



高小A
SPA

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 三絲炒米粉 Fried Rice Noodle w/ Shredded Pork Strip, Cabbage & Carrot	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 蜜桃雞柳 Sweet & Sour Chicken Strip w/Peach Dice	16 低脂雜菜芝士燴雞球意粉 Low-fat Cheese Spaghetti w/Chicken Ball & Mixed Vegetable	17 生炒雞絲飯 Fried Rice w/Shredded Chicken & Lettuce	18
19	20 蛋白扒上素 Stewed Straw Mushroom & Egg White w/Mixed Vegetables	21 北菇馬蹄蒸肉餅 Steamed Minced Pork w/ Dried Mushroom & Water Chestnut	22 俄國燴雞柳長通粉 Russian Penne Pasta w/ Chicken Strip	23 日式芝麻雞肉 Japanese Sesame Chicken	24 淡瑞士汁豬扒炒意粉 Fried Spaghetti w/Pork Chop & Swedish Sauce	25
26	27 沙嗲素肉煮薯仔 Stewed Vegetarian meat & potato w/ satay	28 南瓜雜豆雞絲螺絲粉 Fusilli w/Pumpkin, Mixed Bean & Shredded Chicken	三月 1	2	3	4
5	6	7	8	9	10	11