

香港基督教服務處培愛學校
Hong Kan Christian Service Pui Oi School
午膳餐單 (2023年 10月) Lunch Menu (Oct 2023)

*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)
3/10 Tue	沙葛炒牛肉	甘筍雲耳雞肉碎菜飯	沙葛炒甘筍鮮百合
	Beef with yam bean	Rice with carrot, black fungus, minced chicken & vegetable	Yam bean with carrot & lily bulb
4/10 Wed	焗孜然雞小腿	南瓜茸蒸肉餅	粟米燴素雞
	Baked chicken drumstick with cumin	Steamed minced pork with pumpkin	Tofu roll with corn
5/10 Thu	洋葱炒牛柳	豬肉碎蒸蛋	香菇蒸蛋
	Beef with onion	Steamed egg with minced pork	Steamed egg with mushroom
6/10 Fri	節瓜炒雞柳	檸汁薯仔焗魚柳	薯仔燴雙花
	Chicken with hairy gourd	Baked fish fillet with potato in lemon sauce	Broccoli & cauliflower with potato
9/10 (Mon*)	雲耳翠玉豆腐竹	薑黃甘筍雞蛋菜飯	蕃茄甘筍粟米雜菇
	Tofu sheet, black fungus with zucchini	Rice with carrot, egg, vegetable & ginger	Mixed mushroom with tomato, carrot & corn
10/10 Tue	蜜糖彩椒焗雞翼	咕嚕彩椒魚柳	咕嚕彩椒翠玉瓜
	Baked chicken wing with capsicum in honey sauce	Fish fillet with capsicum in tomato sauce	Capsicum & zucchini in tomato sauce
11/10 Wed	腐竹白蘿蔔肉片	洋葱牛肉碎炒蛋	菠菜蛋餅
	Pork with tofu sheet & Chinese turnip	Fried egg with minced beef & onion	Fried egg with spinach
12/10 Thu	香草薯仔雞柳	低脂鮮奶洋葱吞拿魚燴貝殼粉	低脂鮮奶洋葱雞燴貝殼粉
	Chicken with potato & herb	Conchiglie with onion & tuna in low-fat-milk sauce	Conchiglie with onion & mixed mushroom in low-fat-milk sauce
13/10 Fri	韭黃炒牛柳	香菇五香魯肉飯	香菇燒汁豆腐飯
	Beef with chinese chive	Rice with minced pork & mushroom in five spice powder sauce	Rice with mushroom and tofu in Teriyaki sauce
16/10 Mon	甘筍翠肉瓜魚柳燴飯	粟米蓉南瓜煮雞肉碎	葡汁薯仔甘筍
	Rice with carrot, zucchini & fish fillet	Minced chicken with cream style corn & pumpkin	Potato & carrot in coconut curry sauce
17/10 Tue	茄子炒牛柳	蕃茄牛肉碎炒蛋	蕃茄煮豆腐乾
	Beef with eggplant	Fried egg with minced beef & tomato	Dried tofu with tomato
18/10 Wed	粟米蓉魚柳	上海香菇肉碎菜飯	上海香菇雲耳絲菜飯
	Fish fillet with cream style corn	Rice with minced pork, mushroom & vegetable	Rice with mushroom, black fungus & vegetable
19/10 Thu	淡黑椒汁茄子蒸豬肉	免治雞肉蒸蛋	甘筍翠肉瓜燴飯
	Steamed pork with eggplant in light black pepper sauce	Steamed egg with minced chicken	Rice with carrot & zucchini
24/10 Tue	蕃茄焗豬扒	南瓜燴魚柳	蕃茄炒蛋
	Baked pork chop with tomato	Fish fillet with pumpkin	Fried egg with tomato
25/10 Wed	紅蔥頭芋頭蒸雞	沙葛炒牛肉碎	芋頭甘筍蒸雲耳
	Steamed chicken with shallots & taro	Minced beef with yam bean	Steamed black fungus with taro & carrot
26/10 Thu	淡黑椒汁洋葱焗雞扒	咕嚕彩椒魚柳	咕嚕彩椒翠玉瓜
	Baked chicken fillet with onion in light pepper sauce	Fish fillet with capsicum in tomato sauce	Capsicum and zucchini in tomato sauce
27/10 Fri	粟米粒甘筍豬柳	低脂鮮奶洋葱吞拿魚燴貝殼粉	粟米粒甘筍豆腐乾
	Pork with corn & carrot	Conchiglie with onion & tuna in low-fat milk sauce	Dried tofu with corn & carrot