

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4月) Lunch Menu (April 2026)

*為結合環保教育，提升學生環保意識，營造綠色校園，每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	B餐	V餐(素食餐)
13/4 (Mon)*	淡黑椒汁雲耳翠玉瓜腐竹 Tofu sheet, black fungus with zucchini in light pepper sauce	薑黃甘筍雞蛋菜飯 Rice with carrot, egg, vegetable & ginger	甘筍洋葱燒汁豆腐 Carrot, onion and tofu in Teriyaki sauce
14/4 Tue	芋頭炒豬柳 Pork with taro	免治雞肉蒸蛋 Steamed egg with minced chicken	腰果蕃茄煮豆腐乾 Dried tofu with tomato & cashew
15/4 Wed	上海香菇肉碎菜飯 Rice with minced pork, mushroom & vegetable	南瓜燴魚柳 Fish fillet with pumpkin	香菇雞蛋雲耳絲菜飯 Rice with mushroom, egg, black fungus & vegetable
16/4 Thu	淡黑椒汁茄子蒸豬肉 Steamed pork with eggplant in light black pepper sauce	蕃茄牛肉碎炒蛋 Fried egg with minced beef & tomato	淡咖哩南瓜素雞 Pumpkin & tofu roll in light curry sauce
17/4 Fri	薯仔雞柳 Chicken with potato	低脂芝士蕃茄燴魚柳 Fish fillet with tomato & low-fat-cheese	合桃蕃茄燴雙花 Walnut, broccoli & cauliflower with tomato
20/4 Mon	照燒汁洋葱牛柳絲 Beef with onion in Teriyaki sauce	蒜香雜菌燴肉碎 Minced pork with mixed mushroom in garlic sauce	茄汁豆腐燴豆腐 Tofu & beans in tomato sauce
21/4 Tue	蕃茄焗豬扒 Baked pork chop with tomato	粟米蓉魚柳 Fish fillet with cream style corn	蕃茄炒蛋 Fried egg with tomato
22/4 Wed	紅蔥頭芋頭蒸雞 Steamed chicken with shallots & taro	沙葛炒豬肉碎 Minced pork with yam bean	芋頭甘筍蒸鮮枝竹 Steamed black fungus with taro & beancurd sheet
23/4 Thu	淡黑椒汁洋葱燴雞柳 Baked chicken fillet with onion in light pepper sauce	咕嚕彩椒魚柳 Fish fillet with capsicum in tomato sauce	咕嚕彩椒豆腐乾 Capsicum and dried tofu in tomato sauce
24/4 Fri	粟米粒甘筍肉片 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	椰菜甘筍雞蛋撈米粉 Rice noodles with carrot, egg & vegetable
27/4 Mon	腐竹冬瓜肉片 Pork with tofu sheet & wax gourd	蕃茄燴魚柳 Fish fillet with tomato	低脂鮮奶磨菇甘筍腐竹 Mushroom, carrot & tofu sheet in low-fat-milk sauce
28/4 Tue	生菜牛肉碎蛋飯 Rice with minced beef, egg and vegetable	南瓜蒸魚柳 Steamed fish fillet with pumpkin	生菜豆乾蛋絲飯 Rice with dried tofu, egg and vegetable
29/4 Wed	香菇蒸雞翼 Steamed chicken wing with mushroom	洋葱肉碎炒蛋 Fried egg with minced pork & onion	素蠔油豆腐煮草菇 Straw mushroom with tofu in vegetarian mushroom sauce
30/4 Thu	百合甘筍炒牛柳 Beef with lily bulb & carrot	豆腐免治雞肉 Minced chicken with tofu	腰果百合甘筍炒彩椒 Capsicum with lily bulb, carrot & cashew

所有午餐會配備1份蔬菜、1份高纖維物：紅米或小米