

**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5月) Lunch Menu (May 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          | A餐  | B餐  | V餐(素食餐)  |
|-------------|---|---|--|
| 5/5 Tue     | 節瓜蒸豬柳<br>Steamed pork with hairy gourd                                  | 雜菇魚柳<br>Fish fillet with mixed mushroom                             | 彩椒煮合桃豆腐乾<br>Dried tofu & walnut with capsicum                                |
| 6/5 Wed     | 洋蔥炒牛肉片<br>Beef with onion   | 甘筍雞肉碎菜飯<br>Rice with carrot, minced chicken & vegetable             | 紫菜粟米甘筍蛋飯<br>Rice with seaweed, corn, carrot & egg                            |
| 7/5 Thu     | 薯仔炆雞翼<br>Chicken wing with potato                                       | 淡咖哩甘筍魚柳<br>Fish fillet with carrot in curry sauce                   | 腰果薯仔炆雙花<br>Potato, broccoli & cauliflower with cashew                        |
| 8/5 Fri     | 蒜香翠肉瓜炒牛柳<br>Beef with zucchini in garlic sauce                          | 香菇肉碎蒸蛋<br>Steamed egg with mushroom & minced pork                   | 香菇蒸蛋<br>Steamed egg with mushroom  |
| 11/5 (Mon)* | 豉汁雞脾菇素雞<br>Tufu roll with chicken spleen mushroom in black bean sau     | 香菇蒸蛋<br>Steamed egg with mushroom                                   | 葡汁薯仔甘筍鮮枝竹<br>Potato, carrot & beancurd sheet in coconut curry sauce          |
| 12/5 Tue    | 茄子牛肉<br>Beef with eggplant  | 香草薯仔魚柳<br>Fish fillet with potato & herb                            | 腰果翠玉瓜炒百合<br>Cashew, zucchini and lily bulb                                   |
| 13/5 Wed    | 蒜香蜜糖彩椒豬柳<br>Pork with capsicum in garlic & honey sauce                  | 南瓜燴魚柳<br>Fish fillet with pumpkin                                   | 南瓜茄汁豆<br>Pumpkin with beans in tomato sauce                                  |
| 14/5 Thu    | 蜜汁焗雞小腿<br>Baked chicken drumstick in honey sauce                        | 蒜香薯仔牛柳碎<br>Minced beef, potato & garlic                             | 淡咖哩薯仔素雞飯<br>Rice with tofu roll and potato in light curry sauce              |
| 15/5 Fri    | 香菇椰菜肉碎雞蛋有味飯<br>Rice with mushroom, cauliflower, egg and minced pork     | 肉碎三文魚炒蛋<br>Fried egg with minced pork & salmon                      | 香菇椰菜甘筍雞蛋有味飯<br>Rice with mushroom, cauliflower, carrot & egg                 |
| 18/5 Mon    | 淡黑椒汁茄子蒸豬柳<br>Steamed pork with eggplant in light pepper sauce           | 洋蔥甘筍炒牛肉碎<br>Minced beef with onion & carrot                         | 素蠔油茄子豆腐乾炒百合<br>Eggplant, dried tofu & lily bulb in vegetarian mushroom sauce |
| 19/5 Tue    | 菠蘿紫菜肉碎蛋菜飯<br>Rice with pineapple, seaweed, minced pork, egg & vegetable | 香菇燴魚柳<br>Fish fillet with mushroom                                  | 菠蘿紫菜粟米蛋菜飯<br>Rice with pineapple, seaweed, corn, egg & vegetable             |
| 20/5 Wed    | 蕃茄炒肉片<br>Pork with tomato   | 豆腐免治雞肉<br>Minced chicken with tofu                                  | 粟米蓉豆腐<br>Creamed corn with tofu  |
| 21/5 Thu    | 香菇蒸雞<br>Steamed chicken with mushroom                                   | 粟米蓉魚柳<br>Fish fillet with cream style corn                          | 合桃草菇鮮枝竹<br>Walnut & straw mushroom with beancurd sheet                       |
| 22/5 Fri    | 淡咖哩薯仔牛肉<br>Beef with potato in light curry sauce                        | 薑黃肉碎甘筍蛋菜飯<br>Rice with minced pork, carrot, egg, vegetable & ginger | 粟米甘筍蛋菜飯<br>Rice with corn, carrot, egg & vegetable                           |
| 26/5 Tue    | 馬蹄翠玉瓜煮肉片<br>Pork with water chestnut & zucchini                         | 雜菇煮魚柳<br>Fish fillet with mixed mushroom                            | 馬蹄翠玉瓜煮腐竹<br>Tofu sheet with water chestnut & zucchini                        |
| 27/5 Wed    | 香草薯仔豬柳<br>Pork with herbs & potato                                      | 香菇牛肉碎蛋菜飯<br>Rice with mushroom, minced beef, egg & vegetable        | 紫菜香菇甘筍蛋菜飯<br>Rice with seaweed, mushroom, carrot, egg & vegetable            |
| 28/5 Thu    | 蒜香彩椒炒雞球<br>Chicken with capsicum in garlic sauce                        | 粟米蓉燴魚柳<br>Fish fillet with cream style corn                         | 粟米蓉燴豆腐<br>Tofu with cream style corn   |
| 29/5 Fri    | 蕃茄蛋炒牛肉<br>Beef with tomato & egg  | 麵豉醬茄子煮豬肉碎<br>Minced pork with eggplant in miso sauce                | 蕃茄蛋炒素雞<br>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