

日期	全日班午餐	全日班下午茶
1/11(星期二)	番茄肉碎蒸水蛋及粟米薯仔魚柳飯 椰子粟米紅蘿蔔豬展湯, 時令蔬菜及時令水果	蒸饅頭
2/11(星期三)	意大利椰菜煮肉絲及節瓜煮雞肉飯 雪梨蘿蔔豬骨湯, 時令蔬菜及時令水果	椰汁芋頭西米露
3/11(星期四)	椰菜花西蘭花煮魚柳及粟米豬柳飯 蓮藕排骨湯, 時令蔬菜及時令水果	焗雞蛋
4/11(星期五)	燒烤醬豬扒(細件)及紅蘿蔔蒸水蛋飯 茶樹菇粟米煲豬骨湯, 時令蔬菜及時令水果	雜菜肉碎湯螺絲粉
7/11(星期一)	番茄南瓜汁煮素肉片*及雞肫菇蒸雞粒長通粉 蘋果雪耳瘦肉湯, 時令蔬菜及時令水果	牛奶麥皮
8/11(星期二)	椰菜花蒸蛋及白汁磨菇薯仔肉粒飯 雪蓮果南北杏煲甘筍湯, 時令蔬菜及時令水果	蒸蕃薯
9/11(星期三)	菠蘿酸甜魚柳及白菜煮雞粒飯 粉葛眉豆煲雞腳湯, 時令蔬菜及時令水果	腐竹雞蛋糖水
10/11(星期四)	香菇肉醬(牛)及南瓜素素肉餅*飯 南瓜紅腰豆瘦肉湯, 時令蔬菜及時令水果	蒸餃子
11/11(星期五)	和風照燒汁豬柳及意式香草雞粒肉長通粉 木瓜雞腳百合湯, 時令蔬菜及時令水果	番茄肉碎粥
14/11(星期一)	紅蘿白蒸蛋及卡邦尼雜菌魚柳螺絲粉 茄薯仔湯, 時令蔬菜及時令水果	牛奶麥皮
15/11(星期二)	洋蔥豬扒(細件)及薯仔炆雞柳飯 清補涼煲豬骨湯, 時令蔬菜及時令水果	蒸蔥花卷
16/11(星期三)	番鮮茄雞肉及寶寶菠菜蒸蛋飯 意大利雜菜湯, 時令蔬菜及時令水果	蕃薯糖水
17/11(星期四)	節瓜燜雞及菠蘿咕嚕肉粒飯 合掌瓜栗子豬骨湯, 時令蔬菜及時令水果	牛油粟米
18/11(星期五)	粟米蒸肉餅及青瓜煮雞絲飯 蓮藕草魚湯, 時令蔬菜及時令水果	生菜肉碎炒米粉
21/11(星期一)	南瓜蒸蛋及鮮茄牛肉飯 佛手瓜粟米排骨湯, 時令蔬菜及時令水果	牛奶麥皮
22/11(星期二)	薯仔煮魚柳及西蘭花肉碎燴豆腐長通粉 西洋菜蜜棗豬骨湯, 時令蔬菜及時令水果	蒸饅頭
23/11(星期三)	北菇蒸雞肉及番茄煮蛋飯 淮山薏米節瓜湯, 時令蔬菜及時令水果	綠豆沙
24/11(星期四)	日式咖喱雜菜牛肉及蜜糖南瓜烤肉片*飯 赤小豆粉葛豬骨湯, 時令蔬菜及時令水果	粟米肉碎粥
25/11(星期五)	蟹柳蒸蛋及白汁菠菜魚柳螺絲粉 馬蹄百合瘦肉湯, 時令蔬菜及時令水果	蒸蕃薯
28/11(星期一)	卡邦尼薯仔雞絲及雜豆蒸蛋飯 百合雪梨蓮藕湯, 時令蔬菜及時令水果	牛奶麥皮
29/11(星期二)	洋蔥烤雞扒(細件)及番茄煮肉片飯 雪蓮果南北杏煲甘筍湯, 時令蔬菜及時令水果	焗雞蛋
30/11(星期三)	番茄南瓜煮肉絲及冬菇雞粒蒸豆腐飯 蓮藕排骨湯, 時令蔬菜及時令水果	椰汁南瓜西米露

*植物素肉含豆類製品

CUHKFAA Thomas Cheung Kindergarten
[November Whole Day Class Menu]

2022-2023 (1st Semester)

