



初中A
JSA

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-fried 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 stew fish fillet	9 泰式香茅雞柳 Thai Lemongrass Chicken fillet	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 麻婆豆腐 Mapo tofu	15 沙嗲豬柳炒時瓜 Stir-fried seasoned melon with pork fillet in satay	16 專業發展日	17
18	19 蛋白鮮菌魚塊扒西蘭花 Fish nuggets with egg white mushrooms	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 韓式炒豬柳絲 Korean style stir-fry shredded pork tenderloin	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