

初小 A JPA

5 月份餐單 May Lunch Menu



SUN	MON	TUE	WED	THU	FRI	SAT
	Vegetarian Chicken Stewed w/Cauliflower, Carrot, Potato & Low Fat Portuguese Sauce		1 勞動節假期	2 南瓜蒸豆腐肉餅 Steamed Minced Pork w/Tofu & Pumpkin	3 黑椒豬柳絲炒烏冬 Fried Udon w/Shredded Pork Strip & Black Pepper	4 /
5 /	6 菠蘿提子肉鬆飯 Rice w/Minced Pork, Pineapple & Raisin	7 使賓治燴雞粒 Chicken Stewed w/Bacon & Mushroom	8 噏汁豬扒 Stir-fried Pork Chop w/Worcestershire Sauce	9 雙菇瓜甫玉子豆腐 Stewed Egg Tofu w/Assorted Mushroom & Melon	10 南瓜海鮮燴飯 Fried Rice w/Pumpkin & Seafood	11 /
12 /	13 南瓜雲耳炆麵筋 Braised Wheat Gluten w/Pumpkin & Black Fungus	14 紅腰豆南瓜提子乾肉粒飯 Rice w/Red Kidney Bean, Pumpkin, Raisins & Pork Dice	15 佛誕假期	16 匈牙利豬柳扁意粉 Linguine Spaghetti w/Stewed Pork - Hungary Style	17 青紅椒菠蘿燴魚柳 Fish Fillet Stewed w/Bell Pepper & Pineapple	18 /
19 /	20 意式茄蓉翠玉瓜燴雞柳扁意粉 Linguine Spaghetti w/Chicken Strip, Zucchini & Tomato Sauce	21 紅燒茄子素腸 Stewed Vegetarian Sausage w/Eggplant	22 美式磨菇燴豬柳粒長通粉 Penne Pasta w/Stewed Pork Dice & American Mushroom Sauce	23 低脂咖哩雞肉甜椒洋蔥瓜粒飯 Rice w/Curry, Chicken, Sweet Pepper, Onion & Assorted Vegetable	24 低脂卡邦尼薯仔雞球長通粉 Penne Rigate w/Low-fat Carbonara Sauce, Potato, Chicken Ball	25 /
26 /	27 鮮茄蘑菇燴魚柳 Fish Fillet Stewed w/Tomato & Button Mushroom	28 低脂白汁雞皇長通粉 Penne Pasta w/Chicken A-La-King	29 低脂白菌芝士燴雞球飯 Stewed Chicken Ball w/ Low-fat Mushroom and Cheese	30 黑椒燴雞粒意粉 Spaghetti & Black Pepper Chicken Dice Stew	31 低脂葡汁燴素雞 Vegetarian Chicken Stewed w/Cauliflower, Carrot, Potato & Low Fat Portuguese Sauce	/