

天主教露德聖母幼稚園

2023年2月至3月全日班膳食表

星期	上午茶點	午餐	湯	水果	下午茶點
(一)	包點/乾果	碎肉蒸蛋紅白飯	紫菜豆腐肉碎湯	時果	烩粟米/水
(二)	餅乾/水果	蕃茄免治豬肉紅白飯	瘦肉蘋果湯	時果	烩番薯/水
(三)	餅乾/乾果	粟米肉碎粥 / 炒麵		時果	烩蛋/水
(四)	蛋糕/水果	豆腐肉碎紅白飯	南瓜碎湯	時果	餅乾/水
(五)	餅乾/水果	蘑菇雞肉意粉		時果	烩粟米/水
(一)	包點/乾果	什菌燴雞柳紅白飯	蕃茄薯仔排骨湯	時果	烩粟米/水
(二)	餅乾/水果	粟米魚柳紅白飯	紅蘿蔔肉碎湯	時果	烩番薯/水
(三)	餅乾/乾果	南瓜肉碎粥 / 炒米粉		時果	烩蛋/水
(四)	蛋糕/水果	薯仔炆雞翼紅白飯	洋蔥蕃茄排骨湯	時果	餅乾/水
(五)	餅乾/水果	白汁雜菜瘦肉蜆殼粉		時果	烩粟米/水
(一)	包點/乾果	粟米紅蘿蔔燴肉粒紅白飯	蕃茄薯仔排骨湯	時果	烩粟米/水
(二)	餅乾/水果	冬菇蒸肉餅紅白飯	瘦肉蘋果湯	時果	烩番薯/水
(三)	餅乾/乾果	粟米肉碎粥 / 炒烏冬		時果	烩蛋/水
(四)	蛋糕/水果	蕃茄肉碎炒蛋紅白飯	洋蔥蕃茄排骨湯	時果	餅乾/水
(五)	餅乾/水果	蕃茄碎肉湯麵		時果	烩粟米/水
(一)	包點/乾果	揚州炒飯	紅蘿蔔瘦肉湯	時果	烩粟米/水
(二)	餅乾/水果	節瓜肉碎粉絲紅白飯	瘦肉蘋果湯	時果	烩番薯/水
(三)	餅乾/乾果	南瓜肉碎粥 / 炒麵		時果	烩蛋/水
(四)	蛋糕/水果	中式豬柳紅白飯	字母雜菜湯	時果	餅乾/水
(五)	餅乾/水果	蕃茄雞柳蝴蝶粉		時果	烩粟米/水
(一)	包點/乾果	粟米肉粒紅白飯	蕃茄薯仔排骨湯	時果	烩粟米/水
(二)	餅乾/水果	蕃茄雞粒紅白飯	雪耳肉粒湯	時果	烩番薯/水
(三)	餅乾/乾果	粟米南瓜肉碎粥 / 炒米粉		時果	烩蛋/水
(四)	蛋糕/水果	蘑菇紅蘿蔔雞肉紅白飯	字母雜菜湯	時果	餅乾/水
(五)	餅乾/水果	蕃茄肉醬長通粉		時果	烩粟米/水

Our Lady of Lourdes Catholic Kindergarten
Whole Day Class Menu in February to March 2023

Day	Tea Break (A.M)	Lunch	Soup	Fruits	Tea Break (P.M)
Mon	Bread / Dried Fruit	Rice with steamed egg and minced pork	Seaweed Tofu Minced Meat Soup	Fruits	Boiled Corn / Water
Tue	Biscuits / Fruit	Rice with fresh minced pork tomato	Apple with diced pork soup	Fruits	Boiled Sweet Potatoes / Water
Wed	Biscuits / Dried Fruit	Congee with corn pork / Fired noodles with soy sauce		Fruits	Steamed egg/water
Thurs	Cake / Fruit	Rice with minced pork and soybean curd	Pumpkin with pork soup	Fruits	Biscuits /water
Fri	Biscuits / Fruit	Spaghetti with Chicken and Mushrooms		Fruits	Boiled Corn / Water
Mon	Bread / Dried Fruit	Rice with pan-fried chicken and mixed mushroom	Tomato Potato Pork Rib Soup	Fruits	Boiled Corn / Water
Tue	Biscuits / Fruit	Rice with fish fillet in corn sauce	Carrot Minced Meat Soup	Fruits	Boiled Sweet Potatoes / Water
Wed	Biscuits / Dried Fruit	Pumpkin congee with minced pork / fried rice noodles		Fruits	Steamed egg/water
Thurs	Cake / Fruit	Rice with potato and chicken wings	Onion Tomato Pork Rib Soup	Fruits	Biscuits /water
Fri	Biscuits / Fruit	White Sauce Mixed Vegetables Lean Meat Spaghetti		Fruits	Boiled Corn / Water
Mon	Bread / Dried Fruit	Rice with braised meat with corn and carrot	Tomato with potato soup	Fruits	Boiled Corn / Water
Tue	Biscuits / Fruit	Rice with steamed mushroom and minced pork	Apple with diced pork soup	Fruits	Boiled Sweet Potatoes / Water
Wed	Biscuits / Dried Fruit	Congee with corn and diced pork / Fried Udon		Fruits	Steamed egg/water
Thurs	Cake / Fruit	Rice with tomato scrambled eggs minced pork	Onion Tomato Pork Rib Soup	Fruits	Biscuits /water
Fri	Biscuits / Fruit	Tomato Noodle Pork Soup		Fruits	Boiled Corn / Water
Mon	Bread / Dried Fruit	Fired rice in Yang Chiu style	Carrots with diced pork soup	Fruits	Boiled Corn / Water
Tue	Biscuits / Fruit	Rice with hairy gourd diced pork	Apple with diced pork soup	Fruits	Boiled Sweet Potatoes / Water
Wed	Biscuits / Dried Fruit	Pumpkin congee with minced pork / Fired noodles with soy sauce		Fruits	Steamed egg/water
Thurs	Cake / Fruit	Chinese Style Pork Fillet Rice	Alphabet Soup	Fruits	Biscuits /water
Fri	Biscuits / Fruit	Spaghetti with chicken and tomato sauce		Fruits	Boiled Corn / Water
Mon	Bread / Dried Fruit	Rice with diced pork in creamy corn sauce	Tomato Potato Pork Rib Soup	Fruits	Boiled Corn / Water
Tue	Biscuits / Fruit	Rice with chicken and tomato sauce	White fungus with diced pork soup	Fruits	Boiled Sweet Potatoes / Water
Wed	Biscuits / Dried Fruit	Congee with pumpkin, corn and minced pork / fried rice noodles		Fruits	Steamed egg/water
Thurs	Cake / Fruit	Rice with chicken with mushroom and carrot	Alphabet Soup	Fruits	Biscuits /water
Fri	Biscuits / Fruit	Macaroni with tomato and diced pork in soup		Fruits	Boiled Corn / Water

Remark: Rice (Mix with red & white rice)