

香港基督教服務處培愛學校
Hong Kan Christian Service Pui Oi School
午膳餐單 (2024年 6月) Lunch Menu (Jun 2024)

*為結合環保教育，提升學生環保意識，營造綠色校園，每個月的第一個星期一設為每月素食日，當天只提供素食選擇。
 *In order to promote environmental protection education, enhance students' awareness of environmental protection, and create a green campus, the first Monday of each month is set as the monthly vegetarian day, and only vegetarian options are available on that day.

如教育局宣佈停課，該日餐單將會順延一日。
If the Education Bureau announces the suspension of classes, the menu for that day will be postponed for next school day.

日期	A餐	B餐	V餐(素食餐)
11/6 Tue	蕃茄菠蘿炒肉片	低脂芝士洋葱吞拿魚焗貝殼粉	蕃茄洋葱焗貝殼粉
	Pork with tomato & pineapple	Baked conchiglie with low-fat-cheese, onion	Baked conchiglie with tomato & onion
12/6 Wed	南瓜蒸雞球	洋葱牛肉碎炒蛋	菠菜蛋餅
	Steamed chicken with pumpkin	Fried egg with minced beef & onion	Fried egg with spinach
13/6 Thu	瑞士汁雞翼	低脂芝士雙花焗魚柳	低脂鮮奶煮雙花
	Chicken wing in Swiss sauce	Fish fillet with low-fat-cheese, broccoli & cauliflower	Broccoli & cauliflower in low-fat-milk sauce
14/6 Fri	茄子炒牛肉	馬蹄香菇蒸肉餅	茄子炒雜菇
	Beef with eggplant	Steamed minced pork with water chestnut & mushroom	Mixed mushroom with eggplant
17/6 (Mon)*	椰菜甘筍雞蛋撈米粉	雜菌燴豆腐	蕃茄炒蛋
	Rice noodles with carrot, egg & vegetable	Tofu with mixed mushroom	Fried egg with tomato
18/6 Tue	甘筍青瓜炒牛肉	香菇雲耳蒸雞肉餅	香菇雲耳蒸素雞
	Beef with carrot & cucumber	Steamed minced chicken with mushroom & black fungus	Steamed tofu roll with mushroom & black fungus
19/6 Wed	茄子煮魚柳	雞蛋蒸免治豬肉	香菇蒸滑蛋
	Fish fillet with eggplant	Steamed egg with minced pork	Steamed egg with mushroom
20/6 Thu	柱侯洋葱蒸豬柳	彩椒炒牛肉碎	彩椒炒豆腐乾
	Steamed pork with onion in Chu Hou sauce	Minced beef with capsicum	Dried tofu with capsicum
21/6 Fri	蕃茄蒸雞柳	低脂鮮奶蘑菇薯仔燴魚柳	低脂鮮奶蘑菇薯仔
	Steamed chicken with tomato	Fish fillet with mushroom & potato in low-fat-milk sauce	Mushroom & potato in low-fat-milk sauce
24/6 Mon	雲耳青瓜豬柳	香菇甘筍牛肉碎蛋菜飯	香菇甘筍蛋菜飯
	Pork with black fungus & cucumber	Rice with mushroom, carrot, minced beef, egg & vegetable	Rice with mushroom, carrot, egg & vegetable
25/6 Tue	豉汁豆腐蒸魚柳	彩椒菠蘿免治豬肉	彩椒菠蘿豆腐乾
	Steamed fish fillet with tofu in black bean sauce	Minced pork with capsicum & pineapple	Dried tofu with capsicum & pineapple
26/6 Wed	沙薑薯仔雞翼	洋葱牛肉碎炒蛋	南瓜煮紅腰豆
	Chicken wing with potato in ginger sauce	Fried egg with minced beef & onion	Red kidney bean with pumpkin
27/6 Thu	蒜香洋葱雞扒	粟米蓉焗魚柳	粟米蓉焗豆腐
	Chicken fillet with onion in garlic sauce	Baked fish fillet with cream style corn	Tofu with cream style corn
28/6 Fri	冬瓜腐竹草菇炆肉片	香菇牛肉碎	冬瓜草菇炆腐竹
	Pork with wax gourd, tofu sheet & straw mushroom	Minced beef with mushroom	Wax gourd, tofu sheet & straw mushroom