

# 初小 C JPC

## 餐單 Lunch Menu

6 月份  
2025

| 星期日 SUN                                                                                   | 星期一 MON                                                                                   | 星期二 TUE                                                                             | 星期三 WED                                                                                    | 星期四 THU                                                                                          | 星期五 FRI                                                                                       | 星期六 SAT                                                                                     |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 1<br>    | 2<br>豉椒豆腐魚柳<br>Fried Fish Fillet<br>Stewed w/Tofu, Pepper,<br>Onion & Black Bean<br>Sauce | 3<br>金針雲耳蒸肉片<br>Steamed Pork Slice<br>w/Enoki Mushroom &<br>Black Fungus            | 4<br>鮮茄燴素肉丸<br>Stewed Vegetarian<br>Meatball w/Tomato,<br>Carrot & Tomato Sauce            | 5<br>苦瓜炆牛肉<br>Stir-fried Beef w/Bitter<br>Gourd                                                  | 6<br>雞蓉粉絲蒸水蛋<br>Steamed Egg<br>w/Conpoy, Minced<br>Chicken & Vermicelli                       | 7<br>    |
| 8                                                                                         | 9<br>紅腰豆南瓜提子乾肉<br>粒飯<br>Rice w/Red Kidney<br>Bean, Pumpkin,<br>Raisins & Pork Dice        | 10<br>榨菜豆乾蒸肉片<br>Steamed Pork Slices<br>w/Preserved Veggies &<br>Beancurd Puff      | 11<br>豉椒炆素雞扒<br>Vegetarian Chicken<br>Thigh Stir-fried<br>w/Spicy Black Bean<br>Sauce      | 12<br>蟲草花雲耳蒸雞<br>Steamed Chicken Dice<br>w/Garlic & Black<br>Fungus                              | 13<br>雙菇瓜甫玉子豆腐<br>Stewed Egg Tofu<br>w/Assorted Mushroom<br>& Melon                           | 14                                                                                          |
| 15                                                                                        | 16<br>西芹蘑菇燴豬扒<br>Stewed Pork Chop<br>w/Celery & Mushroom                                  | 17<br>菠蘿甜酸素雞扒<br>Sweet & Sour<br>Vegetarian Chicken<br>w/Pineapple                  | 18<br>豉椒豆腐魚柳<br>Fried Fish Fillet<br>Stewed w/Tofu,<br>Pepper, Onion & Black<br>Bean Sauce | 19<br>低脂咖喱雞肉甜椒洋<br>蔥瓜粒飯<br>Rice w/Curry, Chicken,<br>Sweet Pepper, Onion &<br>Assorted Vegetable | 20<br>南瓜雜豆雞絲長通粉<br>Penne Pasta<br>w/Shredded Chicken,<br>Fusilli, Pumpkin &<br>Assorted Beans | 21                                                                                          |
| 22<br> | 23<br>紅燒素獅子頭<br>Braised Vegetarian<br>Meatballs                                           | 24<br>粟米雞粒蒸蛋<br>Steamed Egg w/Corn<br>& Chicken Dice                                | 25<br>鮮茄蘑菇燴魚柳<br>Fried Fish Fillet<br>Stewed w/Tomato &<br>Button Mushroom                 | 26<br>翠玉瓜雞蓉蒸蛋<br>Steamed Egg w/Jade<br>Melon & Minced<br>Chicken                                 | 27<br>杞子冬瓜蒸豬肉片<br>Steamed pork slice<br>w/Winter Melon                                        | 28<br> |
| 29                                                                                        | 30<br>素麻婆豆腐<br>Vegetarian Mapo Tofu                                                       |  |                                                                                            |             |                                                                                               |                                                                                             |