

香港基督教服務處培愛學校
Hong Kan Christian Service Pui Oi School
午膳餐單 (2023年 11月) Lunch Menu (Nov 2023)

*為結合環保教育，提升學生環保意識，營造綠色校園，每個月的第一個星期一設為每月素食日，當天只提供素食選擇。

*In order to promote environmental protection education, enhance students' awareness of environmental protection, and create a green campus, the first Monday of each month is set as the monthly vegetarian day, and only vegetarian options are available on that day.

如教育局宣佈停課，該日餐單將會順延一日。

If the Education Bureau announces the suspension of classes, the menu for that day will be postponed for next school day.

日期	A餐	B餐	V餐(素食餐)
1/11 Wed	香菇蒸雞肉 Steamed chicken with mushroom	洋蔥肉碎炒蛋 Fried egg with minced pork & onion	南瓜煮草菇 Straw mushroom with pumpkin
2/11 Thu	百合甘筍炒牛肉 Beef with lily bulb & carrot	豆腐免治雞肉 Minced chicken with tofu	百合甘筍炒彩椒 Capsicum with lily bulb & carrot
3/11 Fri	蒜香翠玉瓜炒肉片 Pork with zucchini in garlic sauce	香草薯仔焗魚柳 Baked fish fillet with potato & herb	翠玉瓜炒豆腐乾 Dried tofu with zucchini
6/11 (Mon)*	蕃茄蛋炒素火腿 Tofu roll with tomato & egg	白豆角炒蛋 Fried egg with string bean	豆腐鮮雜菇 Mixed mushroom with tofu
7/11 Tue	節瓜蒸豬柳 Steamed pork with hairy gourd	彩椒魚柳 Fish fillet with capsicum	彩椒煮豆腐乾 Dried tofu with capsicum
8/11 Wed	茄子牛柳 Beef with eggplant	甘筍雞肉碎菜飯 Rice with carrot, minced chicken & vegetable	粟米甘筍蛋菜飯 Rice with corn, carrot, egg & vegetable
9/11 Thu	薯仔炆雞翼 Chicken wing with potato	淡咖哩甘筍魚柳 Fish fillet with carrot in curry sauce	薯仔炆雙花 Broccoli & cauliflower with potato
10/11 Fri	蒜香翠玉瓜炒牛肉 Beef with zucchini in garlic sauce	香菇雞肉碎蒸蛋 Steamed egg with mushroom & minced chicken	香菇蒸蛋 Steamed egg with mushroom
13/11 Mon	檸汁洋蔥焗豬扒 Baked pork chop with onion in lemon sauce	低脂鮮奶甘筍雞絲貝殼粉 Conchiglie with carrot & chicken in low-fat-milk sauce	低脂鮮奶甘筍椰菜花貝殼粉 Conchiglie with carrot & cauliflower in low-fat-milk sauce
14/11 Tue	香草薯仔魚柳 Fish fillet with potato & herb	彩椒炒牛肉碎 Minced beef with capsicum	翠玉瓜雲耳絲炒百合 Zucchini, black fungus and lily bulb
15/11 Wed	蒜香蜜糖彩椒豬柳 Pork with capsicum in garlic & honey sauce	南瓜燴魚柳 Fish fillet with pumpkin	南瓜煮紅腰豆 Red kidney bean with pumpkin
16/11 Thu	蜜汁焗雞小腿 Baked chicken drumstick in honey sauce	蒜香牛柳碎薯仔飯 Rice with minced beef, potato & garlic	素雞薯仔飯 Rice with tofu roll and potato
17/11 Fri	香草檸汁魚柳 Fish fillet in herb & lemon sauce	香菇椰菜肉碎有味飯 Rice with mushroom, cauliflower and minced pork	香菇椰菜甘筍有味飯 Rice with mushroom, cauliflower & carrot
20/11 Mon	淡黑椒汁茄子蒸豬柳 Steamed pork with eggplant in light pepper sauce	洋蔥甘筍炒牛肉碎 Minced beef with onion & carrot	茄子豆腐乾炒百合 Eggplant, dried tofu & lily bulb
21/11 Tue	香菇燴魚柳 Fish fillet with mushroom	菠蘿紫菜肉碎蛋菜飯 Rice with pineapple, seaweed, minced pork, egg & vegetable	菠蘿紫菜粟米蛋菜飯 Rice with pineapple, seaweed, corn, egg & vegetable
22/11 Wed	蕃茄炒牛肉 Beef with tomato	豆腐免治雞肉 Minced chicken with tofu	豆腐鮮雜菇 Mixed mushroom with tofu
23/11 Thu	雙花燴魚柳 Fish fillet with broccoli & cauliflower	香菇蒸免治雞肉 Steamed minced chicken with mushroom	草菇雙花 Broccoli & cauliflower with straw mushroom
24/11 Fri	淡咖哩薯仔牛肉 Beef with potato in light curry sauce	薑黃肉碎甘筍蛋菜飯 Rice with minced pork, carrot, egg, vegetable & ginger	粟米甘筍蛋菜飯 Rice with corn, carrot, egg & vegetable
27/11 Mon	橙香洋蔥煮雞翼 Chicken wing with onion in orange sauce	草菇炒牛肉碎 Minced beef with mushroom	青椒炒草菇 Green pepper and straw mushroom
28/11 Tue	馬蹄翠玉瓜煮豬柳 Pork with water chestnut & zucchini	茄子燴魚柳 Fish fillet with eggplant	馬蹄翠玉瓜煮腐竹 Tofu sheet with water chestnut & zucchini
29/11 Wed	香草薯仔豬柳 Pork with herbs & potato	香菇牛肉碎蛋菜飯 Rice with mushroom, minced beef, egg & vegetable	香菇甘筍蛋菜飯 Rice with mushroom, carrot, egg & vegetable
30/11 Thu	蒜香彩椒炒雞柳 Chicken with capsicum in garlic sauce	粟米蓉燴魚柳 Fish fillet with cream style corn	粟米蓉燴豆腐 Tofu with cream style corn