



閩光書院(幼稚園部)
2026-27 年度 10 月份餐單



日期：2026 年 10 月 1 日至 10 月 31 日					
日期：第一週 10 月 1 日至 10 月 2 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				國慶日假期	烱雞蛋
午餐					意式薯仔免治牛肉飯
下午茶點					時令水果 紅蘿蔔馬蹄粟米肉粒湯（豆奶）
日期：第二週 10 月 5 日至 10 月 9 日					
	星期一 5/10	星期二 6/10	星期三 7/10	星期四 8/10	星期五 9/10
上午茶點	牛奶及叉燒包	烱甘筍椰菜花	時令水果	豆奶乾果粟米片	教師發展日
午餐	卡邦尼粟米雞皇螺絲粉 （節瓜肉絲飯）	番茄肉醬意粉（牛肉）	黑松露汁福花肉片螺絲粉 （洋蔥西蘭花牛肉飯）	雞蛋蒸肉餅燕麥飯 （香草汁粟米蟹柳魚粒飯）	
下午茶點	時令水果 青紅蘿蔔粟米馬蹄雪耳素湯	時令水果 合掌瓜紅蘿蔔粟米瘦肉湯	蕃茄肉碎米粉（時令水果） 沙參玉竹粟米肉片湯	香甜粟米 老黃瓜粟米紅蘿蔔瘦肉湯	
日期：第三週 10 月 12 日至 10 月 16 日					
	星期一 12/10	星期二 13/10	星期三 14/10	星期四 15/10	星期五 16/10
上午茶點	低糖燕麥豆奶及菜肉包（蛋糕仔）	烱甘筍西蘭花	時令水果	豆奶乾果粟米片	烱雞蛋
午餐	香濃白汁粟米肉粒飯 （菠蘿鮮茄雞柳意粉）	意式粟米牛肉螺絲粉	薯仔粟米炆雞球飯 （蟲草花蒸肉粒飯）	鮮茄粟米牛肉飯	三絲燴烏冬（椰菜絲，甘筍絲，雞絲） （磨菇汁福花肉片飯）
下午茶點	時令水果 沙參玉竹淮山薏米素湯	時令水果 雪耳木瓜瘦肉湯	餃子通心粉（時令水果） 淮山海底椰無花果紅蘿蔔瘦肉湯	蒸番薯 白蘿蔔粟米肉片湯	時令水果 佛手瓜肉片湯
日期：第四週 10 月 19 日至 10 月 23 日					
	星期一 19/10	星期二 20/10	星期三 21/10	星期四 22/10	星期五 23/10
上午茶點	重陽節翌日	烱甘筍粟米仔	時令水果	豆奶乾果粟米片	生日蛋糕
午餐		磨菇汁雞球螺絲粉 （香草汁福花肉絲飯）	磨菇汁甘筍牛肉意粉	白汁蟹柳吞拿魚福花螺絲粉	鮮茄海鮮飯（蝦仁，蟹柳，魚粒，獅子狗）
下午茶點		時令水果 羅宋湯	蕃茄肉碎通心粉 （時令水果） 冬瓜薏米淮山豬腱湯	香甜粟米 木瓜雪耳瘦肉湯	時令水果 椰子百合紅蘿蔔肉片湯
日期：第五週 10 月 26 日至 10 月 30 日					
	星期一 26/10	星期二 27/10	星期三 28/10	星期四 29/10	星期五 30/10
上午茶點	牛奶及香菇雞包	烱甘筍雜菇	時令水果	豆奶乾果粟米片	時令水果
午餐	白汁粟米雞粒飯 （鮮茄豬柳漢堡扒飯）	西蘭花粟米牛肉飯	磨菇汁粟米肉片飯 （鮮茄菠蘿雞球螺絲粉）	馬蹄蒸肉餅燕麥飯 （香蒜汁薯仔牛肉意粉）	三絲燴銀針粉（肉絲，甘筍絲，椰菜絲） （菠蘿鮮茄牛肉飯）
下午茶點	時令水果 南瓜蕃茄紅蘿蔔素湯	時令水果 沙葛粟米紅蘿蔔肉粒湯	餃子米粉 （時令水果） 粉葛海底椰無花果粟米瘦肉湯	蒸番薯 蘋果雪梨甘筍瘦肉湯	健康燉蛋 章魚節瓜瘦肉湯

