














香港基督教服務處培愛學校 - 午膳餐單 (2019 年 12 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)	蒜香雜菌燴肉碎		中式洋蔥牛柳絲		 雜菌素蝦仁	
3(二)	蕃茄肉碎炒蛋				 低脂芝士蕃茄燴雙花	
4(三)	蒜香翠玉瓜炒雞丁		南瓜燴魚柳		 南瓜煮豆腐	
5(四)	瑞士汁薯仔雞翼				 白蘿蔔煮百葉豆腐	
6(五)	粟米粒甘筍豬柳		白汁洋蔥吞拿魚貝殼粉		 粟米粒甘筍翠玉瓜	
9(一)	週年田徑錦標賽補假					
10(二)	香菇炒雞肉				 紅腰豆木耳炒沙葛	
11(三)	甘筍薯仔滷牛肉		洋蔥肉碎炒蛋		 甘筍薯仔百頁豆腐	
12(四)	蒜香翠玉瓜炒肉片				 南瓜煮草菇	
13(五)	茄子煮魚柳		豆腐免治雞肉		 百合甘筍炒彩椒	
16(一)	肉碎煮豆腐		燒汁煎魚柳		 粟米煮紅腰豆	
17(二)	南瓜豬柳				 豆腐鮮菇粒	
18(三)	蒜香翠玉瓜炒牛肉		粟米甘筍雞肉碎菜飯		 粟米甘筍蛋菜飯	
19(四)	薯仔炆雞翼				 素蠔油白蘿蔔枝竹	
20(五)	聖誕節聯歡會					
12 月 23 至 1 月 2 日聖誕及新年假期						

*所有餐膳配時蔬一份 及 紅米或小米飯
12 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 12 月份的午膳費用，請於 2019 年 11 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 (Dec 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)	Minced pork with mixed mushroom in garlic sauce		Beef with onion in tomato sauce		 V.shrimp with mixed mushroom	
3 (T)	Fried egg with minced pork & tomato				 Tomato, broccoli & cauliflower with low fat cheese	
4 (W)	Chicken with zucchini in garlic sauce		Fish fillet with pumpkin		 Tofu with pumpkin	
5 (TH)	Chicken wing with potato in Swiss sauce				 Q-Tofu roll with Chinese radish	
6 (F)	Pork with corn & carrot		Pasta with onion & Tuna fish in cream sauce		 Zucchini with corn & carrot	
9 (M)	School Holiday					
10 (T)	Chicken with mushroom				 Red kidney bean, yam bean & black agaric	
11 (W)	Beef with carrot & potato in soy sauce		Fried egg with onion & minced pork		 Q-tofu with carrot & potato	
12 (TH)	Pork with zucchini in garlic sauce				 Straw mushroom with pumpkin	
13 (F)	Fish fillet with eggplant		Minced chicken with tofu		 Capsicum with lily bulb & carrot	
16 (M)	Minced pork with tofu		Fish fillet with BBQ sauce		 Kidney bean with corn	
17 (T)	Pork with pumpkin				 Tofu with mushroom	
18 (W)	Beef with zucchini in garlic sauce		Rice with corn, carrot, minced chicken & vegetable		 Rice with corn, carrot, egg & vegetable	
19 (TH)	Chicken wing with potato				 Tofu sheet with Chinese radish in v.oster sauce	
20 (F)	Christmas Party					
23/12 - 2/1 Christmas & New Year Holiday						

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

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



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Please hand in the reply slip together with the fee pay by cash or cheque for December on or before 15/11/2019, 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.**