

初中 B JSB

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 椰菜蛋雞肉炒麵 Fried Noodle w/Cabbage, Egg & Chicken	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/Bolognise & Tomato	12 海皇蒸蛋 Steamed Egg w/Mixed Seafood	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 黑椒豬柳絲飯 Fried Rice w/Stewed Shredded Pork Strip w/Black Pepper Sauce	24 青紅椒菠蘿燴魚柳 Fish Fillet Stewed w/Bell Pepper & Pineapple	25 日式雞柳炒烏冬配 獅子狗卷 Stir-fried Japanese Udon w/Shredded Chicken Strip & Fish Roll	26 羅漢上素 Stewed Buddhist Vegetables	27 /
28 /	29 低脂卡邦尼豬柳扁意粉 Linguine Spaghetti w/Stewed Pork Strip, Low F Carbonara Sauce	30 黑椒燴雞粒意粉 Spaghetti & Black Pepper Chicken Dice Stew	/	/	/	/