

聖公會聖彼得堂幼稚園(赤柱分校)
2019-2020 全日班學生餐單(A)

2019/20-011

餐單 \ 日期		星期一	星期二	星期三	星期四	星期五
上午早餐		牛奶粟米片 清水	焗雞蛋 牛奶	雜豆雞粒通心粉 清水	蛋花牛奶麥皮 清水	牛油軟包 豆漿
午膳	飯	絲苗白飯	絲苗白飯	絲苗白飯	絲苗白飯	蝦仁雞粒雜豆飯
	餸	蝦仁雞蛋 翠玉瓜草菇雞柳	粉絲肉碎蒸滑豆腐 蒜蓉西蘭花	鮮茄牛肉片 粟米芯翠玉瓜	粟米燴龍利魚柳 豆角蝦仁	雜豆豉燒雞粒蛋蝦仁
	湯	蕃茄薯仔牛肉湯	香菇瘦肉冬瓜粒湯	佛手瓜栗子紅蘿蔔 西施骨湯	白菜豆腐肉片湯	蒜蓉油麥菜
	時果	柑 / 蘋果 / 木瓜 / 奇異果 / 火龍果 / 士多啤梨 / 橙 / 香蕉 / 提子 / 梨 / 西瓜 / 哈密瓜				
下午茶點		吞拿魚全麥三文治 鮮檸檬水	漢堡包 清水	牛油班戟 蜜糖水	腐竹白果薏米糖水	蒸腸粉 淡茶

2019-2020 全日班學生餐單(B)

餐單 \ 日期		星期一	星期二	星期三	星期四	星期五
上午早餐		牛奶粟米片 清水	蒸魚肉燒賣 淡茶	生菜肉絲湯麵 清水	豆漿麥皮 清水	蒸豉燒包 淡茶
午膳	飯	絲苗白飯	絲苗白飯	絲苗白飯	絲苗白飯	炒蝦米腸粉
	餸	肉碎蒸滑蛋 青瓜雞柳	冬菇蒸雞柳 節瓜蝦米煮粉絲	菠蘿牛柳絲 蒜蓉菜芯	蛋白魚柳扒滑豆腐 西蘭花帶子	冬菇絲瘦肉絲
	湯	粟米魚肚羹	龍脷葉杏仁蘋果瘦肉湯	老黃瓜煲赤小豆 豬展湯	肉片節瓜湯	菜乾瘦肉粥
	時果	柑 / 蘋果 / 木瓜 / 奇異果 / 火龍果 / 士多啤梨 / 橙 / 香蕉 / 提子 / 梨 / 西瓜 / 哈密瓜				
下午茶點		芝士火腿三文治 無糖菊花茶	提子包 蜜糖水	軟蛋糕 豆漿	陳皮蓮子百合紅豆沙	焗原條粟米 清水

聖公會聖彼得堂幼稚園(赤柱分校)
2019-2020 全日班學生餐單(C)

2019/20-011

餐單		日期				
		星期一	星期二	星期三	星期四	星期五
早餐		杞子牛奶麥皮 清水	牛奶粟米片 清水	芽菜牛肉湯烏冬 清水	焗雞蛋 牛奶	蒸奶黃/紅豆包 清水
午膳	飯	絲苗白飯	絲苗白飯	絲苗白飯	絲苗白飯	全蛋麵
	餸	蕃茄滑蛋肉片 西蘭花椰菜花	帶子扒滑豆腐 勝瓜雲耳牛肉	冬菇馬蹄蒸肉餅 青瓜魚片	香煎龍利魚柳 翠玉瓜草菇雞柳	椰菜絲瘦肉絲蟹柳絲
	湯	雞茸南瓜羹	蕃茄薯仔肉碎湯	紅蘿蔔青蘿蔔 豬脰湯	木瓜雪耳瘦肉湯	粟米肉碎粥
	時果	柑 / 蘋果 / 木瓜 / 奇異果 / 火龍果 / 士多啤梨 / 橙 / 香蕉 / 提子 / 梨 / 西瓜 / 哈密瓜				
下午茶點		三文治 鮮檸檬水	焗日本蕃薯 清水	熱狗 豆漿	竹蔗茅根馬蹄蘋果糖水	蒸腸粉 淡茶

2019-2020 全日班學生餐單(D)

餐單		日期				
		星期一	星期二	星期三	星期四	星期五
早餐		牛奶粟米片 清水	蒸豬肉燒賣 淡茶	甘筍絲雞絲湯米粉 清水	蛋花碎肉麥皮 清水	小餐包 豆漿
午膳	飯	絲苗白飯	絲苗白飯	絲苗白飯	絲苗白飯	雜燴飯
	餸	三色蒸滑蛋 西蘭花肉絲	薯仔炆雞柳 蒜蓉菜心	洋蔥豬扒 茄汁豆煮肉腸	蕃茄燴魚柳 翠肉瓜肉片	蕃茄粒香腸粒雞 蛋蝦仁
	湯	紫菜蛋花碎肉湯	蘋果蜜棗瘦肉湯	紅蘿蔔合掌瓜粟米 海底椰西施骨湯	節瓜豆腐肉片湯	蒜蓉西生菜
	時果	柑 / 蘋果 / 木瓜 / 奇異果 / 火龍果 / 士多啤梨 / 橙 / 香蕉 / 提子 / 梨 / 西瓜 / 哈密瓜				
下午茶點		鮮牛油雞蛋三文治 蜜糖水	迷你瑞士卷 熱牛奶	蒸全麥饅頭 豆漿	桂圓蓮子雞蛋糖水	生煎豬肉包 無糖菊花茶

