香港基督教服務處培愛學校 - 午膳餐單 (2023 年 3 月)

學生姓名：_____　　班別：_____

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

飲食限制：

	訂餐請填 "✓"，如當日不訂餐請填 "×"						不訂餐×
日期	A 餐	✓	B 餐	✓	C 餐(素食)	✓	
1 (三)	橙香洋葱煮雞翼		甘筍草菇炒牛柳		甘筍炒草菇		
2 (四)	蒜香彩椒炒雞柳		粟米燴魚柳		粟米燴豆腐		
3 (五)	蕃茄蛋炒牛肉		麵豉醬茄子煮豬肉		蕃茄蛋炒素火腿		
6 (一)	瑞士汁洋葱雞柳		淡咖哩薯仔魚柳		淡咖哩薯仔雙花		
7 (二)	翠玉瓜百合炒牛肉		香蔥馬蹄蒸雞肉餅		翠玉瓜百合炒雜菇		
8 (三)	柚子蜜彩椒魚柳		菠蘿粟米粒肉碎甘筍雞蛋菜飯		菠蘿粟米粒甘筍粒雞蛋菜飯		
9 (四)	香茅焗豬扒		沙葛炒牛肉		沙葛炒紅腰豆		
10 (五)	彩椒西檸雞		蕃茄蒸魚柳		蕃茄炒蛋		
13 (一)	蒜香翠玉瓜炒豬柳		香菇豆腐牛肉		香菇豆腐		
14 (二)	蕃茄菠蘿炒肉片		低脂芝士洋葱吞拿魚焗貝殼粉		蕃茄洋蔥焗貝殼粉		
15 (三)	南瓜蒸雞球		洋葱牛肉碎炒蛋		菠菜蛋餅		
16 (四)	蜜糖彩椒焗雞翼		低脂芝士雙花燴魚柳		低脂鮮奶煮雙花		
17 (五)	茄子炒牛肉		馬蹄香菇蒸肉餅		茄子炒雜菇		
20 (一)	蜜桃炒雞球		南瓜蒸魚柳		南瓜煮紅腰豆		
21 (二)	甘筍青瓜炒牛肉		香菇雲耳蒸雞肉餅		香菇雲耳蒸素雞		
22 (三)	茄子煮魚柳		雞蛋蒸免治豬肉		香菇蒸滑蛋		
23 (四)	柱侯洋蔥蒸豬柳		彩椒炒牛肉		彩椒炒豆腐乾		
24 (五)	蕃茄蒸雞柳		低脂鮮奶蘑菇薯仔燴魚柳		低脂鮮奶蘑菇薯仔		
27 (一)	木耳青瓜豬柳		香菇甘筍牛肉蛋菜飯		香菇甘筍蛋菜飯		
28 (二)	豉汁豆腐蒸魚柳		彩椒菠蘿炒豬肉		彩椒菠蘿豆腐乾		
29 (三)	沙薑薯仔雞翼		洋蔥牛肉碎炒蛋		磨菇炒蛋		
30 (四)	蒜香洋蔥雞扒		粟米焗魚柳		粟米燴豆腐		
31 (五)	白蘿蔔腐竹草菇炆肉片		香菇豆腐牛肉		白蘿蔔草菇炆腐竹		

*所有餐膳配時蔬一份 及 紅米或小米飯

溫馨提示：
請家長根據學生的飲食限制選擇合適的飯餐。「如有對食物敏感者或其他原因，請家長必須小心選擇或建議自備午餐」。

貴子弟 3 月份的午膳費用，請於 2022 年 2 月 17 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**)

**上個月個別日子不訂餐的飯錢將於本月的訂餐月費內扣除。如已選擇訂餐但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。

3 月訂餐日數：_____
☑全月費$380　☒半月費$200
退回 2 月不訂餐款項：$0
退回 1 月退餐款項：$0
需繳：$380

家長簽署：

_____

日期：

Hong Kong Christian Service Pui Oi School Lunch Menu (Mar 2023)

