

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3月) Lunch Menu (March 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)
2/3 (Mon)*	豉汁芋頭腐竹蒸雲耳 Steamed black fungus with taro & tofu sheet in black bean sauce	蕃茄洋蔥素雞貝殼粉 Baked conchiglie with tofu roll, tomato & onion	雞蛋淡咖哩薯仔雙花 Egg, broccoli & cauliflower with potato in light curry sauce
3/3 Tue	節瓜百合炒牛肉 Beef with hairy gourd & lily bulb	香蔥馬蹄蒸雞肉餅 Steamed minced chicken with water chestnut & fistular onion	節瓜腐竹炒雜菇 Mixed mushroom with hairy gourd & tofu sheet
4/3 Wed	焗沙薑雞小腿 Baked chicken drumstick with sand ginger powder	菠蘿肉碎甘筍雞蛋菜飯 Rice with pineapple, minced pork, carrot, egg & vegetable	菠蘿甘筍粒雞蛋菜飯 Rice with pineapple, carrot, egg & vegetable
5/3 Thur	香茅焗豬扒 Baked pork chop in lemongrass sauce	沙葛炒牛肉碎 Minced beef with yam bean	沙葛豆腐乾炒百合 Lily bulb & tofu with yam bean
6/3 Fri	西檸雞 Chicken in lemon sauce	蕃茄蒸魚柳 Steamed fish fillet with tomato	雜菇炒蛋 Fried egg with mixed mushroom
9/3 Mon	蒜香翠玉瓜炒豬柳 Pork with zucchini in garlic sauce	麵改醬豆腐牛肉碎 Minced beef with tofu in miso sauce	麵改醬甘筍豆腐乾 Dried tofu with carrot in miso sauce
10/3 Tue	蕃茄菠蘿炒肉片 Pork with tomato & pineapple	低脂鮮奶油洋蔥甘筍吞拿魚三文魚貝殼粉 Conchiglie with low-fat-milk, onion, carrot, tuna & salmon	蕃茄洋蔥加豆焗貝殼粉 Baked conchiglie with tomato, onion & beans in tomato sauce
11/3 Wed	南瓜蒸雞球 Steamed chicken with pumpkin	洋蔥豬肉碎炒蛋 Fried egg with minced pork & onion	菠菜蛋餅 Fried egg with spinach
12/3 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	素蠔油薯仔素雞 Tofu roll with potato in vegetarian oyster sauce
16/3 Mon	蜜桃炒雞球 Chicken with peach	南瓜焗魚柳 Steamed fish fillet with pumpkin sauce	香姑雲耳蒸素雞 Steamed tofu roll with mushroom & black fungus
17/3 Tue	甘筍青瓜炒牛肉 Beef with carrot & cucumber	雞蛋蒸豬肉碎 Steamed egg with minced pork	茄汁豆炒蛋 Fried egg with beans in tomato sauce
18/3 Wed	香姑雲耳蒸雞柳 Steamed chicken with mushroom & black fungus	茄子煮魚柳 Fish fillet with eggplant	蕃茄炒蛋 Fried egg with tomato
19/3 Thu	柱侯洋蔥蒸肉片 Steamed pork with onion in Chu Hou sauce	甘筍炒牛肉碎 Minced beef with carrot	柱侯甘筍素雞撈米粉 Carrot & tofu roll with rice noodles in Chu Hou sauce
20/3 Fri	蕃茄蒸雞球 Steamed chicken with tomato	低脂鮮奶油蘑菇薯仔焗魚柳 Fish fillet with mushroom & potato in low-fat-milk sauce	低脂鮮奶腐竹薯仔 Tofu sheet & potato in low-fat-milk sauce
23/3 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	菠蘿焗素雞 Tofu roll with pineapple
24/3 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	紫菜香菇甘筍蛋飯 Rice with seaweed, mushroom, carrot & egg
25/3 Wed	沙薑薯仔雞翼 Chicken wing with potato in ginger sauce	洋蔥豬肉碎炒蛋 Fried egg with minced pork & onion	磨姑炒蛋 Fried egg with mushroom
26/3 Thu	蒜香洋蔥雞柳 Chicken fillet with onion in garlic sauce	粟米蓉焗魚柳 Baked fish fillet with cream style corn	粟米蓉焗豆腐 Tofu with cream style corn
27/3 Fri	白蘿蔔草菇炆肉片 Pork with Chinese turnip & straw mushroom	香菇雞肉碎 Miced chicken with mushroom	白蘿蔔草菇炆腐竹 Chinese turnip, tofu sheet & straw mushroom
30/3 Mon	淡咖哩薯仔雞柳 Chicken fillet with potato in light curry sauce	香草蕃茄焗魚柳 Fish fillet with tomato & herb	合桃淡咖哩薯仔雙花 Walnut with broccoli & cauliflower with potato in light curry sauce
31/3 Tue	沙葛炒牛柳 Beef with yam bean	甘筍雲耳雞肉碎菜飯 Rice with carrot, black fungus, minced chicken & vegetable	沙葛炒甘筍鮮百合枝竹 Yam bean with carrot, lily bulb & beancurd sheet

所有午餐會配備1份蔬菜、1份高纖穀物：紅米或小米