



初小B
JPB

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 粟米魚塊 Fish nuggets in corn sauce	7 蕃茄蛋牛肉 Beef with tomato and egg	8 青紅椒菠蘿燴魚柳 Green and red pepper pineapple stew fish fillet	9 美式蘑菇燴 豬柳粒長通粉 American mushroom stew pork tenderloin penne	10
11	12 淡麵醬豆卜炆麵筋 Stewed bean pork in light noodle sauce	13 夏威夷豬扒 Pork chop in Hawaiian style	14 俄國牛柳絲 Russian shredded beef tenderloin	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 西芹蘑菇燴豬扒 Braised pork chop with celery and mushrooms	22 五柳魚塊 Deep-fried five sliced ingredients with fish fillet	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