

香港基督教服務處培愛學校 - 午膳餐單 (2021 年 9 月)

學生姓名： «姓名» 班別： «組別»



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： «飲食限制»

日期	**訂餐請填“√”，如當日不訂餐請填“x”**						不訂餐*
	A 餐	✓	B 餐(碎餐)	✓	C 餐(素食)	✓	
2(三)	橙香洋葱煮雞翼		甘筍草菇炒牛柳碎		甘筍炒草菇		
3(四)	蒜香彩椒炒雞柳		粟米燴魚柳		粟米燴豆腐		
4(五)	蕃茄蛋炒牛肉		茄子煮碎肉		蕃茄炒蛋		
7(一)	瑞士汁洋葱雞柳		淡咖哩薯仔魚柳		淡咖哩薯仔雙花		
8(二)	翠玉瓜百合炒牛肉粒		香蔥馬蹄蒸雞肉餅		翠玉瓜百合炒雜菇		
9(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		
10(四)	香茅焗豬扒		沙葛炒牛肉碎		沙葛炒紅腰豆		
11(五)	彩椒西檸雞		蕃茄蒸魚柳		蕃茄炒蛋		
14(一)	蒜香翠玉瓜炒豬柳		香菇豆腐牛肉碎		香菇豆腐		
15(二)	蕃茄菠蘿炒肉片		蕃茄低脂芝士洋葱吞拿魚焗貝殼		蕃茄紅腰豆焗貝殼粉		
16(三)	南瓜蒸雞球		洋葱牛肉碎炒蛋		菠菜蛋餅		
17(四)	蜜糖彩椒焗雞翼		低脂芝士燴雙花魚柳		低脂鮮奶煮雙花		
18(五)	茄子炒牛肉		馬蹄香菇蒸肉餅		茄子炒雜菇		
21(一)	蜜桃炒雞球		南瓜蒸魚柳		南瓜煮紅腰豆		
22(二)	甘筍青瓜炒牛肉粒		香菇雲耳蒸雞肉餅		香菇雲耳蒸素雞		
23(三)	茄子煮魚柳		雞蛋蒸免治豬肉		香菇蒸滑蛋		
24(四)	柱侯洋葱蒸豬柳		彩椒炒牛肉碎		彩椒炒百葉豆腐		
25(五)	蕃茄蒸雞柳		低脂鮮奶磨菇薯仔燴魚柳		低脂鮮奶磨菇薯仔		
28(一)	木耳青瓜豬柳		香菇甘筍牛肉碎蛋菜飯		香菇甘筍蛋菜飯		
29(二)	豉汁豆腐蒸魚柳		彩椒菠蘿炒豬肉碎		彩椒菠蘿百葉豆腐		
30(三)	沙薑薯仔雞柳		洋葱牛肉碎炒蛋		磨菇炒蛋		

\*所有餐膳配時蔬一份 及 紅米或小米飯

9 月份訂餐日數：\_\_\_\_\_  全月費\$400  半月費\$200

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 9 月份的午膳費用，請於 2021 年 7 月 14 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。

家長簽署：

日期：

# Hong Kong Christian Service Pui Oi School Lunch Menu (Sept 21)

Student Name : «姓名»

Class : «組別»



愛健康 愛素食 健康環保新態度!

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Dietary Restrictions : «Dietary\_Restriction»

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

<b>**Please fill in "✓" for ordering; fill in "x" for not ordering**</b>						
Date	SET A	✓	SET B (Chopped diet)	✓	SET C (Vegetarian) 🌱	✓ x
28 (M)	Pork with black fungus & cucumber		Rice with mushroom, carrot, minced beef, egg & vegetable		Rice with mushroom, carrot, egg & vegetable	
29 (T)	Steamed fish fillet with tofu in black bean sauce		Minced pork with capsicum & pineapple		Q-tofu with capsicum & pineapple	
30 (F)	Chicken with potato in ginger sauce		Fried egg with minced beef & onion		Fried egg with mushroom	

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

Number of meals in Sept: \_\_\_\_\_  full monthly fee \$400  half-monthly fee \$220

**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 Sept on or before 14/7/2021, 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.**

**Parents' Signature :**

\_\_\_\_\_

**Date :**