

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7月) Lunch Menu (July 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)
2/7 Wed	焗孜然雞小腿	南瓜茸蒸肉餅	彩椒菠蘿豆腐乾
	Baked chicken drumstick with cumin	Steamed minced pork with pumpkin	Dried tofu with capsicum & pineapple
3/7 Thu	沙葛炒牛柳	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 & vegetables	Yam bean with carrot & lily bulb
4/7 Fri	節瓜炒豬柳	低脂芝士雙花魚柳	低脂鮮奶煮雙花
	Pork with hairy gourd	Fish fillet with low-fat-cheese, broccoli & cauliflower	Broccoli & cauliflower in low-fat-milk sauce
7/7 Mon*	茄汁豆素火腿	白豆角炒蛋	素蠔油豆腐鮮菇
	Tofu roll with beans in tomato sauce	Fried egg with string bean	Mixed mushroom with tofu in vegetarian mushroom sauce
8/7 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
9/7 Wed	香草檸檬豬柳	洋蔥蕃茄牛肉碎	菠菜蛋餅
	Pork in herb & lemon sauce	Minced beef with onion & tomato	Fried egg with spinach
10/7 Thu	香草薯仔雞球	肉碎三文魚蛋有味飯	低脂鮮奶洋蔥雜菌燴貝殼粉
	Chicken with potato & herb	Rice with minced pork, salmon & egg	Conchiglie with onion & mixed mushroom in low-fat-milk sauce
11/7 Fri	合掌瓜雲耳蒸豬肉	牛肉碎炒蛋	蕃茄甘筍粟米雜菇
	Steamed pork with chayote & black fungus	Fried egg with minced beef	Mixed mushroom with tomato, carrot & corn
14/7 Mon	粟米蓉南瓜煮雞肉片	甘筍洋蔥魚柳	葡汁薯仔甘筍
	Chicken with cream style corn & pumpkin	Fish fillet with carrot & onion	Potato & carrot in coconut curry sauce

所有午餐會配備1份蔬菜、1份高纖穀物：紅米或小米