Date	Whole Day Class Lunch	Whole Day Class Afternoon Tea
1/11 (Tuesday)	Steamed egg with tomato and minced pork; Fish fillet with potato Pork, coconut and corn soup Rice and Seasonal vegetables and fruits	Coconut, taro and sago dessert soup
2/11(Wednesday)	Sliced pork with cabbage; Chicken with hairy gourd Pear, carrot and pork bone soup Rice and Seasonal vegetables and fruits	Steam bun
3/11 (Thursday)	Fish fillet with cabbage and broccoli; Pork tenderloin with corn Lotus root and rib soup Rice and Seasonal vegetables and fruits	Boiled egg
4/11 (Friday)	Pork chop in barbecue sauce; Steamed egg with carrot Tea tree mushroom, corn and pork bone soup Rice and Seasonal vegetables and fruits	Minced pork and mixed veg pasta
7/11 (Monday)	Tomato and plant-based meat* in pumpkin sauce; Steamed chicken and king oyster mushroom pasta Apple, snow fungus and pork soup Rice and Seasonal vegetables and fruits	Milk porridge
8/11 (Tuesday)	Steamed egg with cauliflower; Pork with mushroom and potato in white sauce Yacon, carrot and apricot kernels soup Rice and Seasonal vegetables and fruits	Steamed sweet potato
9/11 (Wednesday)	Sweet and sour fish with pineapple; Chicken with Pak Choi Arrowroot, black-eyed pea and chicken feet soup Rice and Seasonal vegetables and fruits	Bean curd and egg sweet soup
10/11(Thursday)	Beef Bolognese with mushroom; Steamed minced plant-based meat* with pumpkin Pumpkin, kidney bean and pork soup Rice and Seasonal vegetables and fruits	Steamed dumpling
11/11(Friday)	Pork tenderloin in Teriyaki sauce; Chicken pasta in herb sauce Papaya, chicken feet and dried lily soup Rice and Seasonal vegetables and fruits	Minced pork and tomato congee
14/11 (Monday)	Steamed egg with carrot; Fish fillet and mushroom carbonara Potato and tomato soup Rice and Seasonal vegetables and fruits	Milk porridge
15/11 (Tuesday)	Union pork chop; Chicken fillet with potato Pork soup with Chinese herbs Rice and Seasonal vegetables and fruits	Steamed spring union roll
16/11(Wednesday)	Chicken and tomato; Steamed egg with spinach Minestrone Rice and Seasonal vegetables and fruits	Sweet potato dessert
17/11(Thursday)	Hairy gourd and chicken; Sweet and sour pork with pineapple Chayote, chestnut and pork bone soup Rice and Seasonal vegetables and fruits	Buttered corn
18/11 (Friday)	Steamed mince pork with corn; Sliced chicken with cucumber Lotus root and dried octopus soup Rice and Seasonal vegetables and fruits	Fried rice noodle with minced pork
21/11 (Monday)	Steamed egg with pumpkin; Tomato and beef Chayote, corn and pork rib soup Rice and Seasonal vegetables and fruits	Milk porridge
22/11 (Tuesday)	Fish fillet with potato; Broccoli, tofu and minced pork pasta Watercress, pork bone and jujube soup Rice and Seasonal vegetables and fruits	Steamed bun
23/11 (Wednesday)	Steamed chicken and dried mushroom; Tomato and egg Chinese yam, barley and hair gourd soup Rice and Seasonal vegetables and fruits	Green bean dessert soup
24/11 (Thursday)	Japanese beef and mixed veg curry; .Honey roasted plant-based meat* Arrowroot, rice bean and pork bone soup Rice and Seasonal vegetables and fruits	Mince pork and corn congee
25/11 (Friday)	Steamed egg with crab stick; Fish fillet pasta with spinach and white sauce Water chestnut, dried lily and pork soup Rice and Seasonal vegetables and fruits	Steamed sweet potato
28/11 (Monday)	Sliced chicken carbonara with potato; Steamed egg with mixed veg Yacon, dried lily and lotus root soup Rice and Seasonal vegetables and fruits	Milk porridge
29/11(Tuesday)	Roast chicken tight with union; Sliced pork with tomato Yacon, carrot and apricot kernels soup Rice and Seasonal vegetables and fruits	Boiled egg

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[November Whole Day Class Menu]

2022-2023 (1st Semester)

30/11(Wednesday)	Sliced pork with tomato and pumpkin; Steamed chicken with dried mushroom and tofu Lotus root and pork rib soup Rice and Seasonal vegetables and fruits	Pumpkin and sago dessert soup
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*Plant-based meat may contain bean products