

香港基督教服務處培愛學校
Hong Kan Christian Service Pui Oi School
午膳餐單 (2025年10月) Lunch Menu (Oct 2025)

*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)
2/10 Thu	菠蘿炒牛肉	豬肉碎蒸蛋	香菇蒸蛋
	Beef with pineapple	Steamed egg with minced pork	Steamed egg with mushroom
3/10 Fri	節瓜炒豬柳	低脂芝士雙花燴魚柳	芝麻低脂鮮奶煮雙花
	Pork with hairy gourd	Fish fillet with low-fat-cheese, broccoli & cauliflower	Broccoli & cauliflower with sesame in low-fat-milk sauce
8/10 Wed	香草檸檬豬柳	洋葱蕃茄牛肉碎	芝麻菠菜蛋餅
	Pork in herb & lemon sauce	Minced beef with onion & tomato	Fried egg with spinach & sesame
9/10 Thu	香草薯仔雞球	肉碎蛋三文魚有味飯	低脂鮮奶腐竹雜菌燴貝殼粉
	Chicken with potato & herb	Rice with minced pork, salmon & egg	Conchiglie with tofu sheet & mixed mushroom in low-fat-milk sauce
10/10 Fri	合掌瓜雲耳蒸豬肉	牛肉碎炒蛋	蕃茄炒蛋
	Steamed pork with chayote & black fungus	Fried egg with minced beef	Fried egg with tomato
13/10 Mon*	芝麻南乳羅漢齋	香菇蒸蛋	洋葱素雞炒草菇
	Braised vegetable with red fermented beancurd & sesame	Steamed egg with mushroom	onion and straw mushroom with tofu roll
14/10 Tue	芋頭炒豬柳	免治雞肉蒸蛋	腰果蕃茄煮豆腐乾
	Pork with taro	Steamed egg with minced chicken	Dried tofu with tomato & cashew
15/10 Wed	上海香菇肉碎菜飯	南瓜燴魚柳	香菇雞蛋雲耳絲菜飯
	Rice with minced pork, mushroom & vegetable	Fish fillet with pumpkin	Rice with mushroom, egg, black fungus & vegetable
16/10 Thu	淡黑椒汁茄子蒸豬肉	蕃茄牛肉碎炒蛋	淡咖哩南瓜素雞
	Steamed pork with eggplant in light black pepper sauce	Fried egg with minced beef & tomato	Pumpkin & tofu roll in light curry sauce
17/10 Fri	薯仔雞柳	低脂芝士蕃茄燴魚柳	合桃蕃茄燴雙花
	Chicken with potato	Fish fillet with tomato & low-fat-cheese	Walnut, broccoli & cauliflower with tomato
20/10 Mon	照燒汁洋葱牛柳絲	蒜香雜菌燴肉碎	茄汁豆燴豆腐
	Beef with onion in Teriyaki sauce	Minced pork with mixed mushroom in garlic sauce	Tofu & beans in tomato sauce
21/10 Tue	蕃茄焗豬扒	粟米蓉魚柳	蕃茄炒蛋
	Baked pork chop with tomato	Fish fillet with cream style corn	Fried egg with tomato
22/10 Wed	紅蔥頭芋頭蒸雞	沙葛炒豬肉碎	芋頭甘筍蒸鮮枝竹
	Steamed chicken with shallots & taro	Minced pork with yam bean	Steamed black fungus with taro & beancurd sheet
23/10 Thu	淡黑椒汁洋葱焗雞柳	咕嚕彩椒魚柳	咕嚕彩椒豆腐乾
	Baked chicken fillet with onion in light pepper sauce	Fish fillet with capsicum in tomato sauce	Capsicum and dried tofu in tomato sauce
24/10 Fri	粟米粒甘筍肉片	低脂鮮奶洋葱吞拿魚燴貝殼粉	椰菜甘筍雞蛋撈米粉
	Pork with corn & carrot	Conchiglie with onion & tuna in low-fat milk sauce	Rice noodles with carrot, egg & vegetable
27/10 Mon	腐竹白蘿蔔肉片	蕃茄燴魚柳	低脂鮮奶磨菇甘筍腐竹
	Pork with tofu sheet & Chinese turnip	Fish fillet with tomato	Mushroom, carrot & tofu sheet in low-fat-milk sauce
28/10 Tue	生菜牛肉碎蛋飯	南瓜蒸魚柳	生菜豆乾蛋絲飯
	Rice with minced beef, egg and vegetable	Steamed fish fillet with pumpkin	Rice with dried tofu, egg and vegetable
30/10 Thu	百合甘筍炒牛柳	豆腐免治雞肉	腰果百合甘筍炒彩椒
	Beef with lily bulb & carrot	Minced chicken with tofu	Capsicum with lily bulb, carrot & cashew
31/10 Fri	蒜香翠玉瓜炒肉片	香草薯仔焗魚柳	翠玉瓜炒豆腐乾
	Pork with zucchini in garlic sauce	Baked fish fillet with potato & herb	Dried tofu with zucchini

所有午餐會配備1份蔬菜、1份高纖穀物：紅米或小米