

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11月) Lunch Menu (Nov 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)
2/11 Mon*	椰菜甘筍煮素雞 Tofu roll with carrot & broccoli	蕃茄炒蛋 Fried egg with tomato	素蠔油茄子豆腐乾炒百合 Eggplant, dried tofu & lily bulb in vegetarian mushroom sauce
3/11 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
4/11 Wed	洋葱炒牛肉片 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
5/11 Thu	薯仔炆無激素雞翼(剪餐、碎餐:雞扒) Hormone-free chicken wing with potato (clipped)	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
9/11 Mon	洋葱焗豬扒 Baked pork chop with onion	低脂鮮奶甘筍雞絲螺絲粉 Fusilli with carrot & chicken in low-fat-milk sauce	芝麻低脂鮮奶甘筍椰菜花螺絲粉 Fusilli with carrot, cauliflower & sesame in low-fat-milk sauce
10/11 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
11/11 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
12/11 Thu	蜜汁焗雞小腿(剪餐、碎餐:雞扒) Baked chicken drumstick in honey sauce (clipped)	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
13/11 Fri	香菇椰菜肉碎雞蛋有味飯 Rice with mushroom, cauliflower, egg and mince	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
16/11 Mon	淡黑椒汁茄子蒸現成豬柳漢堡扒 Steamed pork patty with eggplant in light pepper sauce	洋葱甘筍炒牛肉碎 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
17/11 Tue	菠蘿紫菜肉碎蛋菜飯 Rice with pineapple, seaweed, minced pork, egg	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
18/11 Wed	蕃茄炒肉片 Pork with tomato	粟米蓉豆腐免治雞肉 Minced chicken and tofu with creamed corn	粟米蓉豆腐 Creamed corn with tofu
19/11 Thu	香菇蒸雞 Steamed chicken with mushroom	蕃茄魚柳 Fish fillet with tomato	合桃草菇鮮枝竹 Walnut & straw mushroom with beancurd sheet
20/11 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
23/11 Mon	鹵水汁洋葱煮無激素雞翼(剪餐、碎餐:雞扒) Hormone-free chicken wing with onion in Chinese	草菇炒豬肉碎 Minced pork with mushroom	洋葱素雞炒草菇 onion and straw mushroom with tofu roll
24/11 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
25/11 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
26/11 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
27/11 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
30/11 Mon	瑞士汁洋葱雞柳 Chicken with onion in Swiss sauce	淡咖哩薯仔魚柳 Fish fillet with potato in light curry sauce	淡咖哩合桃薯仔雙花 Walnut, broccoli & cauliflower with potato in light curry sauce

所有午餐會配備1份蔬菜、1份高纖穀物：紅米或小米