

初小 B JPB

5 月份餐單 May Lunch Menu



SUN	MON	TUE	WED	THU	FRI	SAT
			1 勞動節假期	2 蕃茄親子飯 Rice w/Tomato, Chicken & Egg	3 蒜蓉粉絲蒸雞粒 Steamed Chicken Dice w/Garlic & Vermicelli	4 /
5 /	6 韭黃冬菇絲炆魚柳 Braised Fish Fillet w/Chives & Mushroom	7 低脂雜菜芝士燴雞 球意粉 Low-fat Cheese Spaghetti w/Chicken Ball & Mixed Vegetable	8 韓式燒汁牛肉 Stewed Beef - Korean Style	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 柱侯蘿蔔甘筍 牛肉粒 Stewed Beef Dice w/Turnip, Carrot & Bean Paste	15 佛誕假期	16 雲勝蒸雞柳 Steamed Chicken Strip w/Black Fungus & Yellow Melon	17 青紅椒菠蘿燴魚柳 Fish Fillet Stewed w/Bell Pepper & Pineapple	18 /
19 /	20 蔥花肉碎蒸蛋 Steamed Egg w/Minced Pork &	21 紅燒茄子素腸 Stewed Vegetarian Sausage w/Eggplant	22 蟲草花雲耳蒸雞 Steamed Chicken Dice w/Garlic & Black Fungus	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 唐芹雲耳蒸雞柳 Steamed Chicken Strip w/Chinese Celery & Black Fungus	31 低脂葡汁燴素雞 Vegetarian Chicken Stewed w/Cauliflower, Carrot, Potato & Low Fat Portuguese Sauce	/