

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3月) Lunch Menu (Mar 2025)

*為結合環保教育，提升學生環保意識，營造綠色校園，每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)
3/3 Mon*	淡黑椒汁雲耳翠玉瓜腐竹 Tofu sheet, black fungus with zucchini in light pepper sauce	薑黃甘筍雞蛋菜飯 Rice with carrot, egg, vegetable & ginger	香菇燒汁豆腐飯 Rice with mushroom and tofu in Teriyaki sauce
4/3 Tue	節瓜百合炒牛肉 Beef with hairy gourd & lily bulb	香蔥馬蹄蒸雞肉餅 Steamed minced chicken with water chestnut & fistular onion	節瓜腐竹炒雜菇 Mixed mushroom with hairy gourd & tofu sheet
5/3 Wed	焗沙薑雞小腿 Baked chicken drumstick with sand ginger powder	菠蘿肉碎甘筍雞蛋菜飯 Rice with pineapple, minced pork, carrot, egg & vegetable	菠蘿甘筍粒雞蛋菜飯 Rice with pineapple, carrot, egg & vegetable
6/3 Thu	香茅焗豬扒 Baked pork chop with lemongrass	沙葛炒牛肉碎 Minced beef with yam bean	腰果沙葛炒百合 Cashew with yam bean lily bulb
7/3 Fri	西檸雞 Chicken in lemon sauce	蕃茄蒸魚柳 Steamed fish fillet with tomato	雜菇炒蛋 Fried egg with mixed mushroom
10/3 Mon	蒜香翠玉瓜炒豬柳 Pork with zucchini in garlic sauce	香菇豆腐牛肉碎 Minced beef with mushroom & tofu	香菇豆腐 Tofu with mushroom
11/3 Tue	蕃茄菠蘿炒肉片 Pork with tomato & pineapple	低脂鮮奶洋蔥甘筍三文魚貝殼粉 Conchiglie with low-fat-milk, onion, carrot & salmon	洋蔥茄汁豆燻貝殼粉 Baked conchiglie with onion & beans in tomato sauce
12/3 Wed	南瓜蒸雞球 Steamed chicken with pumpkin	洋蔥豬肉碎炒蛋 Fried egg with minced pork & onion	菠菜蛋餅 Fried egg with spinach
13/3 Thu	瑞士汁雞翼 Chicken wing in Swiss sauce	檸汁薯仔焗魚柳 Baked fish fillet with potato in lemon sauce	素蠔油薯仔素雞 Tofu roll with potato in vegetarian oyster sauce
14/3 Fri	洋蔥炒牛肉 Beef with onion	馬蹄香菇蒸肉餅 Steamed minced pork with water chestnut & mushroom	洋蔥雜菇炒蛋 Fried egg with mixed mushroom and onion
17/3 Mon	蜜桃炒雞球 Chicken with peach	南瓜蒸魚柳 Steamed fish fillet with pumpkin sauce	香菇雲耳蒸素雞 Steamed tofu roll with mushroom & black fungus
18/3 Tue	甘筍青瓜炒牛肉 Beef with carrot & cucumber	雞蛋蒸豬肉碎 Steamed egg with minced pork	雜菇煮紅腰豆 Red kidney bean with mixed mushroom
19/3 Wed	香菇雲耳蒸雞柳 Steamed chicken with mushroom & black fungus	茄子煮魚柳 Fish fillet with eggplant	蕃茄炒蛋 Fried egg with tomato
25/3 Tue	雲耳青瓜豬柳 Pork with black fungus & cucumber	香菇甘筍牛肉碎蛋菜飯 Rice with mushroom, carrot, minced beef, egg & vegetable	香菇甘筍蛋菜飯 Rice with mushroom, carrot, egg & vegetable
26/3 Wed	沙薑薯仔雞翼 Chicken wing with potato in ginger sauce	洋蔥豬肉碎炒蛋 Fried egg with minced pork & onion	磨菇炒蛋 Fried egg with mushroom
27/3 Thu	蒜香洋蔥雞柳 Chicken fillet with onion in garlic sauce	粟米蓉焗魚柳 Baked fish fillet with cream style corn	粟米蓉豆腐 Tofu with cream style corn
28/3 Fri	白蘿蔔草菇炆肉片 Pork with Chinese turnip & straw mushroom	香菇牛肉碎 Minced beef with mushroom	白蘿蔔草菇炆腐竹 Chinese turnip, tofu sheet & straw mushroom
31/3 Mon	淡咖哩薯仔雞柳 Chicken fillet with potato in light curry sauce	香草蕃茄魚柳 Fish fillet with tomato & herb	合桃淡咖哩薯仔雙花 Walnut with broccoli, cauliflower & potato in light curry sauce

所有午餐會配備1份蔬菜、1份高纖穀物：紅米或小米