

高中 A/高中 B  
SSA/SSB

# 5 月份餐單 May Lunch Menu



SUN	MON	TUE	WED	THU	FRI	SAT
			1 勞動節假期	2 牛肉炒三絲 Stir-fried Beef w/Bean Sprout, Mushroom & Carrot	3 黑椒豬柳絲炒烏冬 Fried Udon w/Shredded Pork Strip & Black Pepper	4 /
5 /	6 菠蘿提子肉鬆飯 Rice w/Minced Pork, Pineapple & Raisin	7 使賓治燴雞粒 Chicken Stewed w/Bacon & Mushroom	8 噏汁豬扒 Stir-fried Pork Chop w/Worcestershire Sauce	9 雙菇瓜甫玉子豆腐 Stewed Egg Tofu w/Assorted Mushroom & Melon	10 粟米魚柳 Deep Fried Fish Fillet w/Sweet Corn Sauce	11 /
12 /	13 南瓜雲耳炆麵筋 Braised Wheat Gluten w/Pumpkin & Black Fungus	14 梅子蒸梅頭肉片 Steamed Pork Slices w/Plum	15 佛誕假期	16 匈牙利豬柳扁意粉 Linguine Spaghetti w/Stewed Pork - Hungary Style	17 青紅椒菠蘿燴魚柳 Fish Fillet Stewed w/Bell Pepper & Pineapple	18 /
19 /	20 夏威夷雞球 Hawaii Brasied Chicken Chop	21 紅燒茄子素腸 Stewed Vegetarian Sausage w/Eggplant	22 日式甘筍薯仔燴 牛肉 Japanese Beef Stewed w/Carrot & Potato	23 梅子豬柳粒 Pork Strip Dice Stewed w/Plum Sauce	24 低脂卡邦尼薯仔雞 球長通粉 Penne Rigate w/Low- fat Carbonara Sauce, Potato, Chicken Ball	25 /
26 /	27 意式香草豬扒 Italian Brasied Pork Chop w/Herbs	28 淡麵醬豆乾雞球 Chicken Ball Stewed w/Dried Tofu & Light Bean Paste	29 南瓜蒸豬柳 Steamed Pork Strip w/Pumpkin	30 金粟叉燒粒炒蛋 Fried Egg w/Corn & BBQ Pork	31 低脂葡汁燴素雞 Vegetarian Chicken Stewed w/Cauliflower, Carrot, Potato & Low Fat Portuguese Sauce	/