

香港基督教服務處培愛學校
Hong Kan Christian Service Pui Oi School
午膳餐單 (2025年6月) Lunch Menu (June 2025)

*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)
9/6 Mon*	蕃茄雙花 Broccoli & cauliflower with tomato	豉汁豆腐乾炒百合 Dried tofu & lily bulb in black bean sauce	低脂鮮奶磨菇甘筍 Mushroom & carrot in low-fat-milk sauce
10/6 Tue	蕃茄菠蘿炒肉片 Pork with tomato & pineapple	低脂鮮奶洋葱甘筍三文魚貝殼粉 Conchiglie with low-fat-milk, onion, carrot & salmon	蕃茄洋葱焗貝殼粉 Baked conchiglie with tomato & onion
11/6 Wed	南瓜蒸雞球 Steamed chicken with pumpkin	洋葱豬肉碎炒蛋 Fried egg with minced pork & onion	菠菜蛋餅 Fried egg with spinach
12/6 Thu	瑞士汁雞翼 Chicken wing in Swiss sauce	檸汁薯仔焗魚柳 Baked fish fillet with potato in lemon sauce	薯仔雙花 Broccoli & cauliflower with potato
13/6 Fri	洋葱炒牛肉 Beef with onion	馬蹄香菇蒸肉餅 Steamed minced pork with water chestnut & mushroom	洋葱炒雜菇 Mixed mushroom with onion
16/6 Mon	蜜桃炒雞球 Chicken with peach	南瓜蒸魚柳 Steamed fish fillet with pumpkin sauce	香菇雲耳蒸素雞 Steamed tofu roll with mushroom & black fungus
17/6 Tue	甘筍青瓜炒牛肉 Beef with carrot & cucumber	雞蛋蒸豬肉碎 Steamed egg with minced pork	雜菇煮紅腰豆 Red kidney bean with mixed mushroom
18/6 Wed	香菇雲耳蒸雞柳 Steamed chicken with mushroom & black fungus	茄子煮魚柳 Fish fillet with eggplant	蕃茄炒蛋 Fried egg with tomato
19/6 Thu	柱侯洋葱蒸肉片 Steamed pork with onion in Chu Hou sauce	甘筍炒牛肉碎 Minced beef with carrot	甘筍炒豆腐乾 Dried tofu with carrot
20/6 Fri	蕃茄蒸雞球 Steamed chicken with tomato	低脂鮮奶磨菇薯仔魚柳 Fish fillet with mushroom & potato in low-fat-milk sauce	低脂鮮奶磨菇薯仔 Mushroom & potato in low-fat-milk sauce
23/6 Mon	彩椒菠蘿豬扒 Pork chop with capsicum & pineapple	豉汁豆腐蒸魚柳 Steamed fish fillet with tofu in black bean sauce	粟米燴素雞 Tofu roll with corn
24/6 Tue	雲耳青瓜豬柳 Pork with black fungus & cucumber	香菇甘筍牛肉碎蛋菜飯 Rice with mushroom, carrot, minced beef, egg & vegetable	香菇甘筍蛋菜飯 Rice with mushroom, carrot, egg & vegetable
25/6 Wed	沙薑薯仔雞翼 Chicken wing with potato in ginger sauce	洋葱豬肉碎炒蛋 Fried egg with minced pork & onion	磨菇炒蛋 Fried egg with mushroom
26/6 Thu	蒜香洋葱雞柳 Chicken fillet with onion in garlic sauce	粟米蓉焗魚柳 Baked fish fillet with cream style corn	粟米蓉豆腐 Tofu with cream style corn
27/6 Fri	冬瓜草菇炆肉片 Pork with Wax gourd & straw mushroom	香菇牛肉碎 Minced beef with mushroom	冬瓜草菇炆腐竹 Wax gourd, tofu sheet & straw mushroom
30/6 Mon	淡咖哩薯仔雞柳 Chicken fillet with potato in light curry sauce	香草蕃茄魚柳 Fish fillet with tomato & herb	淡咖哩薯仔雙花 Broccoli & cauliflower with potato in light curry sauce

所有午餐會配備1份蔬菜、1份高纖穀物：紅米或小米