

天主教露德聖母幼稚園

2019年9月至11月茶點及膳食表

星期	上午茶點	午餐			下午茶點
		菜式	湯	水果	
(一)	梳打餅/蔬菜	薯仔炆雞翼紅白飯	雪耳肉粒湯	水果	燒賣/水
(二)	麥餐包/水果	粟米魚柳紅白飯	瘦肉蘋果湯	水果	雞蛋三文治/水
(三)	烱蛋/蔬菜	肉絲時菜炒烏冬/粟米碎肉粥		水果	牛油果脆餅/水
(四)	腸粉/水果	時菜瑞士汁雞翼紅白飯	南瓜魚湯	水果	丹麥條/水
(五)	烱粟米	芝士蕃茄肉醬青椒意大利薄餅		水果	香蕉班戟/水
(一)	梳打餅/蔬菜	鮮茄燴雞扒紅白飯	排骨蕃茄薯仔湯	水果	墨西哥卷/水
(二)	麥餐包/水果	涼拌雞絲蕎麥麵	紫菜豆腐肉碎湯	水果	餃子/水
(三)	醬油撈麵/蔬菜	豬柳漢堡包、香煎雞翼		水果	蜜糖窩夫
(四)	蜜糖三文治/水果	粟米肉粒紅白飯	瘦肉洋蔥薯仔湯	水果	丹麥條/水
(五)	餃子/蔬菜	蕃茄肉醬意大利粉		水果	紫菜肉鬆卷
(一)	梳打餅/蔬菜	蘋果肉粒紅白飯	紫菜豆腐肉碎湯	水果	燒賣/水
(二)	麥餐包/水果	豆腐肉碎紅白飯	排骨粟米紅蘿蔔湯	水果	雞蛋三文治/水
(三)	烱蛋/蔬菜	雜菜雞絲湯菠菜麵		水果	水果沙律/水
(四)	腸粉/水果	鮮茄燴雞絲長通粉	字母雜菜湯	水果	丹麥條/水
(五)	烱粟米	芝士蕃茄肉醬青椒意大利薄餅		水果	香蕉班戟/水
(一)	梳打餅/蔬菜	豆角碎肉紅白飯	南瓜魚湯	水果	墨西哥卷/水
(二)	麥餐包/水果	涼拌雞絲蕎麥麵	字母雜菜湯	水果	果醬窩夫
(三)	醬油撈麵/蔬菜	雜菜肉絲炒米粉/粟米碎肉粥		水果	餃子/水
(四)	蜜糖三文治/水果	菠蘿雞扒紅白飯	排骨粟米紅蘿蔔湯	水果	丹麥條/水
(五)	餃子/蔬菜	冬瓜粒湯飯		水果	紫菜肉鬆卷
(一)	梳打餅/蔬菜	鮮茄雞絲蝴蝶粉	字母雜菜湯	水果	燒賣/水
(二)	麥餐包/水果	粟米肉粒紅白飯	紫菜豆腐肉碎湯	水果	雞蛋三文治/水
(三)	烱蛋/蔬菜	豬柳漢堡包、香煎雞翼		水果	蟹柳壽司/水
(四)	腸粉/水果	鮮茄薯仔免治牛肉紅白飯	瘦肉蘋果湯	水果	丹麥條/水
(五)	烱粟米	雜菜瘦肉湯米粉		水果	香蕉班戟/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。

Our Lady of Lourdes Catholic Kindergarten
Whole Day Menu and Tea Bread in September to November 2019

