

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11月) Lunch Menu (Nov 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)
3/11(Mon)*	麵豉醬茄子白豆角 String beans & eggplant in miso sauce	粟米蓉燴豆腐 Tofu with cream style corn	淡咖哩合桃薯仔雙花 Walnut, broccoli & cauliflower with potato in light curry sauce
4/11 Tue	節瓜蒸豬柳 Steamed pork with hairy gourd	雞菇魚柳 Fish fillet with mixed mushroom	彩椒煮合桃豆腐乾 Dried tofu & walnut with capsicum
5/11 Wed	洋蔥炒牛肉片 Beef with onion	甘筍雞肉碎菜飯 Rice with carrot, minced chicken & vegetable	紫菜粟米甘筍蛋飯 Rice with seaweed, corn, carrot & egg
6/11 Thu	薯仔炆雞翼 Chicken wing with potato	淡咖哩甘筍魚柳 Fish fillet with carrot in curry sauce	腰果薯仔炆雙花 Potato, broccoli & cauliflower with cashew
7/11 Fri	蒜香翠肉瓜炒牛柳 Beef with zucchini in garlic sauce	香菇肉碎蒸蛋 Steamed egg with mushroom & minced pork	香菇蒸蛋 Steamed egg with mushroom
10/11 Mon	洋蔥焗豬扒 Baked pork chop with onion	低脂鮮奶甘筍雞絲貝殼粉 Conchiglie with carrot & chicken in low-fat-milk sauce	芝麻低脂鮮奶甘筍椰菜花貝殼粉 Conchiglie with carrot, cauliflower & sesame in low-fat-milk sauce
11/11 Tue	茄子牛肉 Beef with eggplant	香草薯仔魚柳 Fish fillet with potato & herb	腰果翠玉瓜炒百合 Cashew, zucchini and lily bulb
12/11 Wed	蒜香蜜糖彩椒豬柳 Pork with capsicum in garlic & honey sauce	南瓜燴魚柳 Fish fillet with pumpkin	南瓜茄汁豆 Pumpkin with beans in tomato sauce
13/11 Thu	蜜汁焗雞小腿 Baked chicken drumstick in honey sauce	蒜香薯仔牛柳碎 Minced beef, potato & garlic	淡咖哩薯仔素雞飯 Rice with tofu roll and potato in light curry sauce
14/11 Fri	香菇椰菜肉碎雞蛋有味飯 Rice with mushroom, cauliflower, egg and minced pork	肉碎三文魚炒蛋 Fried egg with minced pork & salmon	香菇椰菜甘筍雞蛋有味飯 Rice with mushroom, cauliflower, carrot & egg
17/11 Mon	淡黑椒汁茄子蒸豬柳 Steamed pork with eggplant in light pepper sauce	洋蔥甘筍炒牛肉碎 Minced beef with onion & carrot	素蠔油茄子豆腐乾炒百合 Eggplant, dried tofu & lily bulb in vegetarian mushroom sauce
18/11 Tue	菠蘿紫菜肉碎蛋菜飯 Rice with pineapple, seaweed, minced pork, egg & vegetable	香菇燴魚柳 Fish fillet with mushroom	菠蘿紫菜粟米蛋菜飯 Rice with pineapple, seaweed, corn, egg & vegetable
19/11 Wed	蕃茄炒肉片 Pork with tomato	豆腐免治雞肉 Minced chicken with tofu	粟米蓉豆腐 Creamed corn with tofu
20/11 Thu	香菇蒸雞 Steamed chicken with mushroom	粟米蓉魚柳 Fish fillet with cream style corn	合桃草菇鮮枝竹 Walnut & straw mushroom with beancurd sheet
21/11 Fri	淡咖哩薯仔牛肉 Beef with potato in light curry sauce	薑黃肉碎甘筍蛋菜飯 Rice with minced pork, carrot, egg, vegetable & ginger	粟米甘筍蛋菜飯 Rice with corn, carrot, egg & vegetable
24/11 Mon	鹵水汁洋葱煮雞翼 Chicken wing with onion in Chinses marinade	草菇炒豬肉碎 Minced pork with mushroom	洋葱素雞炒草菇 onion and straw mushroom with tofu roll
25/11 Tue	馬蹄翠玉瓜煮肉片 Pork with water chestnut & zucchini	雞菇煮魚柳 Fish fillet with mixed mushroom	馬蹄翠玉瓜煮腐竹 Tofu sheet with water chestnut & zucchini
26/11 Wed	香草薯仔豬柳 Pork with herbs & potato	香菇牛肉碎蛋菜飯 Rice with mushroom, minced beef, egg & vegetable	紫菜香菇甘筍蛋菜飯 Rice with seaweed, mushroom, carrot, egg & vegetable
27/11 Thu	蒜香彩椒炒雞球 Chicken with capsicum in garlic sauce	粟米蓉燴魚柳 Fish fillet with cream style corn	粟米蓉燴豆腐 Tofu with cream style corn
28/11 Fri	蕃茄蛋炒牛肉 Beef with tomato & egg	麵豉醬茄子煮豬肉碎 Minced pork with eggplant in miso sauce	蕃茄蛋炒素雞 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