

香港基督教服務處培愛學校 - 午膳餐單 (2019 年 9 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
2(一)	蠔油豆腐雞柳		蒜香蘑菇炒肉碎		 蕃茄炒滑蛋	
3(二)	南瓜煮豬柳				 甘筍西蘭花草菇	
4(三)	滷水白蘿蔔煮豬肉粒		粟米蓉煮雞肉碎		 粟米蓉煮素雞	
5(四)	蒜香彩椒炒雞柳				 薯仔煮豆腐乾	
6(五)	蕃茄煮魚柳		牛肉碎炒蛋		 素蠔油香菇甘筍煮腐竹	
9(一)	沙薑雞翼		南瓜茸蒸肉餅		 白汁蘑菇薯仔	
10(二)	香草薯仔豬柳				 甘筍百葉豆腐	
11(三)	白汁蘑菇魚柳		肉碎炒雞蛋		 低脂芝士烤雜蔬 (蘑菇/蕃茄/翠玉瓜)	
12(四)	粟米蓉豬柳				 菠菜炒蛋	
13(五)	香菇椰菜甘筍肉碎有味飯		豆腐煮牛肉碎		 香菇椰菜甘筍雞蛋有味飯	
16(一)	淡黑椒汁洋葱雞柳		馬蹄粒蒸肉餅		 南瓜馬蹄炒草菇	
17(二)	香菇魯肉飯				 雜菜咖哩 (南瓜/椰菜花/甘筍/豆乾)	
18(三)	南瓜豬柳		粟米蘑菇牛肉碎貝殼粉		 粟米蘑菇紅腰豆貝殼粉	
19(四)	青瓜煮豬柳				 燕麥香菇豆腐餅	
20(五)	豉汁南瓜魚柳		蕃茄炒牛肉碎		 素蝦仁炒蛋	
23(一)	蜜桃炒雞柳		肉碎蒸滑蛋		 香菇蒸滑蛋	
24(二)	南瓜煮豬柳				 蕃茄煮豆腐乾	
25(三)	柚子蜜彩椒魚柳		粟米粒豆腐燴牛肉碎		 粟米粒豆腐	
26(四)	薯仔炒豬肉				 甘筍沙葛鮮腐竹	
27(五)	香菇蒸滑雞		蕃茄煮牛肉碎		 香菇蒸素雞	
30(一)	教職員專業發展日					



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





















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

貴子弟 9 月份的午膳費用，請於 2019 年 7 月 11 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。(支票抬頭：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)

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

Student Name :       《姓名》      

Class :       《組別》      

**Please fill in "✓" for ordering; fill in "x" for not ordering **						
Date	SET A	✓/×	SET B (Chopped diet)	✓/×	SET C (Vegetarian)	✓/×
2(M)	Chicken fillet with tofu in oyster sauce		Minced pork with mushroom in garlic sauce		 Fried egg with tomato	
3(T)	Pork with pumpkin				 Straw mushroom with carrot & broccoli	
4(W)	Pork with Chinese radish in soy sauce		Minced chicken in corn cream		 Tofu roll in corn cream	
5 (TH)	Chicken fillet with capsicum in garlic sauce				 Dried tofu with potato	
6 (F)	Fish fillet with tomato		Fried egg with minced beef		 Tofu sheet with mushroom & carrot in v.oyster sauce	
9 (M)	Chicken wing in sandy ginger sauce		Steamed minced pork with pumpkin		 Potato with mushroom in cream sauce	
10 (T)	Pork with potato and herbs				 Q-tofu with carrot	
11(W)	Fish fillet with mushroom in cream sauce		Fried egg with minced pork		 Roasted mixed vegetables with low-fat cheese (mushroom/tomato/zucchini)	
12(TH)	Pork in corn cream				 Fried egg with spinach	
13 (F)	Rice with mushroom, cabbage, carrot & minced pork		Minced beef with tofu		 Rice with mushroom, cabbage, carrot & egg	
16(M)	Chicken with onion in light black pepper sauce		Steamed minced pork with chestnut		 Straw mushroom with chestnut & pumpkin	
17(T)	Rice with Minced pork & mushroom				 Mixed vegetables in light curry sauce (pumpkin/ dried tofu/cauliflower/carrot)	
18 (W)	Pork with pumpkin		Pasta with corn, mushroom & minced beef		 Pasta with red-kidney bean, mushroom & corn	
19 (TH)	Pork with cucumber				 Tofu cake with oat & mushroom	
20 (F)	Fish fillet with pumpkin in black bean sauce		Minced beef with tomato		 Fried egg with v.shrimp	
23 (M)	Chicken fillet with peach		Steamed egg with minced pork		 Steamed egg with mushroom	
24 (T)	Pork with pumpkin				 Dried tofu with tomato	
25 (W)	fish fillet with capsicum in yuzi sauce		Minced beef with tofu & corn		 Tofu with corn	
26 (TH)	Pork with potato				 Tofu sheet with carrot & yam beans	
27 (F)	Steamed Chicken with mushroom		Minced beef with tomato		 Steamed tofu roll with mushroom	
30 (M)	<b>Staff Development Day</b>					

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



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

Please hand in the reply slip together with the fee pay by cash or cheque for September on or before 11/7/2019, 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 )