Weekly Menu

一 週 菜 單

Name of Child Care Centre (幼兒中心名稱)：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Winter / Summer Menu (冬季／夏季菜單)：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of Children (幼兒數目)：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Group of Children (幼兒年齡)：

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Monday星 期 一 | Tuesday星 期 二 | Wednesday星 期 三 | Thursday星 期 四 | Friday星 期 五 | Saturday星 期 六 |
| 1. Breakfast 早 餐  |  |  |  |  |  |  |
| 2. Morning Snack 早 點  |  |  |  |  |  |  |
| 3. Lunch 午 餐  |  |  |  |  |  |  |
| 4. Afternoon Snack 午 點  |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Signature | 簽 名 | : |  |
| Name | 姓 名 | : |  |
| Post | 職 位 | : |  |
| Date | 日 期 | : |  |

(CCCAI Revised in September 2021)

**Dietary Scale per child per day**

兒 童 每 人 每 日 飲 食 份 量 表

Name of Child Care Centre (幼兒中心名稱)：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nature of Service (服務性質)：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Winter / Summer Menu (冬季／夏季菜單)：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Group of Children (幼兒年齡)：

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Grains (Rice/NoodleRice noodle/Spaghetti/Macaroni/Oatmeal/Bread)(avoid bread withexcessive sugar and fat) 穀物類(飯/麵/米粉/義大利粉/通心粉/麥片/麵包(避免吃過甜和高脂的麵包)Examples of 1 serving of grains ≈* $\frac{1}{5}$ bowl/ 1 tablespoon of cooked rice
* $\frac{1}{3} b$owl of cooked macaroni
* $\frac{1}{2}$ bowl of congee
* $\frac{1}{2} s$lice of bread (without crust)

1份穀物的例子≈* $\frac{1}{5}$ 碗/1湯匙煮熟的飯
* $\frac{1}{3} $碗煮熟的通心粉
* $\frac{1}{2} $碗粥
* $\frac{1}{2} $片去邊方包
 | Fruits (orange, tangerine, apple, pear, banana, etc.) 水果類(橙、柑、蘋果、梨及香蕉等)Examples of 1 serving of fruits ≈* 2 pieces of small-sized fruit (e.g. kiwi, prune)
* 1 piece of medium-sized fruit (e.g. orange, apple, pear)
* $\frac{1}{2} $piece of large-sized fruit (e.g. banana, grapefruit, dragon fruit)
* 1 tablespoon of dried fruit without added sugar and salt
* $\frac{3}{4} $glass (180ml) of pure fruit juice

1份水果的例子≈* 2個小型水果(如奇異果、西梅)
* 1個中型水果(如橙、蘋果、梨)
* $\frac{1}{2} $個大型水果(如香蕉、西柚、火龍果)
* 1湯匙無添加糖及鹽的乾果
* $\frac{3}{4} $杯(180毫升)純果汁
 | Vegetables (Choi Sum, spinach, Pak Choi, runner bean, bean sprouts, winter melon, hairy melon, carrots, cauliflower, tientsin cabbage, etc.) 蔬菜類(菜心、波菜、白菜、豆角、芽菜、冬瓜、節瓜、紅蘿蔔、椰菜花及紹菜等)Examples of 1 serving of vegetables ≈* 1 bowl of uncooked vegetables
* $\frac{1}{2}$ bowl of cooked vegetables

1份蔬菜的例子≈* 1碗未煮熟的蔬菜
* $\frac{1}{2} $碗煮熟的蔬菜
 | Meat, fish, egg and alternatives (chicken, pork, fish, beef, eggs)肉、魚、蛋及代替品(雞、豬、魚、牛、雞蛋)Examples of 1 serving of meat ≈* 30g of cooked meat (size of a table tennis ball)
* 1 medium-sized egg
* 1 piece of silky tofu

1份肉類的例子≈* 30克煮熟的肉(乒乓球的大小)
* 1隻中型雞蛋
* 1磚布包豆腐
 | Milk and alternatives (cow’s milk/reconstituted milk/calcium added soya milk)/ other dairy products奶類及代替品(鮮奶/奶粉/加鈣豆奶)/其他奶類食物Examples of 1 serving of milk ≈* 1 glass of low-fat milk
* 2 slices of low-fat cheese
* $\frac{2}{3}$ glass of low-fat yoghurt

