

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10月) Lunch Menu (Oct 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)
2/10 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
5/10 Mon*	柱侯醬鮮枝竹炆芋頭 Beancurd sheet with taro in Chu Hou sauce	粟米蓉素雞 Tofu roll with cream style corn	芝麻低脂鮮奶甘筍椰菜花貝殼粉 Conchiglie with carrot, cauliflower & sesame in low-fat-milk sauce
6/10 Tue	蜜糖焗薯仔無激素雞翼 Baked Hormone-free chicken wing with potato in honey sa	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
7/10 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
8/10 Thu	香草薯仔雞球 Chicken with potato & herb	南瓜茸蒸肉餅 Steamed minced pork with pumpkin	低脂鮮奶腐竹雜菌燴貝殼粉 Conchiglie with tofu sheet & mixed mushroom in low-fat-milk sauce
9/10 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
12/10 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
13/10 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
14/10 Wed	上海香菇肉碎菜飯 Rice with minced pork, mushroom & vegetable	粟米蓉魚柳 Fish fillet with cream style corn	香菇雞蛋雲耳絲菜飯 Rice with mushroom, egg, black fungus & vegetable
15/10 Thu	淡黑椒汁茄子蒸豬肉 Steamed pork with eggplant in light black pepper sauce	蕃茄牛肉碎炒蛋 Fried egg with minced beef & tomato	淡咖哩南瓜素雞 Pumpkin & tofu roll in light curry sauce
16/10 Fri	薯仔雞柳 Chicken with potato	低脂芝士蕃茄燴魚柳 Fish fillet with tomato & low-fat-cheese	合桃蕃茄燴雙花 Walnut, broccoli & cauliflower with tomato
20/10 Tue	蕃茄焗豬扒 Baked pork chop with tomato	三文魚碎魚柳蒸蛋 Steamed egg with fish fillet & salmon	蕃茄炒蛋 Fried egg with tomato
21/10 Wed	紅蔥頭芋頭蒸雞 Steamed chicken with shallots & taro	沙葛炒豬肉碎 Minced pork with yam bean	芋頭甘筍蒸鮮枝竹 Steamed black fungus with taro & beancurd sheet
22/10 Thu	淡黑椒汁洋葱焗雞柳 Baked chicken fillet with onion in light pepper sauce	咕嚕彩椒魚柳 Fish fillet with capsicum in tomato sauce	咕嚕彩椒豆腐乾 Capsicum and dried tofu in tomato sauce
23/10 Fri	粟米粒甘筍肉片 Pork with corn & carrot	低脂鮮奶洋葱吞拿魚燴貝殼粉 Conchiglie with onion & tuna in low-fat milk sauce	椰菜甘筍雞蛋撈米粉 Rice noodles with carrot, egg & vegetable
26/10 Mon	腐竹白蘿蔔肉片 Pork with tofu sheet & Chinese turnip	蕃茄燴魚柳 Fish fillet with tomato	低脂鮮奶磨菇甘筍腐竹 Mushroom, carrot & tofu sheet in low-fat-milk sauce
27/10 Tue	生菜牛肉碎蛋飯 Rice with minced beef, egg and vegetable	南瓜蒸魚柳 Steamed fish fillet with pumpkin	生菜豆乾蛋絲飯 Rice with dried tofu, egg and vegetable
28/10 Wed	香菇蒸無激素雞翼 Steamed Hormone-free chicken wing with mushroom	洋葱肉碎炒蛋 Fried egg with minced pork & onion	素蠔油豆腐煮草菇 Straw mushroom with tofu in vegetarian mushroom sauce
29/10 Thu	百合甘筍炒牛柳 Beef with lily bulb & carrot	甘筍豆腐免治雞肉 Minced chicken with tofu & carrot	腰果百合甘筍炒彩椒 Capsicum with lily bulb, carrot & cashew
30/10 Fri	蒜香翠玉瓜炒肉片 Pork with zucchini in garlic sauce	香草薯仔焗魚柳 Baked fish fillet with potato & herb	翠玉瓜炒豆腐乾 Dried tofu with zucchini

所有午餐會配備1份蔬菜、1份高纖維物：紅米或小米