













香港基督教服務處培愛學校 - 午膳餐單 (2020 年 1 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
6(一)	香草薯仔豬柳		香菇牛肉碎蛋菜飯		 香菇甘筍蛋菜飯	
7(二)	淡黑椒茄子豬柳				 素蠔油馬蹄翠玉瓜煮枝竹	
8(三)	橙香洋蔥煮雞翼		粟米魚柳		 粟米煮素雞	
9(四)	蒜香彩椒炒雞柳				 甘筍西蘭花草菇煮豆腐	
10(五)	蕃茄煮魚柳		茄子煮碎肉		 蕃茄炒蛋	
13(一)	薯仔洋蔥雞柳		蕃茄碎牛肉炒蛋		 蘑菇蒸蛋	
14(二)	蜜桃炒雞球				 翠玉瓜甘筍炒百合	
15(三)	淡黑椒汁洋蔥牛柳		菠蘿粟米粒肉碎蛋炒飯		 菠蘿粟米粒甘筍蛋炒飯	
16(四)	香茅豬扒				 雜菇沙葛煮豆腐	
17(五)	西檸雞		豉汁豆腐蒸魚柳		 雜菜淡咖哩 (南瓜/椰菜花/甘筍/薯仔)	
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	
1 月 22 至 2 月 2 日農曆新年假期						

*所有餐膳配時蔬一份 及 紅米或小米飯
1 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 1 月份的午膳費用，請於 2019 年 12 月 13 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 (Jan 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)	✓/×
6 (M)	Pork with herbs & potato		Rice with mushroom, minced beef, egg & vegetable		 Rice with mushroom, carrot, egg & vegetable	
7 (T)	Pork with eggplant in light black pepper sauce				 Tofu sheet with chestnut & zucchini in v.oyster sauce	
8 (W)	Chicken wing with onion in orange sauce		Fish fillet with corn		 Tofu roll with corn	
9 (TH)	Chicken fillet with capsicum in garlic sauce				 Tofu with carrot, broccoli & straw mushroom	
10 (F)	Fish fillet with tomato		Minced pork with eggplant		 Fried egg with tomato	
13 (M)	Chicken with potato & onion		Fried egg with minced beef & tomato		 Steam egg with mushroom	
14 (T)	Chicken fillet with peach				 Lily bulb with Zucchini & carrot	
15 (W)	Beef with onion in light black pepper sauce		Fried rice with pineapple, corn, minced pork & egg		 Fried rice with pineapple, corn, carrot & egg	
16 (TH)	Pork chop with lemongrass sauce				 Tofu with mixed mushroom & Yam bean	
17 (F)	Chicken fillet with lemon sauce		Steamed fish fillet with tofu in black bean sauce		 Mixed vegetables in light curry sauce (pumpkin/cauliflower/ carrot/ potato)	
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	
21 (T)	Pork with tomato & pineapple				 Tofu with mushroom	

22/1 - 2/2 Chinese New Year Holiday

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

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



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Please hand in the reply slip together with the fee pay by cash or cheque for January on or before **13/12/2019**, 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.