

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9月) Lunch Menu (Sep 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)
3/9 Tue	節瓜百合炒牛肉	香蔥馬蹄蒸雞肉餅	節瓜百合炒雜菇
	Beef with hairy gourd & lily bulb	Steamed minced chicken with water chestnut & fistular onion	Mixed mushroom with hairy gourd & lily bulb
4/9 Wed	焗沙薑雞小腿	菠蘿肉碎甘筍雞蛋菜飯	菠蘿甘筍粒雞蛋菜飯
	Baked chicken drumstick with sand ginger p	Rice with pineapple, minced pork, carrot, egg & vegetable	Rice with pineapple, carrot, egg & vegetable
5/9 Thu	香茅焗豬扒	沙葛炒牛肉碎	沙葛炒百合
	Baked pork chop in lemongrass sauce	Minced beef with yam bean	Lily bulb with yam bean
6/9 Fri	西檸雞	蕃茄蒸魚柳	雜菇炆芋頭
	Chicken in lemon sauce	Steamed fish fillet with tomato	Taro with mixed mushroom
9/9 (Mon)*	南乳羅漢齋	粟米蓉燴豆腐	洋蔥炒草菇
	Braised vegetable with red fermented beabcurd	Tofu with cream style corn	onion and straw mushroom
10/9 Tue	蕃茄菠蘿炒肉片	低脂鮮奶洋蔥甘筍三文魚貝殼粉	蕃茄洋蔥焗貝殼粉
	Pork with tomato & pineapple	Conchiglie with low-fat-milk, onion, carrot & salmon	Baked conchiglie with tomato & onion
11/9 Wed	南瓜蒸雞球	洋葱豬肉碎炒蛋	菠菜蛋餅
	Steamed chicken with pumpkin	Fried egg with minced pork & onion	Fried egg with spinach
12/9 Thu	瑞士汁雞翼	檸汁薯仔焗魚柳	薯仔燴雙花
	Chicken wing in Swiss sauce	Baked fish fillet with potato in lemon sauce	Broccoli & cauliflower with potato
13/9 Fri	洋葱炒牛肉	馬蹄香菇蒸肉餅	洋葱炒雜菇
	Beef with onion	Steamed minced pork with water chestnut & mushroom	Mixed mushroom with onion
16/9 Mon	蜜桃炒雞球	南瓜燴魚柳	香菇雲耳蒸素雞
	Chicken with peach	Steamed fish fillet with pumpkin sauce	Steamed tofu roll with mushroom & black fungus
17/9 Tue	甘筍青瓜炒牛肉	雞蛋蒸豬肉碎	雜菇煮紅腰豆
	Beef with carrot & cucumber	Steamed egg with minced pork	Red kidney bean with mixed mushroom
19/9 Thu	柱侯洋葱蒸肉片	甘筍炒牛肉碎	甘筍炒豆腐乾
	Steamed pork with onion in Chu Hou sauce	Minced beef with carrot	Dried tofu with carrot
20/9 Fri	蕃茄蒸雞球	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
23/9 Mon	彩椒菠蘿豬扒	豉汁豆腐蒸魚柳	粟米燴素雞
	Pork chop with capsicum & pineapple	Steamed fish fillet with tofu in black bean sauce	Tofu roll with corn
24/9 Tue	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
25/9 Wed	沙薑薯仔雞翼	洋葱豬肉碎炒蛋	蘑菇炒蛋
	Chicken wing with potato in ginger sauce	Fried egg with minced pork & onion	Fried egg with mushroom
26/9 Thu	蒜香洋葱雞柳	粟米蓉焗魚柳	粟米蓉燴豆腐
	Chicken fillet with onion in garlic sauce	Baked fish fillet with cream style corn	Tofu with cream style corn
27/9 Fri	白蘿蔔草菇炆肉片	香菇牛肉碎	白蘿蔔草菇炆腐竹
	Pork with Chinese turnip & straw mushroom	Minced beef with mushroom	Chinese turnip, tofu sheet & straw mushroom
30/9 Mon	淡咖哩薯仔雞柳	香草蕃茄燴魚柳	淡咖哩薯仔雙花
	Chicken fillet with potato in light curry sauce	Fish fillet with tomato & herb	Broccoli & cauliflower with potato in light curry sauce