


閩光書院(幼稚園部)
2026-27 年度 11 月份餐單




日期：2026 年 11 月 1 日至 11 月 30 日					
日期：第一週 11 月 2 日至 11 月 6 日					
	星期一 2/11	星期二 3/11	星期三 4/11	星期四 5/11	星期五 6/11
上午茶點	牛奶及叉燒包	焓甘筍粟米仔	時令水果	豆奶乾果粟米片	焓雞蛋
午餐	中式免治牛肉飯(粟米,甘筍)	鮮茄甘筍肉絲意粉 (青瓜薯仔雞球飯)	甘筍汁粟米海鮮螺絲粉 (節瓜薯仔肉片飯)	洋蔥西蘭花牛肉飯	時菜雞絲燴銀針粉 (南瓜肉碎蒸水蛋飯)
下午茶點	時令水果 冬瓜紅蘿蔔粟米薏米銀耳素湯	時令水果 老黃瓜紅蘿蔔粟米雞肉湯	節瓜餃子米粉 (時令水果) 節瓜蜜棗瘦肉湯	香甜粟米 沙葛粟米紅蘿蔔豬肉湯(豆奶)	時令水果 木瓜雪耳瘦肉湯(豆奶)
日期：第二週 11 月 9 日至 11 月 13 日					
	星期一 9/11	星期二 10/11	星期三 11/11	星期四 12/11	星期五 13/11
上午茶點	新生面見日	焓甘筍福花	時令水果	豆奶乾果粟米片	生日蛋糕
午餐		香濃粟米薯仔肉粒飯 (南瓜甘筍雞粒意粉)	佛手瓜雞柳飯 (蟲草花蒸肉粒飯)	黑松露粟米海鮮意粉 (馬蹄蒸肉餅燕麥飯)	三絲燴烏冬(肉絲,甘筍絲,椰菜絲) (馬蹄雞茸蒸水蛋飯)
下午茶點		時令水果 青紅蘿蔔豬腱湯	蕃茄肉碎米粉(時令水果) 霸王花紅蘿蔔瘦肉湯	蒸番薯 蘋果雪梨紅蘿蔔瘦肉湯	時令水果 雪耳蟲草花粟米紅蘿蔔瘦肉湯
日期：第三週 11 月 16 日至 11 月 20 日					
	星期一 16/11	星期二 17/11	星期三 18/11	星期四 19/11	星期五 20/11
上午茶點	低糖燕麥豆奶及菜肉包(蛋糕仔)	焓甘荀西蘭花	時令水果	豆奶乾果粟米片	焓雞蛋
午餐	番茄粟米肉醬意粉(牛肉)	鮮茄粟米肉片螺絲粉 (日式西蘭花洋蔥雞柳飯)	南瓜汁薯仔雞皇飯 (金蒜薯仔蒸肉粒飯)	冬菇蒸肉餅燕麥飯 (菠蘿鮮茄牛肉螺絲粉)	粟米肉碎蒸水蛋飯 (蘑菇汁西蘭花牛肉飯)
下午茶點	時令水果 南瓜紅蘿蔔洋蔥粟米素湯	時令水果 蕃茄薯仔豬腱湯	節瓜餃子通心粉(時令水果) 蓮藕粟米紅蘿蔔瘦肉湯	香甜粟米 紅蘿蔔粟米南瓜豬腱湯	時令水果 淮山杞子紅蘿蔔豬肉湯
日期：第四週 11 月 23 日至 11 月 27 日					
	星期一 23/11	星期二 24/11	星期三 25/11	星期四 26/11	星期五 27/11
上午茶點	牛奶及迷你黑芝麻紅藜麥全麥饅頭	焓甘筍雜菇	時令水果	豆奶乾果粟米片	焓雞蛋
午餐	台式肉燥飯(香菇,馬蹄,甘筍) (菠菜汁蟹柳魚粒螺絲粉)	黑松露薯仔肉絲意粉 (香草汁福花雞球飯)	菠菜汁粟米雞絲螺絲粉 (杞子蒸肉粒飯)	白汁甘筍牛肉意粉	卡邦尼粟米雞皇螺絲粉 (馬蹄肉碎蒸水蛋飯)
下午茶點	時令水果 蟲草花淮山杞子紅蘿蔔素湯	時令水果 合掌瓜粟米南瓜豬腱湯	南瓜肉碎粥 (時令水果) 淮山百合海底椰粟米瘦肉湯	蒸番薯 番茄什菜肉碎湯	時令水果 鮮茄薯仔粟米豬腱湯
日期：第五週 11 月 30 日					
	星期一 30/11	星期二 1/12	星期三 2/12	星期四 3/12	星期五 4/12
上午茶點	低糖燕麥豆奶及饅頭				
午餐	日式照燒粟米牛肉飯				
下午茶點	時令水果 青紅蘿蔔粟米馬蹄雪耳素湯				

