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/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 ≈   * bowl/ 1 tablespoon of cooked rice * owl of cooked macaroni * bowl of congee * lice of bread (without crust)   1份穀物的例子≈   * 碗/1湯匙煮熟的飯 * 碗煮熟的通心粉 * 碗粥 * 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) * piece of large-sized fruit (e.g. banana, grapefruit, dragon fruit) * 1 tablespoon of dried fruit without added sugar and salt * 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) * 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 * 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 * bowl of cooked vegetables   1份蔬菜的例子≈   * 1碗未煮熟的蔬菜 * 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 * glass of low-fat yoghurt   1份奶類的例子≈   * 1杯低脂奶 * 2片低脂芝士 * 杯低脂乳酪 |
| Amount/day from Monday to Friday  ( standard requirement)  由 星 期 一 至 五 每 日 所 需 份 量(標 準 幼 兒 飲 食 份 量 之 ) | |  |  |  |  |  |
| 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/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 ≈   * bowl/ 1 tablespoon of cooked rice * owl of cooked macaroni * bowl of congee * lice of bread (without crust)   1份穀物的例子≈   * 碗/1湯匙煮熟的飯 * 碗煮熟的通心粉 * 碗粥 * 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) * piece of large-sized fruit (e.g. banana, grapefruit, dragon fruit) * 1 tablespoon of dried fruit without added sugar and salt * 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) * 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 * 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 * bowl of cooked vegetables   1份蔬菜的例子≈   * 1碗未煮熟的蔬菜 * 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 * glass of low-fat yoghurt   1份奶類的例子≈   * 1杯低脂奶 * 2片低脂芝士 * 杯低脂乳酪 |
| Amount/day from Monday to Friday  ( standard requirement)  由 星 期 一 至 五 每 日 所 需 份 量(標 準 幼 兒 飲 食 份 量 之 ) | |  |  |  |  |  |
| 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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| --- | --- | --- | --- | --- | --- | --- |
|  | | 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 ≈   * bowl/ 1 tablespoon of cooked rice * owl of cooked macaroni * bowl of congee * lice of bread (without crust)   1份穀物的例子≈   * 碗/1湯匙煮熟的飯 * 碗煮熟的通心粉 * 碗粥 * 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) * piece of large-sized fruit (e.g. banana, grapefruit, dragon fruit) * 1 tablespoon of dried fruit without added sugar and salt * 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) * 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 * 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 * bowl of cooked vegetables   1份蔬菜的例子≈   * 1碗未煮熟的蔬菜 * 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 * glass of low-fat yoghurt   1份奶類的例子≈   * 1杯低脂奶 * 2片低脂芝士 * 杯低脂乳酪 |
| Amount/day for Saturday  ( standard requirement)  星 期 六 所 需 份 量  (標 準 幼 兒 飲 食 份 量 之 ) | |  |  |  |  |  |
| 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)