

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 4月) Lunch Menu (Apr 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)
8/4 (Mon)*	雲耳翠玉瓜腐竹 Tofu sheet, black fungus with zucchini	薑黃甘筍雞蛋菜飯 Rice with carrot, egg, vegetable & ginger	蕃茄甘筍粟米雜菇 Mixed mushroom with tomato, carrot & corn
9/4 Tue	蜜糖薯仔焗雞翼 Baked chicken wing with potato in honey	咕嚕彩椒魚柳 Fish fillet with capsicum in tomato sauce	咕嚕彩椒翠玉瓜 Capsicum & zucchini in tomato sauce
10/4 Wed	腐竹冬瓜肉片 Pork with tofu sheet & Wax gourd	洋葱牛肉碎炒蛋 Fried egg with minced beef & onion	菠菜蛋餅 Fried egg with spinach
11/4 Thu	香草薯仔雞柳 Chicken with potato & herb	低脂鮮奶洋葱吞拿魚燴貝殼粉 Conchiglie with onion & tuna in low-fat-milk sauce	低脂鮮奶洋葱雜菌燴貝殼粉 Conchiglie with onion & mixed mushroom in low-fat-milk sauce
12/4 Fri	韭黃炒牛柳 Beef with chinese chive	香菇五香魯肉飯 Rice with minced pork & mushroom in five spice powder sauce	香菇燒汁豆腐飯 Rice with mushroom and tofu in Teriyaki sauce
15/4 Mon	甘筍翠肉瓜魚柳燴飯 Rice with carrot, zucchini & fish fillet	粟米蓉南瓜煮雞肉碎 Minced chicken with cream style corn & pumpkin	葡汁薯仔甘筍 Potato & carrot in coconut curry sauce
16/4 Tue	茄子炒豬柳 Pork with eggplant	蕃茄牛肉碎炒蛋 Fried egg with minced beef & tomato	蕃茄煮豆腐乾 Dried tofu with tomato
17/4 Wed	粟米蓉魚柳 Fish fillet with cream style corn	上海香茹肉碎菜飯 Rice with minced pork, mushroom & vegetable	上海香菇雲耳絲菜飯 Rice with mushroom, black fungus & vegetable
18/4 Thu	淡黑椒汁茄子蒸豬肉 Steamed pork with eggplant in light black pepper	免治雞肉蒸蛋 Steamed egg with minced chicken	甘筍翠肉瓜燴飯 Rice with carrot & zucchini
19/4 Fri	薯仔雞柳 Chicken with potato	低脂芝士蕃茄燴魚柳 Fish fillet with tomato & low-fat-cheese	蕃茄燴雙花 Broccoli & cauliflower with tomato
22/4 Mon	彩椒洋葱牛柳絲 Beef with capsicum & onion	蒜香雜菌燴肉碎 Minced pork with mixed mushroom in garlic sauce	雜菌燴豆腐 Tofu with mixed mushroom
23/4 Tue	蕃茄焗豬扒 Baked pork chop with tomato	南瓜燴魚柳 Fish fillet with pumpkin	蕃茄炒蛋 Fried egg with tomato
24/4 Wed	紅蔥頭芋頭蒸雞 Steamed chicken with shallots & taro	沙葛炒牛肉碎 Minced beef with yam bean	芋頭甘筍蒸雲耳 Steamed black fungus with taro & carrot
25/4 Thu	淡黑椒汁洋葱焗雞扒 Baked chicken fillet with onion in light pepper sauce	咕嚕彩椒魚柳 Fish fillet with capsicum in tomato sauce	咕嚕彩椒翠玉瓜 Capsicum and zucchini in tomato sauce
26/4 Fri	粟米粒甘筍豬柳 Pork with corn & carrot	低脂鮮奶洋葱吞拿魚燴貝殼粉 Conchiglie with onion & tuna in low-fat milk sauce	粟米粒甘筍豆腐乾 Dried tofu with corn & carrot
29/4 Mon	香草檸檬豬柳 Pork in herb & lemon sauce	低脂鮮奶磨菇魚柳燴飯 Rice with mushroom & fish fillet in low-fat-milk sauce	低脂鮮奶磨菇甘筍燴飯 Rice with mushroom & carrot in low-fat-milk sauce