

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9月) Lunch Menu (Sep 2026)

*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)
2/9 Wed	焗沙薑雞小腿 Baked chicken drumstick with 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
3/9 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
4/9 Fri	西檸雞 Chicken in lemon sauce	蕃茄蒸魚柳 Steamed fish fillet with tomato	雞菇炒蛋 Fried egg with mixed mushroom
7/9 (Mon)	茄汁豆燴素雞 Tofu roll with beans in tomato sauce	洋蔥炒蛋 Fried egg with onion	素蠔油豆腐鮮雞菇 Mixed mushroom with tofu roll in vegetarian mushroom sauce
8/9 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	蕃茄洋蔥茄汁豆燴貝殼粉 Baked conchiglie with tomato, onion & beans in tomato sauce
9/9 Wed	南瓜蒸雞球 Steamed chicken with pumpkin	洋蔥豬肉碎炒蛋 Fried egg with minced pork & onion	菠菜蛋餅 Fried egg with spinach
10/9 Thu	瑞士汁無激素雞翼 Hormone-free chicken wing in Swiss sauce	檸檬汁薯仔焗魚柳 Baked fish fillet with potato in lemon sauce	素蠔油薯仔素雞 Tofu roll with potato in vegetarian oyster sauce
11/9 Fri	洋蔥炒豬肉 Pork with onion	馬蹄香菇蒸肉餅 Steamed minced pork with water chestnut & mushroom	洋蔥雞菇炒蛋 Fried egg with mixed mushroom and onion
14/9 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
15/9 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
16/9 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
17/9 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	柱侯甘筍素火腿撈米粉 Carrot & tofu roll with rice noodles in Chu Hou sauce
18/9 Fri	蕃茄蒸雞球 Steamed chicken with tomato	低脂鮮奶磨菇薯仔燴魚柳 Fish fillet with mushroom & potato in low-fat-milk sauce	低脂鮮奶腐竹薯仔 Tofu sheet & potato in low-fat-milk sauce
21/9 Mon	彩椒菠蘿豬扒 Pork chop with capsicum & pineapple	豉汁豆腐蒸魚柳 Steamed fish fillet with tofu in black bean sauce	菠蘿燴素雞 Tofu roll with pineapple
22/9 Tue	雲耳青瓜豬柳 Pork with black fungus & cucumber	香菇甘筍牛肉碎蛋菜飯 Rice with mushroom, carrot, minced beef, egg & vegetable	紫菜香菇甘筍蛋飯 Rice with seaweed, mushroom, carrot & egg
23/9 Wed	沙薑薯仔無激素雞翼 Hormone-free chicken wing with potato in ginger sauce	洋蔥豬肉碎炒蛋 Fried egg with minced pork & onion	磨菇炒蛋 Fried egg with mushroom
24/9 Thu	蒜香洋蔥雞柳 Chicken fillet with onion in garlic sauce	粟米蓉焗魚柳 Baked fish fillet with cream style corn	粟米蓉燴豆腐 Tofu with cream style corn
25/9 Fri	白蘿蔔草菇炆肉片 Pork with Chinese turnip & straw mushroom	香菇雞肉碎 Minced chicken with mushroom	白蘿蔔草菇炆腐竹 Chinese turnip, tofu sheet & straw mushroom
28/9 Mon	淡咖哩薯仔雞柳 Chicken fillet with potato in light curry sauce	香草蕃茄燴魚柳 Fish fillet with tomato & herb	合桃淡咖哩薯仔雙花 Walnut with broccoli & cauliflower with potato in light curry sauce
29/9 Tue	沙葛炒牛柳 Beef with yam bean	甘筍雲耳雞肉碎菜飯 Rice with carrot, black fungus, minced chicken & vegetable	沙葛炒甘筍鮮百合枝竹 Yam bean with carrot, lily bulb & beancurd sheet
30/9 Wed	焗孜然雞小腿 Baked chicken drumstick with cumin	肉碎蛋三文魚有味飯 Rice with minced pork, salmon & egg	彩椒菠蘿豆腐乾 Dried tofu with capsicum & pineapple

所有午餐會配備1份蔬菜、1份高纖穀物：紅米或小米