1份奶類的例子≈* 1杯低脂奶
* 2片低脂芝士
* $\frac{2}{3} $杯低脂乳酪
 |
| Amount/day from Monday to Friday($ \frac{2}{3}$ standard requirement)由 星 期 一 至 五 每 日 所 需 份 量(標 準 幼 兒 飲 食 份 量 之 $\frac{2}{3 } $) |  |  |  |  |  |
| Monday | quantity / meal每 餐 份 量  |  |  |  |  |  |
| 星 期 一 | Total 總 數  |  |  |  |  |  |
| Tuesday | quantity / meal每 餐 份 量  |  |  |  |  |  |
| 星 期 二  | Total 總 數  |  |  |  |  |  |
|  | Grains (Rice/NoodleRice noodle/Spaghetti/Macaroni/Oatmeal/Bread)(avoid bread withexcessive sugar and fat) 穀物類(飯/麵/米粉/義大利粉/通心粉/麥片/麵包(避免吃過甜和高脂的麵包)Examples of 1 serving of grains ≈* $\frac{1}{5}$ bowl/ 1 tablespoon of cooked rice
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* $\frac{1}{2}$ bowl of congee
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1份穀物的例子≈* $\frac{1}{5}$ 碗/1湯匙煮熟的飯
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* 1 piece of medium-sized fruit (e.g. orange, apple, pear)
* $\frac{1}{2} $piece of large-sized fruit (e.g. banana, grapefruit, dragon fruit)
* 1 tablespoon of dried fruit without added sugar and salt
* $\frac{3}{4} $glass (180ml) of pure fruit juice

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* 1湯匙無添加糖及鹽的乾果
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 | Vegetables (Choi Sum, spinach, Pak Choi, runner bean, bean sprouts, winter melon, hairy melon, carrots, cauliflower, tientsin cabbage, etc.) 蔬菜類(菜心、波菜、白菜、豆角、芽菜、冬瓜、節瓜、紅蘿蔔、椰菜花及紹菜等)Examples of 1 serving of vegetables ≈* 1 bowl of uncooked vegetables
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| Amount/day from Monday to Friday($ \frac{2}{3}$ standard requirement)由 星 期 一 至 五 每 日 所 需 份 量(標 準 幼 兒 飲 食 份 量 之 $\frac{2}{3 } $) |  |  |  |  |  |
| Wednesday | quantity / meal每 餐 份 量  |  |  |  |  |  |
| 星 期 三  | Total 總 數  |  |  |  |  |  |
| Thursday | quantity / meal每 餐 份 量  |  |  |  |  |  |
| 星 期 四  | Total 總 數  |  |  |  |  |  |
| Friday | quantity / meal每 餐 份 量  |  |  |  |  |  |
| 星 期 五  | Total 總 數  |  |  |  |  |  |

* Remarks: 1 tablespoon = 15ml; 1 glass = 240ml; 1 bowl = 250 – 300 ml

註：1湯匙＝15毫升；1杯= 240毫升；1碗＝250－300毫升

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
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1份奶類的例子≈* 1杯低脂奶
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* $\frac{2}{3} $杯低脂乳酪
 |
| Amount/day for Saturday($\frac{1}{2}$ standard requirement)星 期 六 所 需 份 量(標 準 幼 兒 飲 食 份 量 之 $\frac{1}{2}$ ) |  |  |  |  |  |
| Saturday | quantity / meal每 餐 份 量  |  |  |  |  |  |
| 星 期 六  | Total 總 數  |  |  |  |  |  |
| Total amount required/week一 週 所 需 份 量 總 數  |  |  |  |  |  |
| Total amount prepared/week一 週 安 排 份 量 總 數  |  |  |  |  |  |
| \* Remarks (for CCCAI use) ( 幼 兒 中 心 督 導 組 專 用 )  |  |  |  |  |  |

＊Remarks: 1 tablespoon = 15ml; 1 glass = 240ml; 1 bowl = 250 – 300 ml

註：1湯匙＝15毫升；1杯= 240毫升；1碗＝250－300毫升

|  |  |  |  |
| --- | --- | --- | --- |
| Signature | 簽 名 | : |  |
| Name | 姓 名 | : |  |
| Post | 職 位 | : |  |
| Date | 日 期 | : |  |

(CCCAI Revised in September 2021)