**香港基督教服務處培愛學校**
**Hong Kan Christian Service Pui Oi School**

**午膳餐單 (2025年1月) Lunch Menu (Jan 2025)**

*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) |
|---|---|---|---|
| 2/1 Thu | 洋蔥炒牛肉<br>Beef with onion | 豬肉碎蒸蛋<br>Steamed egg with minced pork | 香菇蒸蛋<br>Steamed egg with mushroom |
| 3/1 Fri | 節瓜炒豬柳<br>Pork with hairy gourd | 低脂芝士雙花魚柳<br>Fish fillet with low-fat-cheese, broccoli & cauliflower | 低脂鮮奶煮雙花<br>Broccoli & cauliflower in low-fat-milk sauce |
| 13/1 Mon* | 柱候醬鮮淮山炆腐竹<br>Tofu sheet with fresh Huaishan in Chu Hou sauce | 葡汁南瓜雜菌<br>Pumpkin with mixed mushroom in coconut curry sauce | 粟米素雞<br>Tofu roll with corn |
| 14/11 Tue | 芋頭炒豬柳<br>Pork with taro | 蕃茄牛肉碎炒蛋<br>Fried egg with minced beef & tomato | 蕃茄煮豆腐乾<br>Dried tofu with tomato |
| 15/1 Wed | 上海香菇肉碎菜飯<br>Rice with minced pork, mushroom & vegetable | 南瓜魚柳<br>Fish fillet with pumpkin | 上海香菇雲耳絲菜飯<br>Rice with mushroom, black fungus & vegetable |
| 16/1 Thu | 淡黑椒汁茄子蒸豬肉<br>Steamed pork with eggplant in light black pepper sauce | 免治雞肉蒸蛋<br>Steamed egg with minced chicken | 甘筍南瓜<br>Carrot & pumpkin |
| 17/1 Fri | 薯仔雞柳球<br>Chicken with potato | 低脂芝士蕃茄魚柳<br>Fish fillet with tomato & low-fat-cheese | 蕃茄雙花<br>Broccoli & cauliflower with tomato |
| 20/1 Mon | 照燒汁洋蔥牛柳絲<br>Beef with onion in Teriyaki sauce | 蒜香雜菌肉碎<br>Minced pork with mixed mushroom in garlic sauce | 雜菌豆腐<br>Tofu with mixed mushroom |
| 21/1 Tue | 蕃茄焗豬扒<br>Baked pork chop with tomato | 粟米蓉魚柳<br>Fish fillet with cream style corn | 蕃茄炒蛋<br>Fried egg with tomato |
| 22/1 Wed | 紅蔥頭芋頭蒸雞<br>Steamed chicken with shallots & taro | 沙葛炒牛肉碎<br>Minced beef with yam bean | 芋頭甘筍蒸雲耳<br>Steamed black fungus with taro & carrot |
| 23/1 Thu | 淡黑椒汁洋蔥焗雞柳<br>Baked chicken fillet with onion in light pepper sauce | 咕嚕彩椒魚柳<br>Fish fillet with capsicum in tomato sauce | 咕嚕彩椒翠玉瓜<br>Capsicum and zucchini in tomato sauce |