

Weekly Menu of Residential Child Care Centre

留宿幼兒中心一週菜單

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	Sunday 星期 日
1. Breakfast 早 餐							
2. Morning Snack 早 點							
3. Lunch 午 餐							
4. Afternoon Snack 午 點							
5. Dinner 晚 餐							
6. Night Snack 晚 點							

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

(CCCAI Revised in September 2021)

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 (Residential Child Care Centre)

留宿幼兒中心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) : _____

<p>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))</p> <p>Examples of 1 serving of grains ≈</p> <ul style="list-style-type: none"> • $\frac{1}{5}$ 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) <p>1 份穀物的例子≈</p> <ul style="list-style-type: none"> • $\frac{1}{5}$ 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 	<p>Fruits (orange, tangerine, apple, pear, banana, etc.) 水果類(橙、柑、蘋果、梨及香蕉等)</p> <p>Examples of 1 serving of fruits ≈</p> <ul style="list-style-type: none"> • 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 <p>1 份水果的例子≈</p> <ul style="list-style-type: none"> • 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 	<p>Vegetables (Choi Sum, spinach, Pak Choi, runner bean, bean sprouts, winter melon, hairy melon, carrots, cauliflower, tientsin cabbage, etc.) 蔬菜類(菜心、菠菜、白菜、豆角、芽菜、冬瓜、節瓜、紅蘿蔔、椰菜花及紹菜等)</p> <p>Examples of 1 serving of vegetables ≈</p> <ul style="list-style-type: none"> • 1 bowl of uncooked vegetables • $\frac{1}{2}$ bowl of cooked vegetables <p>1 份蔬菜的例子≈</p> <ul style="list-style-type: none"> • 1 碗未煮熟的蔬菜 • $\frac{1}{2}$ 碗煮熟的蔬菜 	<p>Meat, fish, egg and alternatives (chicken, pork, fish, beef, eggs) 肉、魚、蛋及代替品(雞、豬、魚、牛、雞蛋)</p> <p>Examples of 1 serving of meat ≈</p> <ul style="list-style-type: none"> • 30g of cooked meat (size of a table tennis ball) • 1 medium-sized egg • 1 piece of silky tofu <p>1 份肉類的例子≈</p> <ul style="list-style-type: none"> • 30 克煮熟的肉(乒乓球的大小) • 1 隻中型雞蛋 • 1 磚布包豆腐 	<p>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</p> <p>Examples of 1 serving of milk ≈</p> <ul style="list-style-type: none"> • 1 glass of low-fat milk • 2 slices of low-fat cheese • $\frac{2}{3}$ glass of low-fat yoghurt <p>1 份奶類的例子≈</p> <ul style="list-style-type: none"> • 1 杯低脂奶 • 2 片低脂芝士 • $\frac{2}{3}$ 杯低脂乳酪
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Amount/day from Monday to Sunday (standard requirement)
由星期一至日每日所需份量(標準幼兒飲食份量)

Monday 星期 一	quantity / meal 每餐份量					
	Total 總數					
Tuesday 星期 二	quantity / meal 每餐份量					
	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。

<p>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))</p> <p>Examples of 1 serving of grains ≈</p> <ul style="list-style-type: none"> • $\frac{1}{5}$ 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) <p>1 份穀物的例子≈</p> <ul style="list-style-type: none"> • $\frac{1}{5}$ 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 	<p>Fruits (orange, tangerine, apple, pear, banana, etc.) 水果類(橙、柑、蘋果、梨及香蕉等)</p> <p>Examples of 1 serving of fruits ≈</p> <ul style="list-style-type: none"> • 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 <p>1 份水果的例子≈</p> <ul style="list-style-type: none"> • 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 	<p>Vegetables (Choi Sum, spinach, Pak Choi, runner bean, bean sprouts, winter melon, hairy melon, carrots, cauliflower, tientsin cabbage, etc.) 蔬菜類(菜心、菠菜、白菜、豆角、芽菜、冬瓜、節瓜、紅蘿蔔、椰菜花及紹菜等)</p> <p>Examples of 1 serving of vegetables ≈</p> <ul style="list-style-type: none"> • 1 bowl of uncooked vegetables • $\frac{1}{2}$ bowl of cooked vegetables <p>1 份蔬菜的例子≈</p> <ul style="list-style-type: none"> • 1 碗未煮熟的蔬菜 • $\frac{1}{2}$ 碗煮熟的蔬菜 	<p>Meat, fish, egg and alternatives (chicken, pork, fish, beef, eggs) 肉、魚、蛋及代替品(雞、豬、魚、牛、雞蛋)</p> <p>Examples of 1 serving of meat ≈</p> <ul style="list-style-type: none"> • 30g of cooked meat (size of a table tennis ball) • 1 medium-sized egg • 1 piece of silky tofu <p>1 份肉類的例子≈</p> <ul style="list-style-type: none"> • 30 克煮熟的肉(乒乓球的大小) • 1 隻中型雞蛋 • 1 磚布包豆腐 	<p>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</p> <p>Examples of 1 serving of milk ≈</p> <ul style="list-style-type: none"> • 1 glass of low-fat milk • 2 slices of low-fat cheese • $\frac{2}{3}$ glass of low-fat yoghurt <p>1 份奶類的例子≈</p> <ul style="list-style-type: none"> • 1 杯低脂奶 • 2 片低脂芝士 • $\frac{2}{3}$ 杯低脂乳酪
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<p>Amount/day from Monday to Sunday (standard requirement) 由星期一至日每日所需份量 (標準幼兒飲食份量)</p>						
<p>Wednesday 星期三</p>	<p>quantity / meal 每餐份量</p>					
	<p>Total 總數</p>					
<p>Thursday 星期四</p>	<p>quantity / meal 每餐份量</p>					
	<p>Total 總數</p>					
<p>Friday 星期五</p>	<p>quantity / meal 每餐份量</p>					
	<p>Total 總數</p>					
<p>Saturday 星期六</p>	<p>quantity / meal 每餐份量</p>					
	<p>Total 總數</p>					
<p>Sunday 星期日</p>	<p>quantity / meal 每餐份量</p>					
	<p>Total 總數</p>					

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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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