

香港基督教服務處培愛學校
Hong Kan Christian Service Pui Oi School
午膳餐單 (2026年2月) Lunch Menu (Feb 2026)

*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，當日只提供素食選擇。

*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)
2/2(Mon)*	柱候醬鮮淮山炆腐竹 Tofu sheet with fresh Huaishan in Chu Hou sauce	蕃茄炒蛋 Fried egg with tomato	波蘿焗素雞 Tofu roll with pineapple
3/2 Tue	節瓜蒸豬柳 Steamed pork with hairy gourd	雜菇魚柳 Fish fillet with mixed mushroom	彩椒煮合桃豆腐乾 Dried tofu & walnut with capsicum
4/2 Wed	洋蔥炒牛肉片 Beef with onion	甘筍雞肉碎菜飯 Rice with carrot, minced chicken & vegetable	紫菜粟米甘筍蛋飯 Rice with seaweed, corn, carrot & egg
5/2 Thu	薯仔炆雞翼 Chicken wing with potato	淡咖哩甘筍魚柳 Fish fillet with carrot in curry sauce	腰果薯仔炆雙花 Potato, broccoli & cauliflower with cashew
6/2 Fri	蒜香翠肉瓜炒牛柳 Beef with zucchini in garlic sauce	香菇肉碎蒸蛋 Steamed egg with mushroom & minced pork	香菇蒸蛋 Steamed egg with mushroom
9/2 Mon	洋蔥焗豬扒 Baked pork chop with onion	低脂鮮奶甘筍雞絲貝殼粉 Conchiglie with carrot & chicken in low-fat-milk sauce	芝麻低脂鮮奶甘筍椰菜花貝殼粉 Conchiglie with carrot, cauliflower & sesame in low-fat-milk sauce
10/2 Tue	茄子牛肉 Beef with eggplant	香草薯仔魚柳 Fish fillet with potato & herb	腰果翠玉瓜炒百合 Cashew, zucchini and lily bulb
11/2 Wed	蒜香蜜糖彩椒豬柳 Pork with capsicum in garlic & honey sauce	南瓜炆魚柳 Fish fillet with pumpkin	南瓜茄汁豆 Pumpkin with beans in tomato sauce
12/2 Thu	蜜汁焗雞小腿 Baked chicken drumstick in honey sauce	蒜香薯仔牛柳碎 Minced beef, potato & garlic	淡咖哩薯仔素雞飯 Rice with tofu roll and potato in light curry sauce
27/2 Fri	蕃茄蛋炒牛肉 Beef with tomato & egg	麵豉醬茄子煮豬肉碎 Minced pork with eggplant in miso sauce	蕃茄蛋炒素雞 Tofu roll with tomato & egg

所有午餐會配備1份蔬菜、1份高纖穀物：紅米或小米