egg sandwich, Waffle, Tuna fish Submarine, Egg boat