

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4月) Lunch Menu (Apr 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)
1/4 Tue	沙葛炒牛柳 Beef with yam bean	甘筍雲耳雞肉碎菜飯 Rice with carrot, black fungus, minced chicken & vegetable	沙葛炒甘筍鮮百合鮮枝竹 Yam bean with carrot, lily bulb & beancurd sheet
2/4 Wed	焗孜然雞小腿 Baked chicken drumstick with cumin	南瓜茸蒸肉餅 Steamed minced pork with pumpkin	彩椒菠蘿豆腐乾 Dried tofu with capsicum & pineapple
3/4 Thu	洋葱炒牛肉 Beef with onion	豬肉碎蒸蛋 Steamed egg with minced pork	香菇蒸蛋 Steamed egg with mushroom
7/4 Mon*	雞脾菇素雞 Tufu roll with chicken spleen mushroom	香菇蒸蛋 Steamed egg with mushroom	葡汁薯仔甘筍豆腐 Potato, carrot & tofu in coconut curry sauce
8/4 Tue	蜜糖焗薯仔雞翼 Baked chicken wing with potato in honey sauce	咕嚕彩椒魚柳 Fish fillet with capsicum in tomato sauce	咕嚕彩椒豆腐乾 Capsicum & dried tofu in tomato sauce
9/4 Wed	香草檸檬豬柳 Pork in herb & lemon sauce	洋蔥蕃茄牛肉碎 Minced beef with onion & tomato	芝麻菠菜蛋餅 Fried egg with spinach & sesame
10/4 Thu	香草薯仔雞球 Chicken with potato & herb	肉碎三文魚蛋有味飯 Rice with minced pork, salmon & egg	低脂鮮奶腐竹雜菌燴貝殼粉 Conchiglie with tofu sheet & mixed mushroom in low-fat-milk sauce
11/4 Fri	合掌瓜雲耳蒸豬肉 Steamed pork with chayote & black fungus	牛肉碎炒蛋 Fried egg with minced beef	蕃茄炒蛋 Fried egg with tomato
14/4 Mon	粟米蓉南瓜煮雞肉片 Chicken with cream style corn & pumpkin	甘筍洋葱魚柳 Fish fillet with Carrot & onion	葡汁薯仔甘筍鮮枝竹 Potato, carrot & beancurd sheet in coconut curry sauce
15/4 Tue	芋頭炒豬柳 Pork with taro	蕃茄牛肉碎炒蛋 Fried egg with minced beef & tomato	腰果蕃茄煮豆腐乾 Dried tofu with tomato & cashew
28/4 Mon	腐竹冬瓜肉片 Pork with tofu sheet & Wax gourd	蕃茄魚柳 Fish fillet with tomato	低脂鮮奶磨菇甘筍腐竹 Mushroom, carrot & tofu sheet in low-fat-milk sauce
29/4 Tue	生菜牛肉碎蛋飯 Rice with minced beef, egg and vegetable	南瓜蒸魚柳 Steamed fish fillet with pumpkin	生菜豆乾蛋絲飯 Rice with dried tofu, egg and vegetable
30/4 Wed	香菇蒸雞翼 Steamed chicken wing with mushroom	洋葱肉碎炒蛋 Fried egg with minced pork & onion	豆腐煮草菇 Straw mushroom with tofu

所有午餐會配備1份蔬菜、1份高纖穀物：紅米或小米