



高中C  
SSC

# 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 黑椒燴雞粒意粉 Spaghetti & Black Pepper Chicken Dice Stew	3 占士鮑汁雞粒炒飯 St. James Fried Rice w/ Chicken Dice & Abalone Sauce	4
5	6 欖菜乾燒四季豆 Stir-fry Long Beans w/ Preserved Black Olive	7 燒汁洋蔥燴豬柳粒 Pork Strip Dice Stew w/ BBQ Sauce & Onion	8 一口豬柳粒 Pork Strip Dice	9 椰菜花炒肉片 Stir-fry Pork Slice w/ Cauliflower	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 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 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