

初小A  
JPA

# 2月份餐單 February Menu



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
一月 29	30	31	二月 1 農曆新年假期	2 韓式燒汁牛肉 Stewed Beef - Korean Style	3 肉絲炒三絲 Stir-fry Shredded Pork & Assorted Vegetable	4
5	6 欖菜乾燒四季豆 Stir-fry Long Beans w/ Preserved Black Olives	7 燒汁洋蔥燴豬柳粒 Pork Strip Dice Stew w/ BBQ Sauce & Onion	8 香蔥芝麻粉絲蒸蛋 Steamed Egg w/Sesame & Vermicelli	9 泰式香茅雞柳 Thai Lemongrass Chicken Strip	10 專業發展日	11
12	13 蕃茄蛋牛肉 Beef Stew w/Tomato & Egg	14 紅燒素獅子頭 Braised Vegetarian Meatballs	15 粉絲肉碎蒸蛋 Steamed Egg w/Minced Pork & Rice Vermicelli	16 淡麵醬豆卜炆麵筋 Braised Wheat Gluten w/ Beancurd Puff & Light Bean Paste	17 噏汁洋蔥燴豬柳 Pork Strip Stew w/Onion & Worcestershire Sauce	18
19	20 蛋白扒上素 Stewed Straw Mushroom & Egg White w/Mixed Vegetables	21 沙薑雞扒 Sand Ginger Chicken Thigh	22 俄國燴雞柳長通粉 Russian Penne Pasta w/ Chicken Strip	23 車喱茄燴素肉丸 Vegetarian Meatball Stew w/Cherry Tomato, Carrot & Tomato Sauce	24 青紅椒菠蘿燴魚柳 Fish Fillet Stew w/Bell Pepper & Pineapple	25
26	27 沙嗲素肉煮薯仔 Stewed Vegetarian meat & potato w/ satay	28 海皇蒸蛋 Steamed Egg w/Mixed Seafood	三月 1	2	3	4
5	6	7	8	9	10	11