**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
Nov 2026 Menu




Date:1st Nov – 30th Nov 2026					
Date: Week 1, 2nd Nov to 6th Nov					
	Monday 2/11	Tuesday 3/11	Wednesday 4/11	Thursday 5/11	Friday 6/11
Morning snack	Milk and BBQ pork bun	Steamed carrots and baby corn	Seasonal fruit	Soy milk dried fruit cornflakes	Boiled egg
Lunch	Minced Beef In Chinese Style + Rice (Corn,Carrot)	Pork Julienne With Tomato And Carrot + Spaghetti (Chicken Ball With Cucumber and Potato + Rice)	Assorted Seafood With Corn In Carrot Sauce + Fusilli (Sliced Pork With Hairy Gourd And Potato + Rice)	Beef With Onion And Broccoli + Rice	Stir Silver Needle Powder With Shredded Chicken and Seasonal dishes (Steamed Egg With Minced Pork And Pumpkin + Rice)
Afternoon Tea	Seasonal fruit Vegetarian Winter Melon, Carrot, and Corn Soup with Barley and Snow Fungus	Seasonal fruit Old Cucumber, Carrot, Corn and Chicken Soup	Hairy Gourd Dumpling Rice Vermicelli(Seasonal fruit) Hairy Gourd,Candied Dates and Lean Pork Soup	Sweet Corn Jicama, Corn, Carrot and Pork Soup	Seasonal fruit Papaya and Snow Fungus Soup with Lean Pork
Date: Week 2, 9 th Nov to 13th Nov					
	Monday 9/11	Tuesday 10/11	Wednesday 11/11	Thursday 12/11	Friday 13/11
Morning snack	New Students Interview Day	Steamed carrots and cauliflower	Seasonal fruit	Soy milk dried fruit cornflakes	Birthday cake
Lunch		Diced Pork With Corn And Potato + Rice (Diced Chicken With Pumpkin And Carrots + Spaghetti)	Chicken Julienne With Chayote + Rice (Steamed Diced Pork With Cordyceps Flower + Rice)	Assorted Seafood With Corn In Black Truffle Sauce + Fusilli (Steamed Meat Cake With Water Chestnut + Oat Rice)	Braised Udon With Three-shredded(shredded cabbage, shredded carrots, shredded Pork)
Afternoon Tea		Seasonal fruit Green Radish and Carrot Lean Pork Soup	Rice vermicelli with minced pork & tomato (Seasonal fruit) Night Blooming Cereus and Carrot Pork Soup	Steamed sweet potato Apple,Pear and Carrot Lean Pork Soup	Seasonal fruit Snow Fungus, Cordyceps Flower, Corn, Carrot and Pork Soup
Date: Week 3, 16th Nov to 20th Nov					
	Monday 16/11	Tuesday 17/11	Wednesday 18/11	Thursday 19/11	Friday 20/11
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	Minced Beef With Corns In Tomato Sauce + Spaghetti	Sliced Pork With Tomato And Corns + Fusilli (Chicken Julienne With Onion And Broccoli In Japanese Style + Rice)	Chicken With Potato In Pumpkin Sauce + Rice (Steamed Diced Pork With Potato And Garlic + Rice)	Steamed Meat Cake With Mushroom + Oat Rice (Beef With Tomato And Pineapple + Fusilli)	Steamed Egg With Minced Pork And Corns + Rice (Beef With Broccoli In mushrooms Sauce + Rice)
Afternoon Tea	Seasonal fruit Pumpkin, Carrot, Onion and Corn Vegetarian Soup	Seasonal fruit Tomato, Potato and Pork Shank Soup	Hairy Gourd Dumpling Macaroni (Seasonal fruit) Lotus Root, Carrot and Corn Soup with Lean Pork	Sweet Corn Pumpkin, Carrot, Sweet Corn and Pork Shank Soup	Chinese Yam, Goji Berry, Carrot and Pork Soup
Date: Week 4, 23th Nov to 27th Nov					
	Monday 23/11	Tuesday 24/11	Wednesday 25/11	Thursday 26/11	Friday 27/11
Morning snack	Milk and Mini Black Sesame & Red Quinoa Whole-Wheat Steamed Buns	Steamed carrots and mushrooms	Seasonal fruit	Soy milk dried fruit cornflakes	Boiled egg
Lunch	Minced Pork In Sweet soya Sauce + Rice (Mushroom,Water Chestnut,Carrot) (Minced Fish With Crab Stick In Spinach Sauce + Fusilli)	Pork Julienne With Potato In Black Truffle Sauce + Spaghetti (Chicken Ball With Cauliflower And Herb In Tomato Sauce + Rice)	Chicken Julienne With Corns In Spinach Sauce + Fusilli (Steamed Diced Pork With Chinese Wolfberries + Rice)	Beef With Carrot In White Sauce + Spaghetti	Chicken With Corn In Carbonara Sauce + Fusilli (Steamed Egg With Minced Pork And Water Chestnut + Rice)
Afternoon Tea	Seasonal fruit Vegetarian Cordyceps Flower Soup with Chinese Yam, Goji Berries, and Carrots	Seasonal fruit Chayote, Sweet Corn and Pumpkin Soup with Pork Shin	Pumpkin and Minced Pork Congee (Seasonal fruit) Pork Soup with Chinese Yam, Lily Bulbs, Sea Coconut and Corn	Steamed sweet potato Tomato and Mixed Vegetable Soup with Minced Pork	Seasonal fruit Tomato,Potato,Corn Soup with Pork Shin
Date: Week 5, 30 th Nov					
	Monday 30/11	Tuesday 1/12	Wednesday 2/12	Thursday 3/12	Friday 4/12
Morning snack	low-sugar oat soy milk and Steamed bun				
Lunch	Beef With Corn In Teriyaki Sauce + Rice				
Afternoon Tea	Seasonal fruit Green Radish, Carrot, Corn, Water Chestnut and Snow Fungus Vegetarian Soup				

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