

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12月) Lunch Menu (Dec 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)
2/12 Mon*	椰菜甘筍雞蛋撈米粉 Rice noodles with carrot, egg & vegetable	素蠔油雜菌豆腐 Tofu with mixed mushroom in vegetarian mushroom sauce	香菇雲耳蒸素雞 Steamed tofu roll with mushroom & black fungus
3/12 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	節瓜百合炒雜菇 Mixed mushroom with hairy gourd & lily bulb
4/12 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
5/12 Thu	香茅焗豬扒 Baked pork chop in lemongrass sauce	沙葛炒牛肉碎 Minced beef with yam bean	沙葛炒百合 Lily bulb with yam bean
6/12 Fri	西檸雞 Chicken in lemon sauce	蕃茄蒸魚柳 Steamed fish fillet with tomato	雜菇炆芋頭 taro with mixed mushroom
9/12 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
10/12 Tue	蕃茄菠蘿炒肉片 Pork with tomato & pineapple	低脂鮮奶洋葱甘筍三文魚貝殼粉 Conchiglie with low-fat-milk, onion, carrot & salmon	蕃茄洋葱焗貝殼粉 Baked conchiglie with tomato & onion
11/12 Wed	南瓜蒸雞球 Steamed chicken with pumpkin	洋葱豬肉碎炒蛋 Fried egg with minced pork & onion	菠菜蛋餅 Fried egg with spinach
12/12 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	薯仔雙花 Broccoli & cauliflower with potato
17/12 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
18/12 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
19/12 Thu	柱侯洋葱蒸肉片 Steamed pork with onion in Chu Hou sauce	甘筍炒牛肉碎 Minced beef with carrot	甘筍炒豆腐乾 Dried tofu with carrot