

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10月) Lunch Menu (Oct 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)
2/10 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
3/10 Thu	洋蔥炒牛肉 Beef with onion	豬肉碎蒸蛋 Steamed egg with minced pork	香菇蒸蛋 Steamed egg with mushroom
4/10 Fri	節瓜炒豬柳 Pork with hairy gourd	低脂芝士雙花燴魚柳 Fish fillet with low-fat-cheese, broccoli & cauliflower	低脂鮮奶煮雙花 Broccoli & cauliflower in low-fat-milk sauce
7/10 (Mon)*	麵豉醬茄子燒白豆角 String beans with eggplant in miso sauce	香菇蒸蛋 Steamed egg with mushroom	淡咖哩薯仔雙花 Broccoli & cauliflower with potato in light curry sauce
8/10 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	咕嚕彩椒翠玉瓜 Capsicum & zucchini in tomato sauce
9/10 Wed	香草檸檬豬柳 Pork in herb & lemon sauce	洋蔥蕃茄牛肉碎 Minced beef with onion & tomato	菠菜蛋餅 Fried egg with spinach
10/10 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	低脂鮮奶洋蔥雜菌燴貝殼粉 Conchiglie with onion & mixed mushroom in low-fat-milk sauce
14/10 Mon	粟米蓉南瓜煮雞肉片 Chicken with cream style corn & pumpkin	甘筍洋蔥魚柳燴飯 Rice with carrot, onion & fish fillet	葡汁薯仔甘筍 Potato & carrot in coconut curry sauce
15/10 Tue	芋頭炒豬柳 Pork with taro	蕃茄牛肉碎炒蛋 Fried egg with minced beef & tomato	蕃茄煮豆腐乾 Dried tofu with tomato
16/10 Wed	上海香菇肉碎菜飯 Rice with minced pork, mushroom & vegetable	南瓜燴魚柳 Fish fillet with pumpkin	上海香菇雲耳絲菜飯 Rice with mushroom, black fungus & vegetable
17/10 Thu	淡黑椒汁茄子蒸豬肉 Steamed pork with eggplant in light black pepper sauce	免治雞肉蒸蛋 Steamed egg with minced chicken	甘筍南瓜燴飯 Rice with carrot & pumpkin
21/10 Mon	照燒汁洋蔥牛柳絲 Beef with onion in Teriyaki sauce	蒜香雜菌燴肉碎 Minced pork with mixed mushroom in garlic sauce	雜菌燴豆腐 Tofu with mixed mushroom
22/10 Tue	蕃茄焗豬扒 Baked pork chop with tomato	粟米蓉魚柳 Fish fillet with cream style corn	蕃茄炒蛋 Fried egg with tomato
23/10 Wed	紅蔥頭芋頭蒸雞 Steamed chicken with shallots & taro	沙葛炒牛肉碎 Minced beef with yam bean	芋頭甘筍蒸雲耳 Steamed black fungus with taro & carrot
24/10 Thu	淡黑椒汁洋蔥焗雞柳 Baked chicken fillet with onion in light pepper sauce	咕嚕彩椒魚柳 Fish fillet with capsicum in tomato sauce	咕嚕彩椒翠玉瓜 Capsicum and zucchini in tomato sauce
25/10 Fri	粟米粒甘筍肉片 Pork with corn & carrot	低脂鮮奶洋蔥吞拿魚燴貝殼粉 Conchiglie with onion & tuna in low-fat milk sauce	椰菜甘筍雞蛋撈米粉 Rice noodles with carrot, egg & vegetable
28/10 Mon	腐竹白蘿蔔肉片 Pork with tofu sheet & Chinese turnip	蕃茄燴魚柳 Fish fillet with tomato	低脂鮮奶磨菇甘筍燴飯 Rice with mushroom & carrot in low-fat-milk sauce
29/10 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
30/10 Wed	香菇蒸雞翼 Steamed chicken wing with mushroom	洋蔥肉碎炒蛋 Fried egg with minced pork & onion	南瓜煮草菇 Straw mushroom with pumpkin
31/10 Thu	百合甘筍炒牛柳 Beef with lily bulb & carrot	豆腐免治雞肉 Minced chicken with tofu	百合甘筍炒彩椒 Capsicum with lily bulb & carrot