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 ：_____

Remarks 註: According to Para. 6.3.4 of the Operation Manual for Pre-primary Institutions (September 2021) (Version 2.2), breakfast, lunch and dinner should each provide 30% of daily total energy and nutritional needs while mid-meals (snacks) should provide the rest. 根據學前機構辦學手冊（2021 年 9 月）（第 2.2 版），早餐、午餐及晚餐須每餐為兒童提供每日所需 30%的熱量及營養，其餘的可從餐與餐之間的小食攝取。

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/Noodle Rice noodle/ Spaghetti/Macaroni/ Oatmeal/Bread) (avoid bread with excessive 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))	Fruits (orange, tangerine, apple, pear, banana, etc.) 水果類(橙、柑、蘋果、梨及香蕉等)	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)	Meat, fish, egg and alternatives (chicken, pork, fish, beef, eggs) 肉、魚、蛋及代替品(雞、豬、魚、牛、雞蛋)	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 grains ≈ • $\frac{1}{5}$ bowl/ 1 tablespoon of cooked rice • $\frac{1}{3}$ bowl of cooked macaroni • $\frac{1}{2}$ bowl of congee • $\frac{1}{2}$ slice 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	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	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	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	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 星 期 一 — quantity / meal 每 餐 份 量					
Monday 星 期 一 — Total 總 數					
Tuesday 星 期 二 — quantity / meal 每 餐 份 量					
Tuesday 星 期 二 — Total 總 數					

Remarks 註: According to Para. 6.3.4 of the Operation Manual for Pre-primary Institutions (September 2021) (Version 2.2), breakfast, lunch and dinner should each provide 30% of daily total energy and nutritional needs while mid-meals (snacks) should provide the rest. 根據學前機構辦學手冊（2021 年 9 月）（第 2.2 版），早餐、午餐及晚餐須每餐為兒童提供每日所需 30%的熱量及營養，其餘的可從餐與餐之間的小食攝取。

	Grains (Rice/Noodle Rice noodle/ Spaghetti/Macaroni/ Oatmeal/Bread) (avoid bread with excessive 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 • $\frac{1}{3}$ bowl of cooked macaroni • $\frac{1}{2}$ bowl of congee • $\frac{1}{2}$ slice 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 $\frac{2}{3}$)					
Wednesday 星 期 三 — quantity / meal 每 餐 份 量					
Wednesday 星 期 三 — Total 總 數					
Thursday 星 期 四 — quantity / meal 每 餐 份 量					
Thursday 星 期 四 — Total 總 數					
Friday 星 期 五 — quantity / meal 每 餐 份 量					
Friday 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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	Grains (Rice/Noodle Rice noodle/ Spaghetti/Macaroni/ Oatmeal/Bread) (avoid bread with excessive 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)	Fruits (orange, tangerine, apple, pear, banana, etc.) 水果類 (橙、柑、蘋果、梨及香蕉等)	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)	Meat, fish, egg and alternatives (chicken, pork, fish, beef, eggs) 肉、魚、蛋及代替品(雞、豬、魚、牛、雞蛋)	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 grains ≈ • $\frac{1}{5}$ bowl/ 1 tablespoon of cooked rice • $\frac{1}{3}$ bowl of cooked macaroni • $\frac{1}{2}$ bowl of congee • $\frac{1}{2}$ slice 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	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	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	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	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 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 星期六 / quantity / meal 每餐份量					
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)

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