



閩光書院(幼稚園部)
2026-27 年度 9 月份餐單



日期：2026 年 9 月 1 日至 9 月 30 日					
日期：第一週 9 月 1 日至 9 月 4 日					
	星期一 31/8	星期二 1/9	星期三 2/9	星期四 3/9	星期五 4/9
上午茶點		烩西蘭花粟米仔	時令水果	豆奶乾果粟米片	烩雞蛋
午餐		卡邦尼粟米雞皇意粉 (和風西蘭花洋蔥牛肉飯)	番茄粟米肉醬螺絲粉(牛肉)	冬菇蒸肉餅燕麥飯 (墨西哥蝦仁薯仔魚粒意粉)	白汁福花牛肉飯
下午茶點		時令水果 合掌瓜粟米瘦肉湯(豆奶)	節瓜肉碎通心粉(時令水果) 霸王花老黃瓜豬腱湯(豆奶)	蒸番薯 南瓜紅蘿蔔肉片湯(豆奶)	時令水果 粟米紅蘿蔔瘦肉湯(豆奶)
日期：第二週 9 月 7 日至 9 月 11 日					
	星期一 7/9	星期二 8/9	星期三 9/9	星期四 10/9	星期五 11/9
上午茶點	牛奶及叉燒包(蛋糕仔)	烩椰菜花甘筍	時令水果	豆奶乾果粟米片	烩雞蛋
午餐	台式肉燥飯 (意式甘筍牛柳絲意粉)	鮮茄薯仔肉絲螺絲粉 (黑松露福花雞柳飯)	勝瓜薯仔牛肉飯	黑松露海鮮螺絲粉	蘑菇汁西蘭花牛肉飯
下午茶點	時令水果 木瓜雪耳粟米湯	時令水果 鮮茄什菜肉片湯(豆奶)	蕃茄肉碎米粉(時令水果) 南瓜粟米肉碎湯(豆奶)	香甜粟米 木瓜肉片湯(豆奶)	時令水果 冬瓜薏米肉粒湯(豆奶)
日期：第三週 9 月 14 日至 9 月 18 日					
	星期一 14/9	星期二 15/9	星期三 16/9	星期四 17/9	星期五 18/9
上午茶點	低糖燕麥豆奶及菜肉包(蛋糕仔)	烩甘筍西蘭花	時令水果	豆奶乾果粟米片	生日蛋糕
午餐	粟米肉粒飯 (南瓜汁雞絲意粉)	佛手瓜雞皇飯 (菠菜汁甘筍牛柳意粉)	蘑菇汁粟米牛肉碎飯	鮮茄海鮮意粉	馬蹄肉碎蒸水蛋飯 (意式甘筍牛肉飯)
下午茶點	時令水果 蟲草花淮山紅蘿蔔無花果湯	時令水果 豬肉羅宋湯(豆奶)	餃子通心粉(時令水果) 清補涼豬腱湯(豆奶)	蒸番薯 合掌瓜紅蘿蔔豬腱湯(豆奶)	時令水果 節瓜紅蘿蔔瘦肉湯(豆奶)
日期：第四週 9 月 21 日至 9 月 25 日					
	星期一 21/9	星期二 22/9	星期三 23/9	星期四 24/9	星期五 25/9
上午茶點	牛奶及迷你饅頭	烩甘筍粟米仔	木瓜雪耳糖水	豆奶乾果粟米片	中秋節慶祝會
午餐	鮮茄菠蘿雞皇飯 (白汁翠玉瓜肉片意粉)	香濃粟米雞粒螺絲粉 (蟲草花蒸肉粒紅米飯)	意式海鮮意粉	日式西蘭花洋蔥雞柳飯 (雞蛋蒸肉餅燕麥飯)	
下午茶點	時令水果 沙參玉竹粟米紅蘿蔔芡實薏米湯	時令水果 南瓜番茄粟米瘦肉湯 (豆奶)	蕃茄肉碎通心粉 (時令水果) 節瓜章魚肉粒湯 (豆奶)	香甜粟米 番茄薯仔瘦肉湯 (豆奶)	
日期：第五週 9 月 28 日至 9 月 30 日					
	星期一 28/9	星期二 29/9	星期三 30/9	星期四 1/10	星期五 2/10
上午茶點	蛋糕仔	烩甘筍雜菇	時令水果		
午餐	合掌瓜薯仔雞柳飯 (蒜茸汁豬柳漢堡扒飯)	意式菠蘿鮮茄肉片意粉 (白汁翠玉瓜雞粒飯)	中式免治牛肉飯		
下午茶點	時令水果 田園南瓜番茄紅蘿蔔湯	時令水果 節瓜紅蘿蔔肉粒湯 (豆奶)	餃子米粉 (時令水果) 青紅蘿蔔豬腱湯 (豆奶)		

