

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 2月) Lunch Menu (Feb 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)
1/2 Thu	百合甘筍炒牛肉	豆腐免治雞肉	百合甘筍炒彩椒
	Beef with lily bulb & carrot	Minced chicken with tofu	Capsicum with lily bulb & carrot
2/2 Fri	蒜香翠玉瓜炒肉片	香草薯仔焗魚柳	翠玉瓜炒豆腐乾
	Pork with zucchini in garlic sauce	Baked fish fillet with potato & herb	Dried tofu with zucchini
5/2 (Mon)*	椰菜甘筍煮素火腿	蕃茄炒蛋	茄子豆腐乾炒百合
	Tofu roll with carrot & broccoli	Fried egg with tomato	Eggplant, dried tofu & lily bulb
21/2 Wed	蕃茄炒牛肉	豆腐免治雞肉	豆腐鮮雜菇
	Beef with tomato	Minced chicken with tofu	Mixed mushroom with tofu
22/2 Thu	雙花燴魚柳	香菇蒸免治雞肉	草菇雙花
	Fish fillet with broccoli & cauliflower	Steamed minced chicken with mushroom	Broccoli & cauliflower with straw mushroom
23/2 Fri	淡咖哩薯仔牛肉	薑黃肉碎甘筍蛋菜飯	粟米甘筍蛋菜飯
	Beef with potato in light curry sauce	Rice with minced pork, carrot, egg, vegetable & ginger	Rice with corn, carrot, egg & vegetable
26/2 Mon	橙香洋葱煮雞翼	草菇炒牛肉碎	青椒炒草菇
	Chicken wing with onion in orange sauce	Minced beef with mushroom	Green pepper and straw mushroom
27/2 Tue	馬蹄翠玉瓜煮豬柳	茄子燴魚柳	馬蹄翠玉瓜煮腐竹
	Pork with water chestnut & zucchini	Fish fillet with eggplant	Tofu sheet with water chestnut & zucchini
28/2 Wed	香草薯仔豬柳	香菇牛肉碎蛋菜飯	香菇甘筍蛋菜飯
	Pork with herbs & potato	Rice with mushroom, minced beef, egg & vegetable	Rice with mushroom, carrot, egg & vegetable
29/2 Thu	蒜香彩椒炒雞柳	粟米蓉燴魚柳	粟米蓉燴豆腐
	Chicken with capsicum in garlic sauce	Fish fillet with cream style corn	Tofu with cream style corn