

初中 A JSA

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



2 豉椒豆腐魚柳
Fried Fish Fillet
Stewed w/Tofu, Pepper,
Onion & Black Bean
Sauce

3 金粟菜脯炆蛋
Fried Egg w/Sweet
Corn & Preserved
Turnip

4 蜜桃雞柳
Sweet & Sour Chicken
Strip w/Peach Dice

5 蒜香檸檬蒸雞
Steamed Chicken
w/Garlic & Lemon

6 薑黃雞粒飯
Rice w/Chicken Dice
& Turmeric



9 甘筍薯仔炆雞
Braised Chicken
w/Carrot & Potato

10 鮮茄牛肉
Stewed Tomato & Beef

11 美式磨菇燴豬柳粒
螺絲粉 Fusilli
w/Stewed Po
rk Dice & American
Mushroom Sauce

12 糖醋蓮藕素雞
Stewed Vegetarian
Chicken w/Lotus Root
& Sweet-Sour Sauce

13 蒜蓉蒸雞
Steamed Garlic
Chicken



16 西芹磨菇燴豬扒
Stewed Pork Chop
w/Celery & Mushroom

17 沙薑雞扒
Sand Ginger Chicken
Thigh

18 豉椒豆腐魚柳
Fried Fish Fillet
Stewed w/Tofu,
Pepper, Onion & Black
Bean Sauce

19 蛋白鮮菌扒西蘭花
Stewed Broccoli w/Egg
White & Mixed
Mushroom

20 粉絲肉碎蒸蛋
Steamed Egg
w/Minced Pork & Rice
Vermicelli



22

23 紅燒素獅子頭
Braised Vegetarian
Meatballs

24 菠蘿甜椒沙爹炆牛肉粒
Stir-fried Beef Dice
w/Pineapple, Bell
Pepper & Satay Sauce

25 沙爹豬柳炆時瓜
Stir-fried Pork Strip
w/Melon & Satay

26 栗子炆雞丁
Braised Chicken
w/Chestnut

27 意式燴海鮮
Stewed Seafood -
Italian Style

28



30 蒜香豆乾炆魚柳
Fried Fish Fillet
w/Garlic & Dried Tofu