**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

Sept 2026 Menu



Date:1 st Sep – 30 th Sep 2026					
Date: Week 1, 1 st Sep to 4 th Sep					
	Monday 31/8	Tuesday 1/9	Wednesday 2/9	Thursday 3/9	Friday 4/9
Morning snack		Steamed broccoli and baby corn	Seasonal fruit	Soy milk dried fruit cornflakes	Boiled egg
Lunch		Chicken With Corns In Carbonara Sauce+ Spaghetti (Beef With Broccoli and Onion In Japanese-style + Rice)	Minced Beef With Tomato and Corn + Fusilli	Steamed Meat Cake With Mushroom + Oat Rice (Minced Fish With Shrimp and Potato In Mexican Sauce + Spaghetti)	Beef With Cauliflowe In White Sauce + Rice
Afternoon Tea		Seasonal fruit Chayote, Corn, and Lean Pork Soup (Soy Milk)	Macaroni with courgette and minced pork (Seasonal fruit) Night Blooming Cereus ,old cucumber, and pork shank soup (Soy Milk)	Steamed sweet potato Pumpkin,Carrot,Sliced Pork Soup (Soy Milk)	Seasonal fruit Corn,Carrot,Lean meat Soup (Soy Milk)
Date: Week 2, 7 th Sep to 11 th Sep					
	Monday 7/9	Tuesday 8/9	Wednesday 9/9	Thursday 10/9	Friday 11/9
Morning snack	Milk and BBQ pork bun	Steamed cauliflower and carrots	Seasonal fruit	Soy milk dried fruit cornflakes	Boiled egg
Lunch	Taiwanese Minced Pork + Rice with Carrot and Water Chestnut (Beef Julienne With Carrot In Italian Sauce + Spaghetti)	Pork Julienne With Potato And Tomato + Fusilli (Chicken Julienne With Cauliflower In Black Truffle Sauce + Rice)	Beef With Sponge Gourd And Potato + Rice	Assorted Seafood In Black Truffle Sauce + Fusilli	Beef With Broccoli In Mushroom Sauce + Rice
Afternoon Tea	Seasonal fruit Papaya,White wood ear and Corn Soup	Seasonal fruit Tomato, Mixed vegetables and Sliced Pork Soup (Soy Milk)	Rice vermicelli with minced pork & tomato (Seasonal fruit) Pumpkin,Corn and Minced Pork Soup (Soy Milk)	Sweet Corn Pumpkin and Sliced Pork Soup (Soy Milk)	Seasonal fruit Winter Melon And Coix Seed (Job's Tears) and Diced Pork Soup (Soy Milk)
Date: Week 3, 14 th Sep to 18 th Sep					
	Monday 14/9	Tuesday 15/9	Wednesday 16/9	Thursday 17/9	Friday 18/9
Morning snack	low-sugar oat soy milk and steamed vegetable and pork bun	Steamed carrot and broccoli	Seasonal fruit	Soy milk dried fruit cornflakes	Birthday cake
Lunch	Diced Pork In Sweet Corns Sauce + Rice (Chicken Julienne In Pumpkin Sauce +Fusilli)	Chicken With Chayote + Rice (Beef Julienne With Carrot In Spinach Sauce + Spaghetti)	Minced Beef With Corn In Mushroom Sauce + Rice	Assorted Seafood With Tomato + Spaghetti	Steamed Egg With Minced Pork And Water Chestnut + Rice (Beef With Carrot In Italian Sauce + Rice)
Afternoon Tea	Seasonal fruit Cordyceps Flower, Chinese Yam, Carrot, and Fig Soup	Seasonal fruit Hong Kong-style Borscht (carrot and pork) (Soy Milk)	Dumpling macaroni (Seasonal fruit) Ching Po Leung Pork Shank Soup (Soy Milk)	Steamed sweet potato Chayote and Carrot Soup with Pork Shank (Soy Milk)	Seasonal fruit Hairy Gourd, Carrot, and Lean Pork Soup (Soy Milk)
Date: Week 4, 21 st Sep to 25 th Sep					
	Monday 21/9	Tuesday 22/9	Wednesday 23/9	Thursday 24/9	Friday 25/9
Morning snack	Milk and Mini Steamed Bun	Steamed carrots and baby corn	Papaya and snow fungus sweet soup	Soy milk dried fruit cornflakes	Mid-Autumn Festival Party
Lunch	Chicken With Tomato and Pineapple + Rice (Sliced Pork With Zucchini In White Sauce +Spaghetti)	Diced Chicken With Sweet Corn + Fusilli (Steamed Diced Pork With Cordyceps Flower + Red Rice)	Assorted Seafood In Italian Sauce + Spaghetti	Chicken Julienne With Broccoli and Onion In Japanese Style + Rice (Steamed Meat Cake With Egg + Oat Rice)	
Afternoon Tea	Seasonal fruit Glehnia Root, Polygonatum (Solomon's Seal), Corn, Carrot, Gorgon Fruit, and Coix Seed Soup	Seasonal fruit Pumpkin, Tomato, and Corn Soup with Lean Pork (Soy Milk)	Macaroni with minced pork & tomato (Seasonal fruit) Hairy gourd,Octopus and Diced Pork Soup (Soy Milk)	Sweet Corn Tomato,Potato and Lean pork Soup (Soy Milk)	
Date: Week 5, 28 th Sep to 30 th Sep					
	Monday 28/9	Tuesday 29/9	Wednesday 30/9	Thursday 1/10	Friday 2/10
Morning snack	Mini sponge cake	Steamed carrots and mixed mushrooms	Seasonal fruit		
Lunch	Chicken Julienne With Chayote and Potato + Rice (Pork Patties In Garlic Sauce + Rice)	Sliced Pork With Tomato And Pineapple In Italian Sauce + Rice (Diced Chicken With Zucchini In White Sauce + Rice)	Minced Beef In Chinese Style + Rice (Corn, Carrot)		
Afternoon Tea	Seasonal fruit Garden-style Pumpkin, Tomato, and Carrot Soup	Seasonal fruit Hairy gourd,carrot and Diced pork Soup (Soy Milk)	Dumpling rice noodles (Seasonal fruit) Green Radish and Carrot Pork Shank Soup (Soy Milk)		

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