

香港基督教服務處培愛學校 - 午膳餐單 (2019 年 10 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(二)	國慶日假期					
2(三)	淡黑椒汁豆腐煮雞柳		馬蹄蒸肉餅		 豆腐煮鮮菇粒	
3(四)	翠玉瓜煮豬柳				 青瓜炒百葉豆腐	
4(五)	淡咖哩薯仔炆雞		豆腐煮牛肉碎		 薯仔馬蹄煮素肉	
7(一)	重陽節假期					
8(二)	淡黑椒茄子豬柳				 素蠔油馬蹄翠玉瓜煮腐竹	
9(三)	橙香洋葱煮雞翼		粟米蓉魚柳		 粟米蓉煮素雞	
10(四)	蒜香彩椒炒雞柳				 甘筍西蘭花草菇煮豆腐	
11(五)	蕃茄煮魚柳		麵豉醬茄子煮碎肉		 蕃茄煮素火腿	
14(一)	瑞士汁洋葱雞柳		蕃茄碎牛肉炒蛋		 蕃茄炒蛋	
15(二)	蜜桃炒雞球				 翠玉瓜百合炒百葉豆腐	
16(三)	淡黑椒汁洋葱牛柳		菠蘿粟米粒肉碎雞蛋菜飯		 菠蘿粟米粒甘筍粒雞蛋菜飯	
17(四)	香茅豬扒				 雜菇沙葛煮鮮素蝦仁	
18(五)	西檸雞		豉汁豆腐蒸魚柳		 雜菜淡咖哩(南瓜/椰菜花/甘筍/豆乾)	
21(一)	蒜香蘑菇炒豬柳		蕃茄芝士洋葱吞拿魚焗貝殼粉		 蕃茄芝士洋葱紅腰豆焗貝殼粉	
22(二)	蕃茄菠蘿肉片				 香菇紅燒豆腐	
23(三)	南瓜炒雞球		洋葱牛肉碎炒蛋		 素蝦仁炒蛋	
24(四)	蜜糖彩椒雞翼				 甘筍百葉豆腐木耳炒雙花	
25(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)	
28(一)	蕃茄煮雞柳		柚子蜜彩椒魚柳		 南瓜煮紅腰豆	
29(二)	香菇雲耳蒸滑雞				 甘筍青瓜炒素魚	
30(三)	茄子煮魚柳		蠔油豆腐肉碎		 燕麥薯仔絲豆腐蛋餅	
31(四)	橙香洋葱豬柳				 素蠔油彩椒炒素雞	

*所有餐膳配時蔬一份 及 紅米或小米飯
10 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 10 月份的午膳費用，請於 2019 年 9 月 18 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 (Oct 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)	✓/×
1 (T)	National Day					
2 (W)	Chicken with tofu in light black pepper sauce		Steamed minced pork with chestnut		 Mushroom with tofu	
3 (TH)	Pork with zucchini				 Q-tofu with cucumber	
4 (F)	Chicken with potato in light curry sauce		Minced beef with tofu		 Tofu roll with potato & chestnut	
7 (M)	Chung Yeung Festival					
8 (T)	Pork with eggplant in light black pepper sauce				 Tofu sheet with chestnut & zucchini in v.oyster sauce	
9 (W)	Chicken wing with onion in orange sauce		Fish fillet in corn cream		 Tofu roll in corn cream	
10 (TH)	Chicken with capsicum in garlic sauce				 Tofu with carrot, broccoli & straw mushroom	
11 (F)	Fish fillet with tomato		Minced pork with eggplant in miso paste		 Tofu roll with tomato	
14 (M)	Chicken with onion in Swiss sauce		Fried egg with minced beef & tomato		 Fried egg with tomato	
15 (T)	Chicken with peach				 Q-tofu with Zucchini & Lily pulp	
16 (W)	Beef with onion in light black pepper sauce		Rice with pineapple, corn, minced pork, egg & vegetable		 Rice with pineapple, corn, carrot, egg & vegetable	
17 (TH)	Pork chop with lemongrass sauce				 V.shrimp with mixed mushroom & Yam bean	
18 (F)	Chicken with lemon sauce		Steamed fish fillet with tofu in black bean sauce		 Mixed vegetables in light curry sauce (pumpkin/cauliflower/carrot/ dried tofu)	
21 (M)	Pork with mushroom in garlic sauce		Pasta with tomato, cheese, onion & tuna fish		 Pasta with tomato, cheese, onion & red kidney bean	
22 (T)	Pork with tomato & pineapple				 Tofu with mushroom	
23 (W)	Chicken with pumpkin		Fried egg with onion & minced beef		 Fried egg with v.shrimp	
24 (TH)	Chicken wing with capsicum in honey sauce				 Carrot, Q-tofu, agaric, broccoli & Cauliflower	
25 (F)	Fried beef with peach		Steamed minced pork with chestnut & mushroom		 Roasted mixed vegetables with low-fat cheese (mushroom/tomato/zucchini)	
28 (M)	Chicken with tomato		Fish fillet with Capsicum in yuzi honey sauce		 Red kidney bean with pumpkin	
29 (T)	Steamed chicken with mushroom & black fungus				Tofu roll with carrot & cucumber	
30 (W)	Fish fillet with eggplant		Minced pork with tofu in oyster sauce		Tofu egg cake with oat & potato	
31 (TH)	Pork with onion in orange sauce				Tofu roll with capsicum in v.oyster sauce	

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

Number of meals in Oct: _____ full monthly fee \$400



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Please hand in the reply slip together with the fee pay by cash or cheque for September on or before 18/9/2019, 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.**