

香港基督教服務處培愛學校  
Hong Kan Christian Service Pui Oi School  
午膳餐單 (2024年 1月) Lunch Menu (Jan 2024)

\*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)
2/1 Tue	沙葛炒牛肉	甘筍雲耳雞肉碎菜飯	沙葛炒甘筍鮮百合
	Beef with yam bean	Rice with carrot, black fungus, minced chicken & vegetable	Yam bean with carrot & lily bulb
3/1 Wed	焗孜然雞小腿	南瓜茸蒸肉餅	粟米燴素雞
	Baked chicken drumstick with cumin	Steamed minced pork with pumpkin	Tofu roll with corn
4/1 Thu	洋蔥炒牛柳	豬肉碎蒸蛋	香菇蒸蛋
	Beef with onion	Steamed egg with minced pork	Steamed egg with mushroom
5/1 Fri	節瓜炒雞柳	檸汁薯仔焗魚柳	薯仔燴雙花
	Chicken with hairy gourd	Baked fish fillet with potato in lemon sauce	Broccoli & cauliflower with potato
9/1 Tue	蜜糖焗薯仔雞翼	咕嚕彩椒魚柳	咕嚕彩椒翠玉瓜
	Baked chicken wing with potato in honey sauce	Fish fillet with capsicum in tomato sauce	Capsicum & zucchini in tomato sauce
17/1 Wed	粟米蓉魚柳	上海香菇肉碎菜飯	上海香菇雲耳絲菜飯
	Fish fillet with cream style corn	Rice with minced pork, mushroom & vegetable	Rice with mushroom, black fungus & vegetable
18/1 Thu	淡黑椒汁茄子蒸豬肉	免治雞肉蒸蛋	甘筍翠肉瓜燴飯
	Steamed pork with eggplant in light black pepper sauce	Steamed egg with minced chicken	Rice with carrot & zucchini
19/1 Fri	薯仔雞柳	低脂芝士蕃茄燴魚柳	蕃茄燴雙花
	Chicken with potato	Fish fillet with tomato & low-fat-cheese	Broccoli & cauliflower with tomato
22/1 (Mon)*	馬蹄翠玉瓜煮腐竹	淡咖哩南瓜燴紅腰豆	雜菌燴豆腐
	Tofu sheet with water chestnut & zucchini	Pumpkin & red kidney bean in light curry sauce	Tofu with mixed mushroom
23/1 Tue	蕃茄焗豬扒	南瓜燴魚柳	蕃茄炒蛋
	Baked pork chop with tomato	Fish fillet with pumpkin	Fried egg with tomato
24/1 Wed	紅蔥頭芋頭蒸雞	沙葛炒牛肉碎	芋頭甘筍蒸雲耳
	Steamed chicken with shallots & taro	Minced beef with yam bean	Steamed black fungus with taro & carrot
25/1 Thu	淡黑椒汁洋蔥焗雞扒	咕嚕彩椒魚柳	咕嚕彩椒翠玉瓜
	Baked chicken fillet with onion in light pepper sauce	Fish fillet with capsicum in tomato sauce	Capsicum and zucchini in tomato sauce
26/1 Fri	粟米粒甘筍豬柳	低脂鮮奶洋蔥吞拿魚燴貝殼粉	粟米粒甘筍豆腐乾
	Pork with corn & carrot	Conchiglie with onion & tuna in low-fat milk sauce	Dried tofu with corn & carrot
29/1 Mon	香草檸檬豬柳	低脂鮮奶磨菇魚柳燴飯	低脂鮮奶磨菇甘筍燴飯
	Pork in herb & lemon sauce	Rice with mushroom & fish fillet in low-fat-milk sauce	Rice with mushroom & carrot in low-fat-milk sauce
30/1 Tue	南瓜蒸魚柳	生菜牛肉碎蛋飯	生菜豆乾蛋絲飯
	Steamed fish fillet with pumpkin	Rice with minced beef, egg and vegetable	Rice with dried tofu, egg and vegetable
31/1 Wed	香菇蒸雞肉	洋蔥肉碎炒蛋	南瓜煮草菇
	Steamed chicken with mushroom	Fried egg with minced pork & onion	Straw mushroom with pumpkin