

香港基督教服務處培愛學校

午膳餐單 (2023年 9月)

*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

日期	A餐	B餐	V餐(素食餐)
4/9 (Mon)*	茄子燒豆角	香菇蒸蛋	雜菇炆鷹咀豆
	String beans with eggplant	Steamed egg with mushroom	Chickpeas with mixed mushroom
5/9 Tue	翠玉瓜百合炒牛肉	香蔥馬蹄蒸雞肉餅	翠玉瓜百合炒雜菇
	Beef with zucchini & lily bulb	Steamed minced chicken with water chestnut & fistular onion	Mixed mushroom with zucchini & lily bulb
6/9 Wed	焗沙薑雞小腿	菠蘿肉碎甘筍雞蛋菜飯	菠蘿甘筍粒雞蛋菜飯
	Baked chicken drumstick with sand ginger powder	Rice with pineapple, minced pork, carrot, egg & vegetable	Rice with pineapple, carrot, egg & vegetable
7/9 Thu	香茅焗豬扒	沙葛炒牛肉碎	沙葛炒百合
	Baked pork chop in lemongrass sauce	Minced beef with yam bean	Lily bulb with yam bean
8/9 Fri	瑞士汁洋葱雞柳	淡咖哩薯仔魚柳	淡咖哩薯仔雙花
	Chicken with onion in Swiss sauce	Fish fillet with potato in light curry sauce	Broccoli & cauliflower with potato in light curry sauce
11/9 Mon	蒜香翠玉瓜炒豬柳	香菇豆腐牛肉碎	香菇豆腐
	Pork with zucchini in garlic sauce	Minced beef with mushroom & tofu	Tofu with mushroom
12/9 Tue	蕃茄菠蘿炒肉片	低脂芝士洋葱吞拿魚焗貝殼粉	蕃茄洋葱焗貝殼粉
	Pork with tomato & pineapple	Baked conchiglie with low-fat-cheese, onion & tuna	Baked conchiglie with tomato & onion
13/9 Wed	南瓜蒸雞球	洋葱牛肉碎炒蛋	菠菜蛋餅
	Steamed chicken with pumpkin	Fried egg with minced beef & onion	Fried egg with spinach
14/9 Thu	瑞士汁雞翼	低脂芝士雙花燴魚柳	低脂鮮奶煮雙花
	Chicken wing in Swiss sauce	Fish fillet with low-fat-cheese, broccoli & cauliflower	Broccoli & cauliflower in low-fat-milk sauce
15/9 Fri	茄子炒牛肉	馬蹄香菇蒸肉餅	茄子炒雜菇
	Beef with eggplant	Steamed minced pork with water chestnut & mushroom	Mixed mushroom with eggplant
18/9 Mon	蜜桃炒雞球	南瓜蒸魚柳	南瓜煮紅腰豆
	Chicken with peach	Steamed fish fillet with pumpkin	Red kidney bean with pumpkin
19/9 Tue	甘筍青瓜炒牛肉	香菇雲耳蒸雞肉餅	香菇雲耳蒸素雞
	Beef with carrot & cucumber	Steamed minced chicken with mushroom & black fungus	Steamed tofu roll with mushroom & black fungus
20/9 Wed	茄子煮魚柳	雞蛋蒸免治豬肉	香菇蒸滑蛋
	Fish fillet with eggplant	Steamed egg with minced pork	Steamed egg with mushroom
21/9 Thu	柱侯洋葱蒸豬柳	彩椒炒牛肉碎	彩椒炒豆腐乾
	Steamed pork with onion in Chu Hou sauce	Minced beef with capsicum	Dried tofu with capsicum
22/9 Fri	蕃茄蒸雞柳	低脂鮮奶蘑菇薯仔燴魚柳	低脂鮮奶蘑菇薯仔
	Steamed chicken with tomato	Fish fillet with mushroom & potato in low-fat-milk sauce	Mushroom & potato in low-fat-milk sauce
25/9 Mon	雲耳青瓜豬柳	香菇甘筍牛肉碎蛋菜飯	香菇甘筍蛋菜飯
	Pork with black fungus & cucumber	Rice with mushroom, carrot, minced beef, egg & vegetable	Rice with mushroom, carrot, egg & vegetable
26/9 Tue	豉汁豆腐蒸魚柳	彩椒菠蘿免治豬肉	彩椒菠蘿豆腐乾
	Steamed fish fillet with tofu in black bean sauce	Minced pork with capsicum & pineapple	Dried tofu with capsicum & pineapple
27/9 Wed	沙薑薯仔雞翼	洋葱牛肉碎炒蛋	磨菇炒蛋
	Chicken wing with potato in ginger sauce	Fried egg with minced beef & onion	Fried egg with mushroom
28/9 Thu	蒜香洋葱雞扒	粟米蓉燴魚柳	粟米蓉燴豆腐
	Chicken fillet with onion in garlic sauce	Baked fish fillet with cream style corn	Tofu with cream style corn
29/9 Fri	白蘿蔔腐竹草菇炆肉片	香菇豆腐牛肉碎	白蘿蔔草菇炆腐竹
	Pork with Chinese turnip, tofu sheet & straw mushroom	Minced beef with mushroom & tofu	Chinese turnip, tofu sheet & straw mushroom