

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12月) Lunch Menu (Dec 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)
1/12(Mon)*	蓮藕炆素雞 Tofu roll with lotus root	洋蔥炒蛋 Fried egg with onion	麵豉醬甘筍鮮百合豆腐乾 Dried tofu with carrot & lily bulb in miso sauce
2/12 Tue	節瓜百合炒牛肉 Beef with hairy gourd & lily bulb	香蔥馬蹄蒸雞肉餅 Steamed minced chicken with water chestnut & fistular onion	節瓜腐竹炒雜菇 Mixed mushroom with hairy gourd & tofu sheet
3/12 Wed	焗沙薑雞小腿 Baked chicken drumstickwith sand ginger powder	菠蘿肉碎甘筍雞蛋菜飯 Rice with pineapple, minced pork, carrot, egg & vegetable	菠蘿甘筍粒雞蛋菜飯 Rice with pineapple, carrot, egg & vegetable
4/12 Thu	香茅焗豬扒 Baked pork chop in lemongrass sauce	沙葛炒牛肉碎 Minced beef with yam bean	沙葛豆腐乾炒百合 Lily bulb & tofu with yam bean
5/12 Fri	西檸雞 Chicken in lemon sauce	蕃茄蒸魚柳 Steamed fish fillet with tomato	雜菇炒蛋 Fried egg with mixed mushroom
9/12 Tue	蕃茄菠蘿炒肉片 Pork with tomato & pineapple	低脂鮮奶洋蔥甘筍吞拿魚三文魚貝殼粉 Conchiglie with low-fat-milk, onion, carrot, tuna & salmon	蕃茄洋蔥茄汁豆燜貝殼粉 Baked conchiglie with tomato, onion & beans in tomato sauce
10/12 Wed	南瓜蒸雞球 Steamed chicken with pumpkin	洋葱猪肉碎炒蛋 Fried egg with minced pork & onion	菠菜蛋餅 Fried egg with spinach
11/12 Thu	瑞士汁雞翼 Chicken wing in Swiss sauce	檸汁薯仔焗魚柳 Baked fish fillet with potato in lemon sauce	素蠔油薯仔素雞 Tofu roll with potato in vegetarian oyster sauce
15/12 Mon	蜜桃炒雞球 Chicken with peach	南瓜燴魚柳 Steamed fish fillet with pumpkin sauce	香菇雲耳蒸素雞 Steamed tofu roll with mushroom & black fungus
16/12 Tue	甘筍青瓜炒牛肉 Beef with carrot & cucumber	雞蛋蒸豬肉碎 Steamed egg with minced pork	茄汁豆炒蛋 Fried egg with beans in tomato sauce
17/12 Wed	香菇雲耳蒸雞柳 Steamed chicken with mushroom & black fungus	茄子煮魚柳 Fish fillet with eggplant	蕃茄炒蛋 Fried egg with tomato
18/12 Thu	柱侯洋蔥蒸肉片 Steamed pork with onion in Chu Hou sauce	甘筍炒牛肉碎 Minced beef with carrot	柱侯甘筍素雞撈米粉 Carrot & tofu roll with rice noodles in Chu Hou sauce

所有午餐會配備1份蔬菜、1份高纖穀物：紅米或小米