

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 3月) Lunch Menu (Mar 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)
1/3 Fri	蕃茄蛋炒牛肉	麵豉醬茄子煮豬肉碎	蕃茄蛋炒素火腿
	Beef with tomato & egg	Minced pork with eggplant in miso sauce	Tofu roll with tomato & egg
4/3 (Mon)*	椰菜甘筍雞蛋撈米粉	雜菌燴豆腐	磨菇炒蛋
	Rice noodles with carrot, egg & vegetable	Tofu with mixed mushroom	Fried egg with mushroom
5/3 Tue	翠玉瓜百合炒牛肉	香蔥馬蹄蒸雞肉餅	翠玉瓜百合炒雜菇
	Beef with zucchini & lily bulb	Steamed minced chicken with water chestnut & fistular onion	Mixed mushroom with zucchini & lily bulb
6/3 Wed	焗沙薑雞小腿	菠蘿肉碎甘筍雞蛋菜飯	菠蘿甘筍粒雞蛋菜飯
	Baked chicken drumstick with sand ginger powder	Rice with pineapple, minced pork, carrot, egg & vegetable	Rice with pineapple, carrot, egg & vegetable
7/3 Thu	香茅焗豬扒	沙葛炒牛肉碎	沙葛炒百合
	Baked pork chop in lemongrass sauce	Minced beef with yam bean	Lily bulb with yam bean
8/3 Fri	瑞士汁洋葱雞柳	淡咖哩薯仔魚柳	淡咖哩薯仔雙花
	Chicken with onion in Swiss sauce	Fish fillet with potato in light curry sauce	Broccoli & cauliflower with potato in light curry sauce
11/3 Mon	蒜香翠玉瓜炒豬柳	香菇豆腐牛肉碎	香菇豆腐
	Pork with zucchini in garlic sauce	Minced beef with mushroom & tofu	Tofu with mushroom
12/3 Tue	蕃茄菠蘿炒肉片	低脂芝士洋葱吞拿魚焗貝殼粉	蕃茄洋葱焗貝殼粉
	Pork with tomato & pineapple	Baked conchiglie with low-fat-cheese, onion & tuna	Baked conchiglie with tomato & onion
13/3 Wed	南瓜蒸雞球	洋葱牛肉碎炒蛋	菠菜蛋餅
	Steamed chicken with pumpkin	Fried egg with minced beef & onion	Fried egg with spinach
14/3 Thu	瑞士汁雞翼	低脂芝士雙花燴魚柳	低脂鮮奶煮雙花
	Chicken wing in Swiss sauce	Fish fillet with low-fat-cheese, broccoli & cauliflower	Broccoli & cauliflower in low-fat-milk sauce
18/3 Mon	蜜桃炒雞球	南瓜蒸魚柳	南瓜煮紅腰豆
	Chicken with peach	Steamed fish fillet with pumpkin	Red kidney bean with pumpkin
19/3 Tue	甘筍青瓜炒牛肉	香菇雲耳蒸雞肉餅	香菇雲耳蒸素雞
	Beef with carrot & cucumber	Steamed minced chicken with mushroom & black fungus	Steamed tofu roll with mushroom & black fungus
20/3 Wed	茄子煮魚柳	雞蛋蒸免治豬肉	香菇蒸滑蛋
	Fish fillet with eggplant	Steamed egg with minced pork	Steamed egg with mushroom
21/3 Thu	柱侯洋葱蒸豬柳	彩椒炒牛肉碎	彩椒炒豆腐乾
	Steamed pork with onion in Chu Hou sauce	Minced beef with capsicum	Dried tofu with capsicum
22/3 Fri	蕃茄蒸雞柳	低脂鮮奶蘑菇薯仔燴魚柳	低脂鮮奶蘑菇薯仔
	Steamed chicken with tomato	Fish fillet with mushroom & potato in low-fat-milk sauce	Mushroom & potato in low-fat-milk sauce
25/3 Mon	雲耳青瓜豬柳	香菇甘筍牛肉碎蛋菜飯	香菇甘筍蛋菜飯
	Pork with black fungus & cucumber	Rice with mushroom, carrot, minced beef, egg & vegetable	Rice with mushroom, carrot, egg & vegetable
26/3 Tue	豉汁豆腐蒸魚柳	彩椒菠蘿免治豬肉	彩椒菠蘿豆腐乾
	Steamed fish fillet with tofu in black bean sauce	Minced pork with capsicum & pineapple	Dried tofu with capsicum & pineapple