

初小 B JPB

餐單 Lunch Menu

6 月份
2025

星期日 SUN	星期一 MON	星期二 TUE	星期三 WED	星期四 THU	星期五 FRI	星期六 SAT
1 /	2 鮮茄肉醬長通粉 Penne w/Tomato & Miced Pork	3 匈牙利豬柳螺絲粉 Fusilli w/Stewed Pork - Hungary Style	4 鮮茄燴素肉丸 Stewed Vegetarian Meatball w/Tomato, Carrot & Tomato Sauce	5 苦瓜炆牛肉 Stir-fried Beef w/Bitter Gourd	6 西芹草菇炆肉片 Stir-fried Pork Slice w/Mushroom & Celery	7 /
8 /	9 甘筍薯仔炆雞 Braised Chicken w/Carrot & Potato	10 南乳冬菇炆枝竹 Braised Bean Curd Stick & Mushroom w/ Nam Yu	11 豉椒炆素雞扒 Vegetarian Chicken Thigh Stir-fried w/Spicy Black Bean Sauce	12 糖醋蓮藕素雞 Stewed Vegetarian Chicken w/Lotus Root & Sweet-Sour Sauce	13 蒜蓉蒸雞 Steamed Garlic Chicken	14 /
15 /	16 西芹蘑菇燴豬扒 Stewed Pork Chop w/Celery & Mushroom	17 南瓜海鮮燴飯 Fried Rice w/Pumpkin & Seafood	18 白蘿蔔炆素肉 Braised Vegetarian Meat w/White Radish	19 低脂雜菜芝士燴雞球 意粉 Spaghetti w/Low-fat Cheese & Chicken Ball & Mixed Vegetable	20 南瓜雜豆雞絲長通粉 Penne Pasta w/Shredded Chicken, Fusilli, Pumpkin & Assorted Beans	21 /
22 /	23 藕片木耳炆豬柳 Braised Pork Strip w/Lotus Root Slice & Black Fungus	24 低脂白汁彩椒雞皇蟹 柳意粉 Spaghetti w/Low-fat White Sauce, Bell Pepper, Chicken & Crab Stick	25 鮮茄腐皮 Stewed Beancurd Sheet & Tomato	26 雜錦瓜粒燴素蝦 Stewed Vegetarian Shrimp w/Mixed Vegetables	27 低脂卡邦尼薯仔雞球 長通粉 Penne Pasta w/Low-fat Carbonara Sauce, Potato, Chicken Ball	28 /
29 /	30 素麻婆豆腐 Vegetarian Mapo Tofu					