

香港基督教服務處培愛學校 - 午膳餐單 (2020 年 3 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)	木耳青瓜豬柳		香菇牛肉碎蛋菜飯		 香菇蛋菜飯	
3(二)	彩椒菠蘿炒肉丁				 甘筍粟米煮豆腐	
4(三)	蒜香洋蔥雞扒		香草蕃茄燴魚柳		 翠玉瓜甘筍薯仔	
5(四)	沙薑薯仔雞翼				 香菇蒸滑蛋	
6(五)	蠔油白蘿蔔枝竹炆肉片		豉汁豆腐蒸魚柳		 素蠔油白蘿蔔枝竹百葉豆腐	
9(一)	蕃茄洋蔥牛柳絲		粟米甘筍雞肉碎菜飯		 粟米甘筍蛋菜飯	
10(二)	節瓜炒雞柳				 翠玉瓜香菇煮紅腰豆	
11(三)	沙葛炒牛肉絲		南瓜茸蒸肉餅		 沙葛炒甘筍鮮百合	
12(四)	日式淡咖哩薯仔雞柳				 香菇蒸滑蛋	
13(五)	福建炒飯(肉碎/蛋/菜)		檸汁薯仔魚柳		 低脂芝士焗薯仔雙花	
16(一)	蕃茄甘筍粟米炒肉片		彩椒魚柳		 蕃茄甘筍粟米炒紅腰豆	
17(二)	白蘿蔔枝竹肉片				 菠菜炒蛋	
18(三)	韭黃炒牛柳絲		免治雞肉煮豆腐		 南瓜馬蹄炒草菇	
19(四)	香草焗薯仔雞翼				 鮮百合甘筍翠玉瓜燴飯	
20(五)	學校假期					
23(一)	洋蔥薯仔雞柳		香橙魚柳		 芋絲煎蛋餅	
24(二)	淡黑椒汁洋蔥雞扒				 香菇素雞，木耳雙花	
25(三)	蕃茄彩椒魚柳		上海香菇肉碎菜飯		 上海香菇素肉菜飯	
26(四)	白汁薯仔炒豬柳				 蕃茄炒蛋	
27(五)	粟米南瓜煮雞肉碎		彩椒炒牛肉		 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  
3 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 3 月份的午膳費用，請於 2020 年 1 月 15 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 (Mar 2020)

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
2 (M)	Pork with black fungus & cucumber		Rice with mushroom, minced beef, egg & vegetable		Rice with mushroom, egg & vegetable	
3 (T)	Fried pork with capsicum & pineapple				Tofu with carrot & corn	
4 (W)	Chicken fillet with onion in garlic sauce		Fish fillet with herbs & tomato		Zucchini with carrot & potato	
5 (TH)	Chicken wing with potato in sandy ginger sauce				Steamed egg with mushroom	
6 (F)	Pork with Chinese radish & tofu sheet in oyster sauce		Steamed fish fillet with tofu in black bean sauce		Q-Tofu roll with Chinese radish & tofu sheet in v.oyster sauce	
9 (M)	Beef with onion & tomato		Rice with corn, carrot, minced chicken & vegetable		Rice with corn, carrot, egg & vegetable	
10 (T)	Chicken with hairy gourd				Red kidney bean with zucchini & mushroom	
11 (W)	Beef with yam beans		Steamed minced pork with pumpkin		Yam beans with carrot & lily bulb	
12 (TH)	Chicken fillet with potato in light curry sauce				Steamed egg with mushroom	
13 (F)	Fired rice with minced pork, egg & vegetable		Fish fillet with potato in lemon sauce		Roasted potatoes, broccoli & cauliflower with low-fat cheese	
16 (M)	Pork with tomato, carrot & corn		Fish fillet with capsicum		Fried red kidney bean with tomato, carrot & corn	
17 (T)	Pork with tofu sheet & chinese radish				Fried egg with spinach	
18 (W)	Fried beef with chives		Minced chicken with tofu		Straw mushroom with pumpkin & chestnut	
19 (TH)	Chicken wing with herbs & potato				Rice with lily bulb, carrot & zucchini	
20 (F)	<b>School holiday</b>					
23 (M)	Chicken with onion & potato		Fish fillet in orange sauce		Fried egg with taro	
24 (T)	Chicken fillet with onion in light black pepper sauce				Tofu roll with mushroom; black fungus, broccoli & Cauliflower	
25 (W)	Fish fillet with capsicum & tomato		Rice with mushroom, minced pork & vegetable		Rice with mushroom, tofu roll & vegetable	
26 (TH)	Pork with potato in cream sauce				Fried egg with tomato	
27 (F)	Minced chicken with corn & pumpkin		Fried beef with capsicum		Q-tofu with corn & pumpkin	

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

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



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Please hand in the reply slip together with the fee pay by cash or cheque for March on or before 15/1/2020, 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.**