

香港基督教服務處培愛學校 - 午膳餐單 (2020 年 4 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 |
| 30/3(一) | 洋蔥粟米炒牛肉 | | 茄子肉碎 | |  粟米豆乾炒百合 | |
| 31/3(二) | 香菇炒豬柳 | | | |  菠蘿粟米蛋菜飯 | |
| 1 (三) | 蒜香翠玉瓜炒雞丁 | | 南瓜燴魚柳 | |  南瓜煮豆腐 | |
| 2 (四) | 瑞士汁薯仔雞翼 | | | |  白蘿蔔煮百葉豆腐 | |
| 3 (五) | 粟米粒甘筍豬柳 | | 蕃茄魚柳 | |  粟米粒甘筍翠玉瓜 | |
| 6(一) | 學校假期 | | | | | |
| 7/4 - 18/4 復活節假期 | | | | | | |
| 20(一) | 蒜香蘑菇炒豬柳 | | 蕃茄低脂芝士洋蔥吞拿魚焗貝殼粉 | |  蕃茄低脂芝士洋蔥紅腰豆焗貝殼粉 | |
| 21(二) | 蕃茄菠蘿肉片 | | | |  香菇燒豆腐 | |
| 22(三) | 南瓜炒雞球 | | 洋蔥牛肉碎炒蛋 | |  素蝦仁炒蛋 | |
| 23(四) | 蜜糖彩椒雞翼 | | | |  甘筍百葉豆腐木耳炒雙花 | |
| 24(五) | 蜜桃炒牛肉 | | 馬蹄香菇蒸肉餅 | |  低脂芝士烤雜蔬 (蘑菇/蕃茄/翠玉瓜) | |
| 27(一) | 蕃茄煮雞柳 | | 柚子蜜彩椒魚柳 | |  南瓜煮紅腰豆 | |
| 28(二) | 香菇雲耳蒸雞 | | | |  甘筍青瓜炒素魚 | |
| 29(三) | 茄子煮魚柳 | | 蠔油豆腐肉碎 | |  燕麥薯仔絲豆腐蛋餅 | |
| 30(四) | 公眾假期 | | | | | |

*所有餐膳配時蔬一份 及 紅米或小米飯
4 月份訂餐日數: _____ 半月費\$220

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














貴子弟 4 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)

**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 (Apr 2020)

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) | ✓/× |
| 30/3(M) | Beef with onion & corn | | Minced pork with eggplant | |  Corn, dried tofu & lily pulp | |
| 31/3(T) | Pork with mushroom | | | |  Rice with pineapple, corn, egg & vegetable | |
| 1 (W) | Chicken with zucchini in garlic sauce | | Fish fillet with pumpkin | |  Tofu with pumpkin | |
| 2 (TH) | Chicken wing with potato in Swiss sauce | | | |  Q-Tofu with Chinese radish | |
| 3 (F) | Pork with corn & carrot | | Fish fillet with tomato | |  Corn, carrot and zucchini | |
| 6 (M) | School Holiday | | | | | |
| 7/4 – 18/4 Easter Holiday | | | | | | |
| 20 (M) | Pork with mushroom in garlic sauce | | Pasta with tomato, low-fat-cheese, onion & tuna fish | |  Pasta with tomato, low-fat-cheese, onion & red kidney bean | |
| 22 (T) | Pork with tomato & pineapple | | | |  Tofu with mushroom | |
| 22 (W) | Chicken with pumpkin | | Fried egg with onion & minced beef | |  Fried egg with v.shrimp | |
| 23 (TH) | Chicken wing with capsicum in honey sauce | | | |  Carrot, Q-tofu, black fungus, broccoli & Cauliflower | |
| 24 (F) | Fried beef with peach | | Steamed minced pork with chestnut & mushroom | |  Roasted mixed vegetables with low-fat cheese (mushroom/tomato/zucchini) | |
| 27 (M) | Chicken fillet with tomato | | Fish fillet with Capsicum in yuzi sauce | |  Red kidney bean with pumpkin | |
| 28 (T) | Steamed chicken with mushroom & black fungus | | | |  Tofu roll with carrot & cucumber | |
| 29 (W) | Fish fillet with eggplant | | Minced pork with tofu in oyster sauce | |  Tofu egg cake with oat & potato | |
| 30 (TH) | Public Holiday | | | | | |

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

Number of meals in Apr: _____ half-monthly fee \$220



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Please hand in the reply slip together with the fee pay by cash or cheque for April 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.**