

初中 A JSA

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 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 低脂雜菜芝士燴雞 球意粉 Low-fat Cheese Spaghetti w/Chicken Ball & Mixed Vegetable	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 蘋果醋肉粒 Braised Pork Dice w/Apple Cider Vinegar	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 鎮江肉丁 Stewed Pork Dice w/Chinese Black Vinegar Sauce	18 /
19 /	20 夏威夷雞球 Hawaii Brasied Chicken Chop	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 意式香草豬扒 Italian Brasied Pork Chop w/Herbs	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	/