Day	Tea Break (A.M)	Lunch			Tea Break (P.M)
		Dishes	Soup	Fruits	
Mon	Soda Cracker / Vegetable	Rice with Potato and Chicken Wings	Vegetable with Minced Pork Soup	Fruits	Steamed Dim Sum / Water
Tue	Oats Bread / Fruit	Rice with Fish Fillet and Creamy Corn	Apple with Minced Pork Soup	Fruits	Egg Sandwiches / Water
Wed	Boiled Egg / Vegetable	Fried Udon with Vegetable and Pork Fillets, Congee with Corn and Minced Pork		Fruits	Avocado Shortbread / Water
Thurs	Steamed Rice Roll / Fruit	Chicken wing Swiss Style with Vegetable	Pumpkin with Fish Soup	Fruits	Danish / Water
Fri	Steamed Corn	Cheese Tomato Bolognese Green Pepper Italian Pizza		Fruits	Banana Pancake / Water
Mon	Soda Cracker / Vegetable	Rice with Tomato and Chicken Fillets	Tomato with Potato Soup	Fruits	Mexican Roll / Water
Tue	Oats Bread / Fruit	Cold Chicken and Soba Noodles	Seaweed Tofu and Minced Pork Soup	Fruits	Honey Waffle / Water
Wed	Soy Sauce Noodle / Vegetable	Hamburger with Pork Fillet, Chicken Wings		Fruits	Dumpling / Water
Thurs	Honey Sandwiches / Fruit	Rice with Minced Pork and Creamy Corn	Onion with Potato Minced Pork Soup	Fruits	Danish / Water
Fri	Dumpling / Vegetable	Pasta with Minced Pork and Tomato Sauce		Fruits	Seaweed Meat Roll / Water
Mon	Soda Cracker / Vegetable	Rice with Apple and Minced Pork	Seaweed Tofu and Minced Pork Soup	Fruits	Steamed Dim Sum / Water
Tue	Oats Bread / Fruit	Rice with Minced Pork and Soybean Curd	Pork Ribs Corn Carrot Soup	Fruits	Egg Sandwiches / Water
Wed	Boiled Egg / Vegetable	Spinach Noodles with Mixed Vegetables and Chicken Soup		Fruits	Fruit Salad / Water
Thurs	Steamed Rice Roll / Fruit	Pasta with Chicken Fillet and Tomato Sauce	Mixed Vegetable and Potato Soup	Fruits	Danish / Water
Fri	Steamed Corn	Cheese Tomato Bolognese Green Pepper Italian Pizza		Fruits	Banana Pancake / Water
Mon	Soda Cracker / Vegetable	Rice with Bean and Minced Pork	Pumpkin with Fish Soup	Fruits	Mexican Roll / Water
Tue	Oats Bread / Fruit	Cold Chicken and Soba Noodles	Mixed Vegetable and Potato Soup	Fruits	Jam Waffle / Water
Wed	Soy Sauce Noodle / Vegetable	Fried Chinese Rice Noodles with Vegetable and Pork Fillets, Congee with Corn and Minced Pork		Fruits	Dumpling / Water
Thurs	Honey Sandwiches / Fruit	Rice with Minced Chicken and Pineapple	Pork Ribs Corn Carrot Soup	Fruits	Danish / Water
Fri	Dumpling / Vegetable	Rice with Winter Melon and Minced Pork		Fruits	Seaweed Meat Roll / Water
Mon	Soda Cracker / Vegetable	Pasta with Chicken and Tomato Sauce	Vegetable with Pork Rib Soup	Fruits	Steamed Dim Sum / Water
Tue	Boiled Egg / Fruit	Rice with Minced Pork and Creamy Corn	Seaweed Tofu and Minced Pork Soup	Fruits	Egg Sandwiches / Water
Wed	Oats Bread / Fruit	Hamburger with Pork Fillet, Chicken Wings		Fruits	Banana Pancake / Water
Thurs	Steamed Vermicelli Roll / Fruit	Rice with Minced Beef, Potato and Tomato Sauce	Apple with Minced Pork Soup	Fruits	Danish / Water
Fri	Steamed Corn / Fruit	Chinese Rice Noodles with Vegetable and Minced Pork in Soup		Fruits	Crab Stick Sushi / Water

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.