**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 Oct 2026 Menu



Date:1 st Oct – 30 th Oct 2026					
Date: Week 1, 1 st Oct to 2 nd Oct					
	Monday 28/9	Tuesday 29/9	Wednesday 30/9	Thursday 1/10	Friday 2/10
Morning snack				National Day Holiday	Boiled egg
Lunch					Minced Beef With Potato In Italian Sauce + Rice
Afternoon Tea					Seasonal fruit Pork Soup with Carrots, Water Chestnuts, and Corn (Soy Milk)
Date: Week 2, 5 th Oct to 9 th Oct					
	Monday 5/10	Tuesday 6/10	Wednesday 7/10	Thursday 8/10	Friday 9/10
Morning snack	Milk and BBQ pork bun	Steamed carrots and cauliflower	Seasonal fruit	Soy milk dried fruit cornflakes	Teacher Development Day
Lunch	Chicken With Corns In Carbonara Sauce + Fusilli (Pork Julienne With Hairy Gourd + Rice)	Minced Beef In Tomato Sauce + Spaghetti	Sliced Pork With Cauliflower In Black Truffle Sauce + Fusilli (Beef With Onion and Broccoli + Rice)	Steamed Meat Cake With Egg + Oat Rice (Minced Fish With Crab Stick, Corn and Herb In Tomato Sauce + Rice)	
Afternoon Tea	Seasonal fruit Vegetarian Green and Red Radish Soup with Sweet Corn, Water Chestnuts, and White Wood Ear Mushroom (Soy Milk)	Seasonal fruit Chinese Chayote, Carrot, Sweet Corn and Lean Pork Soup (Soy Milk)	Rice vermicelli with minced pork & tomato (Seasonal fruit) Glehnia Root, Solomon's Seal, Corn and Pork Slice Soup (Soy Milk)	Sweet Corn Old Cucumber, Corn, Carrot and Lean Pork Soup (Soy Milk)	
Date: Week 3, 12 th Oct to 16 th Oct					
	Monday 12/10	Tuesday 13/10	Wednesday 14/10	Thursday 15/10	Friday 16/10
Morning snack	low-sugar oat soy milk and steamed vegetable and pork bun	Steamed carrot and broccoli	Seasonal fruit	Soy milk dried fruit cornflakes	Boiled egg
Lunch	Diced Pork With Corns In White Sauce + Rice (Chicken Julienne With Pineapple and Tomato + Spaghetti)	Beef With Corn In Italian Sauce + Fusilli	Chicken Ball With Potato and Corns + Rice (Steamed Diced Pork With Cordyceps Flower + Rice)	Beef With Tomato and Corn + Rice	Braised Udon With Three-shredded(shredded cabbage, shredded carrots, shredded chicken) (Sliced Pork With Cauliflower In Mushroom Sauce + Rice)
Afternoon Tea	Seasonal fruit Vegetarian Soup with Glehnia Root, Solomon's Seal, Chinese Yam, and Coix Seed	Seasonal fruit Papaya and Snow Fungus Soup with Lean Pork (Soy Milk)	Dumpling macaroni (Seasonal fruit) Lean Pork Soup with Chinese Yam,Sea Coconut,Dried Figs and Carrots (Soy Milk)	Steamed sweet potato White Radish, Corn and Sliced Pork Soup (Soy Milk)	Seasonal fruit Pork and Chayote Soup (Soy Milk)
Date: Week 4, 19 th Oct to 23 th Oct					
	Monday 19/10	Tuesday 20/10	Wednesday 21/10	Thursday 22/10	Friday 23/10
Morning snack	The day following Chung Yeung Festival	Steamed carrots and baby corn	Papaya and snow fungus sweet soup	Soy milk dried fruit cornflakes	Birthday cake
Lunch		Chicken Ball In Mushroom Sauce + Fusilli (Pork Julienne With Cauliflower and Herb In Tomato Sauce + Rice)	Beef With Carrot In Mushroom Sauce + Spaghetti	Tuna With Crab Stick and Cauliflower In White Sauce + Fusilli	Assorted Seafood In Tomato Sauce + Rice (Shrimp,Crab Stick,Minced Fish,Tubular fish cake)
Afternoon Tea		Seasonal fruit Pork Russian Borscht (Soy Milk)	Macaroni with minced pork & tomato (Seasonal fruit) Winter Melon Soup with Barley, Chinese Yam and Pork Shank (Soy Milk)	Sweet Corn Papaya and Snow Fungus Lean Pork Soup (Soy Milk)	Seasonal fruit Pork Soup with Coconut, Lily Bulbs and Carrots (Soy Milk)
Date: Week 5, 26 th Oct to 30 th Oct					
	Monday 26/10	Tuesday 27/10	Wednesday 28/10	Thursday 29/10	Friday 30/10
Morning snack	Milk and steamed chicken and mushroom bun	Steamed carrots and mixed mushrooms	Seasonal fruit	Soy milk dried fruit cornflakes	Seasonal fruit
Lunch	Diced Chicken With Corns In White Sauce + Rice (Pork Patties in Tomato Sauce+ Rice)	Beef With Broccoli and Corn + Rice	Sliced Pork With Corns In Mushroom Sauce + Rice (Chicken Ball With Pineapple and Tomato + Fusilli)	Steamed Meat Cake With Water Chestnut + Oat Rice (Beef With Potato In Garlic Sauce + Spaghetti)	Braised Silver Needle Noodles With Three-Shreds(shredded cabbage, shredded carrots, shredded pork) (Beef With Pineapple and Tomato + Rice)
Afternoon Tea	Seasonal fruit Pumpkin, Tomato and Carrot Vegetarian Soup (Soy Milk)	Seasonal fruit Pork, Jicama, Corn and Carrot Soup (Soy Milk)	Dumpling rice noodles (Seasonal fruit) Kudzu Root, Sea Coconut, and Fig Soup with Corn and Pork (Soy Milk)	Steamed sweet potato Apple, Pear, and Carrot Soup with Lean Pork (Soy Milk)	Steamed Egg Custard Hairy Gourd Soup with Dried Octopus and Lean Pork (Soy Milk)

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