

香港基督教服務處培愛學校 - 午膳餐單 (2019 年 11 月)

學生姓名：\_\_\_\_\_ «姓名» 班別：\_\_\_\_\_ «組別»

**訂餐請填“√”，如當日不訂餐請填“x”**						
日期	A 餐	√/ x	B 餐(碎餐)	√/ x	C 餐(素食)	√/ x
1 (五)	青瓜炒雞球		蒜香牛肉碎炒蛋		 白汁蘑菇薯仔	
4 (一)	木耳青瓜豬柳		生菜絲香菇牛肉碎蛋炒飯		 生菜絲香菇蛋炒飯	
5 (二)	彩椒菠蘿炒肉丁				 甘筍粟米煮翠玉瓜	
6 (三)	沙薑薯仔雞翼		香草蕃茄燴魚柳		 蕃茄薯仔素火腿	
7 (四)	蒜香洋蔥雞扒				 香菇蒸滑蛋	
8 (五)	白蘿蔔腐竹炆肉片		香橙魚柳		 白蘿蔔腐竹煮豆腐	
11 (一)	中式洋蔥牛柳		粟米甘筍雞肉碎菜飯		 粟米甘筍蛋菜飯	
12 (二)	節瓜炒雞柳				 馬蹄百葉豆腐鮮腐竹	
13 (三)	沙葛炒牛肉絲		南瓜茸蒸肉餅		 沙葛炒甘筍鮮百合	
14 (四)	福建炒飯 (豬肉碎、蛋、菜)				 甘筍絲紅腰豆炒素雞	
15 (五)	初組旅行					
18 (一)	蕃茄甘筍粟米炒肉片		彩椒燴魚柳		 蕃茄甘筍粟米炒百葉豆腐	
19 (二)	腐竹白蘿蔔肉片				 菠菜炒蛋	
20 (三)	韭黃炒牛柳		免治雞肉煮豆腐		 南瓜馬蹄炒草菇	
21 (四)	香草焗薯仔雞翼				 鮮百合甘筍翠玉瓜燴飯	
22 (五)	茄子炒牛柳		香菇五香魯肉飯		 香菇紅燒豆腐飯	
25 (一)	洋蔥雞扒		豆腐蒸魚柳		 芋頭絲煎蛋餅	
26 (二)	洋蔥薯仔雞球				 香菇百合，木耳雙花	
27 (三)	咕嚕彩椒魚柳		上海香菇肉碎菜飯		 上海香菇素肉菜飯	
28 (四)	白汁薯仔炒豬柳				 蕃茄炒蛋	
29 (五)	彩椒炒牛肉		粟米南瓜煮雞肉碎		 粟米南瓜煮百葉豆腐	

\*所有餐膳配時蔬一份 及 紅米或小米飯  
11 月份訂餐日數: \_\_\_\_\_  全月費\$400

愛健康 愛素食 健康環保新態度!  
Eat Smart. Save the Planet. Let's Green!





















貴子弟 11 月份的午膳費用，請於 2019 年 10 月 16 日或之前以支票或現金繳付，並連同訂餐表一併交回學校，如截止日仍未交回，本校可能將不可以為貴子弟提供午膳。(支票台頭：香港基督教服務處培愛學校法團校董會 或 THE IMC OF HONG KONG CHRISTIAN SERVICE PUI OI SCHOOL)

\*\*如需扣餐並申請退回飯錢，必須於十個上課日前將填寫好的「飯餐退錢申請表」交回學校辦理。表格可向班主任索取或學校網頁下載。

**Hong Kong Christian Service Pui Oi School Lunch Menu (Nov 2019 )**

Student Name :       «姓名»      

Class :       «組別»      

**Please fill in "✓" for ordering; fill in "x" for not ordering **						
Date	SET A	✓/x	SET B (Chopped diet)	✓/x	SET C (Vegetarian)	✓/x
1 (W)	Chicken fillet with cucumber		Fried egg with minced beef & garlic		 Mushroom & potato in cream sauce	
4 (M)	Pork with black fungus & cucumber		Fried rice with mushroom, minced beef, egg & vegetable		 Fried rice with mushroom, egg & vegetable	
5 (T)	Fried pork with capsicum & pineapple				 Zucchini with carrot & corn	
6 (W)	Chicken wing with potato in Sandy ginger sauce		Fish fillet with herbs & tomato		 Tofu roll with tomato & potato	
7 (TH)	Chicken fillet with onion in garlic sauce				 Steamed egg with mushroom	
8 (F)	Pork with Chinese radish & tofu sheet		Fish fillet in orange sauce		 Tofu with Chinese radish & tofu sheet	
11 (M)	Beef with onion in tomato sauce		Rice with corn, carrot, minced chicken & vegetable		 Rice with corn, carrot, egg & vegetable	
12 (T)	Chicken with hairy gourd				 Tofu sheet with chestnut & Q-tofu	
13 (W)	Beef with yam beans		Steamed minced pork with pumpkin		 Yam beans with carrot & lily pulp	
14 (TH)	Fried rice with minced pork, egg & vegetable				 Tofu roll with carrot & red kidney bean	
15 (F)	<b>Junior Classes Picnic</b>					
18 (M)	Pork with tomato, carrot & corn		Fish fillet with capsicum		 Fried Q-tofu with tomato, carrot & corn	
19 (T)	Pork with tofu sheet & chinese radish				 Fried egg with spinach	
20 (W)	Fried beef with chives		Minced chicken with tofu		 Straw mushroom with pumpkin & chestnut	
21 (TH)	Chicken wing with herbs & potato				 Rice with lily pulp, carrot & zucchini	
22 (F)	Fried beef with eggplant		Rice with minced pork and mushroom		 Rice with mushroom & tofu	
25 (M)	Chicken fillet with onion		Steamed fish fillet with tofu		 Fried egg with sliced taro	
26 (T)	Chicken with onion & potato				 Mushroom with lily pulp; black fungus, broccoli & Cauliflower	
27 (W)	Fish fillet with capsicum in tomato sauce		Rice with mushroom, minced pork & vegetable		 Rice with mushroom, tofu roll & vegetable	
28 (TH)	Pork with potato in cream sauce				 Fried egg with tomato	
29 (F)	Fried beef with capsicum		Minced chicken with corn & pumpkin		 Q-tofu with corn & pumpkin	

\*All meals are served with a set of vegetables and grain rice

Number of meals in Nov: \_\_\_\_\_  full monthly fee \$400



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**Please hand in the reply slip together with the fee pay by cash or cheque for November on or before 16/10/2019, or the meal cannot be reserved. (Payee : 香港基督教服務處培愛學校法團校董會 OR THE IMC OF HONG KONG CHRISTIAN SERVICE PUI OI SCHOOL )**

**\*\*If you want to propose a meal cancelation and get the refund, it is necessary to complete the “meal cancelation form” 10 school days in advance. The form can be obtained from the class teacher or downloaded online through the school website.**