

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 7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.

日期	A餐	B餐	V餐(素食餐)
2/7 Tue	沙葛炒牛肉 Beef with yam bean	甘筍雲耳雞肉碎菜飯 Rice with carrot, black fungus, minced chicken	沙葛炒甘筍鮮百合 Yam bean with carrot & lily bulb
3/7 Wed	焗孜然雞小腿 Baked chicken drumstick with cumin	南瓜茸蒸肉餅 Steamed minced pork with pumpkin	粟米燴素雞 Tofu roll with corn
4/7 Thu	洋蔥炒牛柳 Beef with onion	豬肉碎蒸蛋 Steamed egg with minced pork	香菇蒸蛋 Steamed egg with mushroom
5/7 Fri	節瓜炒雞柳 Chicken with hairy gourd	檸汁薯仔焗魚柳 Baked fish fillet with potato in lemon sauce	薯仔燴雙花 Broccoli & cauliflower with potato
10/7 Wed	腐竹冬瓜肉片 Pork with tofu sheet & wax gourd	洋蔥牛肉碎炒蛋 Fried egg with minced beef & onion	菠菜蛋餅 Fried egg with spinach
11/7 Thu	香草薯仔雞柳 Chicken with potato & herb	低脂鮮奶洋蔥吞拿魚燴貝殼粉 Conchiglie with onion & tuna in low-fat-milk sauce	低脂鮮奶洋蔥雜菌燴貝殼粉 Conchiglie with onion & mixed mushroom in low-fat-milk sauce