

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7月) Lunch Menu (July 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)
2/7 Thu	菠蘿炒牛肉 Beef with pineapple	豬肉碎蒸蛋 Steamed egg with minced pork	香菇蒸蛋 Steamed egg with mushroom
3/7 Fri	節瓜炒豬柳 Pork with hairy gourd	低脂芝士雙花燴魚柳 Fish fillet with low-fat-cheese, broccoli & cauliflower	芝麻低脂鮮奶煮雙花 Broccoli & cauliflower with sesame in low-fat-milk sauce
6/7 (Mon)*	雞蛋南瓜洋葱炒百合 pumpkin, onion & lily bulb with egg	茄汁豆炒蛋 Fried egg with beans in tomato sauce	低脂鮮奶磨菇甘筍腐竹 Mushroom, carrot & tofu sheet in low-fat-milk sauce
7/7 Tue	蜜糖焗薯仔雞翼 Baked chicken wing with potato in honey sauce	咕嚕彩椒魚柳 Fish fillet with capsicum in tomato sauce	咕嚕彩椒豆腐乾 Capsicum & dried tofu in tomato sauce
8/7 Wed	香草檸檬豬柳 Pork in herb & lemon sauce	洋葱蕃茄牛肉碎 Minced beef with onion & tomato	芝麻菠菜蛋餅 Fried egg with spinach & sesame
9/7 Thu	香草薯仔雞球 Chicken with potato & herb	肉碎蛋三文魚有味飯 Rice with minced pork, salmon & egg	低脂鮮奶腐竹雜菌燴貝殼粉 Conchiglie with tofu sheet & mixed mushroom in low-fat-milk sauce
10/7 Fri	合掌瓜雲耳蒸豬肉 Steamed pork with chayote & black fungus	牛肉碎炒蛋 Fried egg with minced beef	蕃茄炒蛋 Fried egg with tomato
13/7 Mon	粟米蓉南瓜煮雞肉片 Chicken with cream style corn & pumpkin	甘筍洋葱魚柳 Fish fillet with carrot & onion	葡汁薯仔甘筍鮮枝竹 Potato, carrot & beancurd sheet in coconut curry sauce
14/7 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

所有午餐會配備1份蔬菜、1份高纖維物：紅米或小米