

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 2008)

Remarks 註: According to Para. 6.3.4 of the Operation Manual for Pre-primary Institutions, an ideal breakfast should provide 1/4 of the daily total energy while lunch and dinner should each contribute 1/3, and mid-meals (snacks) should provide the rest of a child's daily calories. 根據學前機構辦學手冊第 6.3.4 段，理想的健康早餐須為兒童提供每日所需四分之一的熱量，午餐及晚餐的熱量比例則分別為每日所需的三分之一，而餘下所需的熱量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) : _____

	Oatmeal/Rice/Noodle Rice noodle/ Spaghetti/Macaroni/ Crackers (avoid excessive sweet crackers) 麥片/飯/麵/ 米粉/義大利粉/通心 粉/餅乾(避免吃過甜 餅乾)	Fresh fruit (orange, tangerine, apple, pear, banana etc.) 鮮果(橙、 柑、蘋果、梨及 香蕉等)	Vegetables (Choi Sum, spinach, Pak Choi, runner bean, bean sprouts, winter melon, marrow, carrots, cauliflower, tientsin, cabbage, etc.) 菜 (菜心、菠菜、白 菜、豆角、芽菜、冬 瓜、節瓜、紅蘿蔔、 椰菜花及紹菜等)	Meat (chicken, pork, fish, beef)/ eggs (1 tael of meat=1 egg) 肉類 (雞、 豬、魚、牛)/ 雞蛋 (1 兩肉=1 隻雞 蛋)	Milk (fresh milk/reconstituted milk/soya milk)/ other dairy products (1 cup of milk=1 piece of cheese=160 ml yogurt)奶(鮮奶/奶 粉/豆奶)其他奶類 食物(1 杯奶=1 片芝 士=160 毫升乳酪)
(* Quantity in medium size bowl, number or gram 份量以中型碗，個或克為單位)	(1/2 medium size bowl of rice/noodle/oatmeal =1 piece of bread =1 medium size bowl of congee =4 crackers (半碗(中型碗)飯/麵/ 麥片 =一片麵包 =一碗(中型碗)粥 =4 塊餅乾				
Amount/day from Monday to Friday (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 2/3)					
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				
Wednesday 星期 三	quantity / meal 每餐份量 ----- Total 總數				
Thursday 星期 四	quantity / meal 每餐份量 ----- Total 總數				
Friday 星期 五	quantity / meal 每餐份量 ----- Total 總數				

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		Oatmeal/Rice/Noodle Rice noodle/ Spaghetti/Macaroni/ Crackers (avoid excessive sweet crackers) 麥片/飯/麵 米粉/義大利粉/通心 粉/餅乾(避免吃過甜 餅乾) (1/2 medium size bowl of rice/noodle/oatmeal =1 piece of bread =1 medium size bowl of congee =4 crackers (半碗(中型碗)飯/麵/ 麥片 =一片麵包 =一碗(中型碗)粥 =4 塊餅乾	Fresh fruit (orange, tangerine, apple, pear, banana etc.) 鮮果(橙、 柑、蘋果、梨及 香蕉等)	Vegetables (Choi Sum, spinach, Pak Choi, runner bean, bean sprouts, winter melon, marrow, carrots, cauliflower, tientsin, cabbage, etc.) 菜 (菜心、菠菜、白 菜、豆角、芽菜、冬 瓜、節瓜、紅蘿蔔、 椰菜花及紹菜等)	Meat (chicken, pork, fish, beef)/ eggs (1 tael of meat=1 egg) 肉類 (雞、 豬、魚、牛)/ 雞蛋 (1 兩肉=1 隻雞 蛋)	Milk (fresh milk/reconstituted milk/soya milk)/ other dairy products (1 cup of milk=1 piece of cheese=160 ml yogurt)奶(鮮奶/奶 粉/豆奶)其他奶類 食物(1 杯奶=1 片芝 士=160 毫升乳酪)
Amount/day for Saturday (1/2 standard requirement) 星期六所需份量(標準幼兒飲食 份量之 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)						

Signature 簽名: _____
Name 姓名: _____
Post 職位: _____
Date 日期: _____

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