St.Peter Church Kindergarten(Stanley)

2019-2020 Menu of Whole day class (SET A)

2019/20-011

Date		Mon	Tue	Wed	Thu	Fri
Menu						
Breakfast		Cornflakes with Milk, water	Boiled egg milk	Macaroni with chicken and mixed veggies, water	Oatmeal with egg drop in milk, water	Butter bread, soya milk
Lunch	Staple food	Rice	Rice	Rice	Rice	Fried rice (Yangzhou fried rice)
	Dishes	Fired egg with Shrimps Fired chicken with cucurbita pepo and mushroom	broccoli in garlic sauce	Beef with tomato Blanched cucurbita pepo and corn	Braised sole fillet in corn sauce fried shrimps with beans	Fired egg with mixed beans, pork and Shrimp
	Soup	Beef soup with tomato & potato	Winter melon soup with shitake mushroom and lean pork	Chayote carrot pork soup with chestnut	Cabbage tofu soup	Fried indian lettuce with garlic sauce
	Fruits	Mandarin, Apple, Papaya, Kiwi, Dragon fruit, Strawberries, Orange, Banana, Grapes, Pear, Watermelon, Cantaloupe				
Tea Time's Snacks		Tuna Sandwich Lamon water	Hamburger, water	Butter pancake, honey water	Dried bean curd, ginkgo and barley dessert	Steam bun Soya milk

2019-2020 Menu of Whole day class (SET B)

Date		Mon	Tue	Wed	Thu	Fri
Menu						
Breakfast		Cornflakes with Milk, water	Shaomai, tea	Shredded pork soup noodle with lettuce, water	Oatmeal with soya milk, water	BBQ Pork Buns., tea
Lunch	Staple food	Rice	Rice	Rice	Rice	Fried shrimp rice noodle roll
	Dishes	Steamed egg with minced pork, stir-fried chicken fillets with cucumber	Steamed chicken fillets with shiitake mushroom, stew dried shrimps, vermicelli and fuzzy melon	Shredded beef with pineapple, fried choy sum with garlic sauce	Braised fish fillets in white sauce, Indian lettuce in garlic sauce	Lean pork with mushroom silk
	Soup	Corn and fish maw soup	Pork shank soup with dried scallop, conch and chayote	Lean pork soup with cucumber and beans	Pork slice soup with salted egg and fuzzy melon	Congee with dried vegetables and minced pork
	Fruits	Mandarin, Apple, Papaya, Kiwi, Dragon fruit, Strawberries, Orange, Banana, Grapes, Pear, Watermelon, Cantaloupe				
Tea Time's Snacks		Cheese and ham sandwich, chrysanthemum tea	Raisins bread, honey water	Cake, Soya-milk	Sweetened Red Bean Paste with Lotus Seeds and Lily Bulbs	Boiled corn, water

St. Peter Church Kindergarten (Stanley)
2019-2020 Menu of Whole day class (SET C)

2019/20-011

Date		Mon	Tue	Wed	Thu	Fri
Menu						
Breakfast		Wolfberry and oatmeal with Milk, water	Cornflakes with Milk, water	Beef u-don with beansprouts, water	Boiled egg milk	BBQ Pork Buns., tea
Lunch	Staple food	Rice	Rice	Rice	rice	Fried egg noodle
	Dishes	Fried egg and tomato with pork slices, fried broccoli with cauliflower	Fresh scallop and tofu, broccoli in garlic sauce	Steamed ground pork with shiitake mushroom and water chestnut, fried Cucumber with fillet	Pan-fried dragon fish , fried chicken with melon and mushroom	Broccoli, lean pork and crab willow
	Soup	Pumpkin soup with minced chicken	Beef soup with tomato & potato	Spareribs soup with green radish & carrot	Lean pork soup with papaya and snow fungus	Minced pork congee with corn
	Fruits	Mandarin, Apple, Papaya, Kiwi, Dragon fruit, Strawberries, Orange, Banana, Grapes, Pear, Watermelon, Cantaloupe				
Tea Time's Snacks		Wheat sandwich with condensed milk and Butter, water	Steamed rice rolls, Boiled Japanese sweet potato, water	Hotdog, soya milk	Impertae cane, water chestnut and apple sweet soup	Rice noodle roll, tea

2019-2020 Menu of Whole day class (SET D)

Date		Mon	Tue	Wed	Thu	Fri
Menu						
Breakfast		Corn flakes with milk, water	Shaomai, tea	Shredded pork soup noodle with lettuce, water	Oatmeal with egg drops and minced pork, water	Bun, soya milk
Lunch	Staple food	Rice	Rice	Rice	Rice	Fried rice (fried rice with tomato sauce)
	Dishes	Steamed eggs with three colors, fried broccoli with shredded pork	Stewed chicken fillets with potato, fried choy sum with garlic sauce	Pan-fried pork chops with onion, Baked Beans with sausage	Braised fish fillets with tomato, stir-fried pork slices with zucchini	Tomato, sausage and egg shrimp
	Soup	Minced pork soup with seaweed egg drops	Lean meat soup with apple and candied dates	Lean pork soup with carrot, melon, corn	Melon tofu soup	Fried european lettuce with garlic sauce
	Fruits	Mandarin, Apple, Papaya, Kiwi, Dragon fruit, Strawberries, Orange, Banana, Grapes, Pear, Watermelon, Cantaloupe				
Tea Time's Snacks		Egg and butter sandwich, honey water	Mini Swiss Roll, hot chocolate milk	Steamed whole wheat buns, Soya milk	Longan, lotus seed and egg sweep soup	Pork bum, No sugar chrysanthemum tea

