



初小A
JPA

12月份餐單 December Menu



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
十一月 27	28	29	30	十二月 1	2	3
4	5 蜜豆甘筍炒素肉 Stir-fry vegetarian meat with honey beans and carrots	6 卡邦尼薯仔雞球配車厘茄飯 Carbonara chicken balls and potatoes with cherry tomato rice	7 韓式豬柳絲炒意粉 Korean style pork fillet with stir-fry spaghetti	8 青紅椒菠蘿燴魚柳 Green and red pepper pineapple stew fish fillet	9 雲耳南瓜蒸肉餅 Steamed meat loaf with cloud fungus and pumpkin	10
11	12 淡麵醬豆卜炆麵筋 Stewed bean pork in light noodle sauce	13 瑤柱雞蓉粉絲蒸水蛋 Steamed eggs with dried scallop, minced chicken and vermicelli	14 麻婆豆腐 Mapo tofu	15 鮮茄洋蔥魚柳 Fish fillet with tomato and onion	16 專業發展日	17
18	19 鮮茄肉醬意粉 Spaghetti Bolognese	20 紅燒素獅子頭 Braised vegetarian pork balls with brown sauce	21 豆腐草菇炆雞粒 Braised chicken diced with tofu and straw Mushroom	22 韓式炒豬柳絲 Korean style fried shredded pork	23 日式芝麻豬肉 Japanese sesame pork	24
25	26	27	28	29	30	31
一月 1	2	3	4	5	6	7