Student Name：_____ Class：_____

愛健康　愛素食　健康環保新態度！

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Dietary Restrictions：

	**Please fill in "✓" for ordering; fill in "×" for not ordering **						
Date	**SET A**	✓	**SET B**	✓	**SET C (Vegetarian)**	✓	×
1 (W)	Chicken wing with onion in orange sauce		Beef with carrot & mushroom		Carrot and straw mushroom		
2 (TH)	Chicken with capsicum in garlic sauce		Fish fillet with corn		Tofu with corn		
3 (F)	Beef with tomato & egg		Pork with eggplant in miso sauce		Tofu roll with tomato & egg		
6 (M)	Chicken with onion in Swiss sauce		Fish fillet with potato in light curry sauce		Broccoli & cauliflower with potato in light curry sauce		
7 (T)	Beef with zucchini & lily bulb		Steamed minced chicken with water chestnut & fistular onion		Mixed mushroom with zucchini & lily bulb		
8 (W)	Fish fillet with capsicum in yuzu honey sauce		Rice with pineapple, corn, minced pork, carrot, egg & vegetable		Rice with pineapple, corn, carrot, egg & vegetable		
9 (TH)	Baked pork chop with lemongrass sauce		Beef with yam bean		Red kidney bean with yam bean		
10 (F)	Chicken with capsicum in lemon sauce		Steamed fish fillet with tomato		Fried egg with tomato		
13 (M)	Pork with zucchini in garlic sauce		Beef with mushroom & tofu		Tofu with mushroom		
14 (T)	Pork with tomato & pineapple		Baked conchiglie with low-fat-cheese, onion & tuna		Baked conchiglie with tomato & onion		
15 (W)	Steamed chicken with pumpkin		Fried egg with minced beef & onion		Fried egg with spinach		
16 (TH)	Baked chicken wing with capsicum in honey sauce		Fish fillet with low-fat-cheese, broccoli & cauliflower		Broccoli & cauliflower in low-fat-milk sauce		
17 (F)	Beef with eggplant		Steamed minced pork with water chestnut & mushroom		Mixed mushroom with eggplant		
20 (M)	Chicken with peach		Steamed fish fillet with pumpkin		Red kidney bean with pumpkin		
21 (T)	Beef with carrot & cucumber		Steamed minced chicken with mushroom & cloud ear fungus		Steamed tofu roll with mushroom & cloud ear fungus		
22 (W)	Fish fillet with eggplant		Steamed minced pork with egg		Steamed egg with mushroom		
23 (TH)	Steamed pork with onion in Chu Hou sauce		Beef with capsicum		Dried tofu with capsicum		
24 (F)	Steamed chicken with tomato		Fish fillet with mushroom & potato in low-fat-milk sauce		Mushroom & potato in low-fat-milk sauce		

	**Please fill in "✓" for ordering; fill in "×" for not ordering **						
Date	**SET A**	✓	**SET B**	✓	**SET C (Vegetarian)**	✓	×
27 (M)	Pork with black fungus & cucumber		Rice with mushroom, carrot, beef, egg & vegetable		Rice with mushroom, carrot, egg & vegetable		
28 (T)	Steamed fish fillet with tofu in black bean sauce		Pork with capsicum & pineapple		Dried tofu with capsicum & pineapple		
29 (W)	Chicken wing with potato in ginger sauce		Fried egg with minced beef & onion		Fried egg with mushroom		
30 (TH)	Chicken fillet with onion in garlic sauce		Baked fish fillet with corn		Tofu with corn		
31 (F)	Pork with chinese turnip, tofu sheet & straw mushroom		Beef with mushroom & tofu		Chinese turnip, tofu sheet & straw mushroom		

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

Warm Reminder:

Parents are requested to choose the right meal based on the student's dietary restrictions. If your children have dietary restrictions due to food allergy or other reasons, parents must choose carefully or bring their own lunch.

Please hand in the reply slip together with the fee pay by cash or cheque for Mar on or before 17/2/2022, 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**）

**** For this month where there are days on which meals have not been ordered, and the amount refunded will be deducted from the lunch fee in the following month. To cancel a meal that has been ordered and obtain a refund, complete the "Meal Cancelation Form" and return it to the school for processing 10 school days in advance. The form can be obtained from the class teacher or downloaded online through the school website.**

Number of meals in Mar: _____ ☑ full fee $380 ☒half fee $200

Refund (Feb): $0

Refund (meal cancelation on Jan): $0

Fee: $380

Parents' Signature：

_____

Date：