

初中 A JSA

4 月份餐單 April Lunch Menu



SUN	MON	TUE	WED	THU	FRI	SAT
	1 清明及復活節假期	2 清明及復活節假期	3 清明及復活節假期	4 清明及復活節假期	5 學校專業發展日	6 /
7 /	8 沙嗲豬柳炒時瓜 Stir-fried Pork Strip w/Melon & Satay	9 菠蘿甜酸素雞扒 Sweet & Sour Vegetarian Chicken w/Pineapple	10 洋蔥蘑菇牛肉粒 Stewed Beef Dice w/Onion & Mushroom	11 鮮茄肉醬意粉 Pasta w/Bolognese & Tomato	12 欖菜肉鬆炒翠玉瓜 Stir-fried Jade Melon w/Minced Pork & Preserved Black Olive	13 /
14 /	15 低脂白汁雞皇飯 Chicken A-La-King	16 栗子炆麵筋 Braised Wheat Gluten & Chestnut	17 西蘭花炒雞柳 Stir-fried Chicken Strip & Broccoli	18 牛肉炒三絲 Stir-fried Beef w/Bean Sprout, Mushroom & Carrot	19 西西里燴雞 Stewed Chicken - Sicilia Style	20 /
21 /	22 椰菜花炒肉片 Stir-fried Pork Slice w/Cauliflower	23 淡豉油皇燴雞粒 Chicken Dice Stewed w/Light Soy Sauce	24 意式茄蓉翠玉瓜燴雞柳 扁意粉 Linguine Spaghetti w/Chicken Strip, Zucchini & Tomato Sauce	25 柱侯蘿蔔甘筍牛肉粒 Stewed Beef Dice w/Turnip, Carrot & Bean Paste	26 教育營	27 /
28 /	29 低脂卡邦尼豬柳扁意粉 Linguine Spaghetti w/Stewed Pork Strip, Low F Carbonara Sauce	30 中式牛肉 Chinese Stir-fried Beef Strip	/	/	/	/