

初中 B JSA

# 5 月份餐單 May Lunch Menu



SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 勞動節假期	<b>2</b> 糖醋蓮藕素雞 Stewed Assorted Mushroom w/Egg White	<b>3</b> 黑椒豬柳絲炒烏冬 Fried Udon w/Shredded Pork Strip & Black Pepper	<b>4</b> /
<b>5</b> /	<b>6</b> 菠蘿提子肉鬆飯 Rice w/Minced Pork, Pineapple & Raisin	<b>7</b> 使賓治燴雞粒 Chicken Stewed w/Bacon & Mushroom	<b>8</b> 噫汁豬扒 Stir-fried Pork Chop w/Worcestershire Sauce	<b>9</b> 雙菇瓜甫玉子豆腐 Stewed Egg Tofu w/Assorted Mushroom & Melon	<b>10</b> 蘋果醋肉粒 Braised Pork Dice w/Apple Cider Vinegar	<b>11</b> /
<b>12</b> /	<b>13</b> 南瓜雲耳炆麵筋 Braised Wheat Gluten w/Pumpkin & Black Fungus	<b>14</b> 蜜豆甘筍炒素肉 Stir-fried Sugar Snap Bean, Carrot w/Vegetarian Meat	<b>15</b> 佛誕假期	<b>16</b> 雲勝蒸雞柳 Steamed Chicken Strip w/Black Fungus & Yellow Melon	<b>17</b> 青紅椒菠蘿燴魚柳 Fish Fillet Stewed w/Bell Pepper & Pineapple	<b>18</b> /
<b>19</b> /	<b>20</b> 蔥花肉碎蒸蛋 Steamed Egg w/Minced Pork &	<b>21</b> 紅燒茄子素腸 Stewed Vegetarian Sausage w/Eggplant	<b>22</b> 蟲草花雲耳蒸雞 Steamed Chicken Dice w/Garlic & Black Fungus	<b>23</b> 梅子豬柳粒 Pork Strip Dice Stewed w/Plum Sauce	<b>24</b> 瑞士汁洋蔥燴魚柳 Stewed Fish Fillet w/Onion - Swiss Sauce	<b>25</b> /
<b>26</b> /	<b>27</b> 意式香草豬扒 Italian Brasied Pork Chop w/Herbs	<b>28</b> 淡麵醬豆乾雞球 Chicken Ball Stewed w/Dried Tofu & Light Bean Paste	<b>29</b> 南瓜蒸豬柳 Steamed Pork Strip w/Pumpkin	<b>30</b> 黑椒燴雞粒意粉 Spaghetti & Black Pepper Chicken Dice Stew	<b>31</b> 低脂葡汁燴素雞 Vegetarian Chicken Stewed w/Cauliflower, Carrot, Potato & Low Fat Portuguese Sauce	/