



閩光書院(幼稚園部)

2024-25 年度 3 月份餐單



日期：第一週 3 月 3 日至 3 月 7 日					
	星期一 3/3	星期二 4/3	星期三 5/3	星期四 6/3	星期五 7/3
托管服務午餐	牛奶	時令水果	時令水果	豆奶粟米片	焗雞蛋
托管服務下午茶點	粟米汁漢堡扒飯	鮮茄甘筍肉絲意粉	鮮茄海鮮螺絲粉	粟米杞子蒸肉餅燕麥飯	白菌雞皇螺絲粉
上午茶點	香甜粟米	節瓜肉碎通心粉	蒸番薯	時令水果 + 白饅頭	時令水果
日期：第二週 3 月 10 日至 3 月 14 日					
	星期一 10/3	星期二 11/3	星期三 12/3	星期四 13/3	星期五 14/3
上午茶點	牛奶	時令水果	時令水果	迷你蛋糕	焗雞蛋
托管服務午餐	蕃茄肉醬意粉	日式洋蔥薯仔雞柳飯	勝瓜薯仔雞球飯	鮮茄甘筍雞絲飯	雞絲炒意粉
托管服務下午茶點	香甜粟米	菜肉餃	蒸番薯	時令水果 + 黑芝麻紅藜麥全麥饅頭	時令水果
日期：第三週 3 月 17 日至 3 月 21 日					
	星期一 17/3	星期二 18/3	星期三 19/3	星期四 20/3	星期五 21/3
上午茶點	牛奶	時令水果	時令水果	豆奶粟米片	生日蛋糕
托管服務午餐	合掌瓜薯仔肉絲飯	葡汁粟米牛柳絲意粉	金蒜薯仔蒸肉粒飯	粟米蒸肉餅燕麥飯	葡汁甘筍魚粒螺絲粉
托管服務下午茶點	香甜粟米	蕃茄肉碎米粉	蒸番薯	時令水果 + 白饅頭	時令水果
日期：第四週 3 月 24 日至 3 月 28 日					
	星期一 24/3	星期二 25/3	星期三 26/3	星期四 27/3	星期五 28/3
上午茶點	親子運動會	教師發展日	時令水果	豆奶粟米片	焗雞蛋
托管服務午餐			粟米汁雞絲意粉	勝瓜薯仔雞柳飯	粟米汁肉片意粉
托管服務下午茶點			蒸番薯	時令水果 + 黑芝麻紅藜麥全麥饅頭	時令水果
日期：第五週 3 月 31 日					
	星期一 31/3				
上午茶點	牛奶				
托管服務午餐	鮮茄粟米蘑菇牛肉飯				
托管服務下午茶點	香甜粟米				

**餐單安排或會因實際情況變動而不作另行通知，請知悉。



Amoy College (Kindergarten)

March 2025 Menu



Date: Week 1, 3rd March to 7th March					
	Monday 3/3	Tuesday 4/3	Wednesday 5/3	Thursday 6/3	Friday 7/3
Morning snack	Milk	Seasonal fruit	Seasonal fruit	Cornflakes with soy milk	Boiled egg
Lunch	Rice with Hamburger Patty in Corn Sauce	Spaghetti with Fresh Tomato, Carrot, and Shredded Meat	Fusilli with Fresh Tomato and Seafood	Steamed Pork Patty with Corn, Goji Berries, and Oatmeal Rice	Fusilli with Creamy Mushroom and Chicken
Afternoon Tea	Sweet Corn	Pasta with Zucchini and Minced Meat	Steamed Sweet Potato	Seasonal fruit & Bun	Seasonal fruit
Date: Week 2, 10th March to 14th March					
	Monday 10/3	Tuesday 11/3	Wednesday 12/3	Thursday 13/3	Friday 14/3
Morning snack	Milk	Seasonal fruit	Seasonal fruit	Mini Cake	Boiled egg
Lunch	Spaghetti with Tomato Meat Sauce	Japanese-Style Onion, Potato, and Chicken Fillet Rice	Angled Gourd, Potato, and Chicken Ball Rice	Fresh Tomato, Carrot, and Shredded Chicken Rice	Stir-Fried Spaghetti with Shredded Chicken
Afternoon Tea	Sweet Corn	Vegetable and Meat Dumplings	Steamed Sweet Potato	Seasonal fruit & Black sesame red quinoa whole wheat steamed buns	Seasonal fruit
Date: Week 3, 17th March to 21st March					
	Monday 17/3	Tuesday 18/3	Wednesday 19/3	Thursday 20/3	Friday 21/3
Morning snack	Milk	Seasonal fruit	Seasonal fruit	Cornflakes with soy milk	Birthday cake
Lunch	Chayote, Potato, and Shredded Meat Rice	Spaghetti with Portuguese Sauce, Corn, and Shredded Beef	Steamed Rice with Golden Garlic, Potato, and Minced Meat	Steamed Pork Patty with Corn and Oatmeal Rice	Fusilli with Portuguese Sauce, Carrot, and Fish
Afternoon Tea	Sweet Corn	Rice Noodles with Tomato and Minced Meat	Steamed Sweet Potato	Seasonal fruit & Bun	Seasonal fruit
Date: Week 4, 24th March to 28th March					
	Monday 24/3	Tuesday 25/3	Wednesday 26/3	Thursday 27/3	Friday 28/3
Morning snack	Parent-Child Sports Day	Teacher Development Day	Seasonal fruit	Cornflakes with soy milk	Boiled egg
Lunch			Spaghetti with Corn Sauce and Shredded Chicken	Angled Gourd, Potato, and Chicken Fillet Rice	Spaghetti with Corn Sauce and Sliced Meat
Afternoon Tea			Steamed Sweet Potato	Seasonal fruit & Black sesame red quinoa whole wheat steamed buns	Seasonal fruit
Date: Week 5, 31st March					
	Monday 31/3				
Morning snack	Milk				
Lunch	Fresh Tomato, Corn, Mushroom, and Beef Rice				
Afternoon Tea	Sweet Corn				

Please note that the menu arrangements are subject to change without prior notice, depending on actual circumstances.

