

保良局張心瑜幼稚園-1月餐單

PLK Fiona Cheung Sum Yu Kindergarten-January Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 燒汁豬柳白飯 Pork in Teriyaki Sauce with rice	6 翠玉瓜肉片燕麥飯 Sliced pork and zucchini with oat rice	7 蘿蔔牛肉白飯 Beef with carrots and rice	8 低脂忌廉南瓜豬柳白飯 Low-fat Creamy Pumpkin and Pork Tenderloin with White Rice	9 和風牛肉飯素飯 Furikake Rice with Beef in Japanese- Style Seasoning	10
11	12 青瓜甘筍豬肉糙米飯 Sliced pork, cucumber and carrot with brown rice	13 沙嗲牛肉白飯 Beef in Satay Sauce with rice	14 台式豆腐肉碎白飯 Taiwanese Style minced pork and tofu with rice	15 低脂白汁粟米茸肉片白飯 White Rice with Sliced Pork and Creamy Corn Puree in Low-fat White Sauce	16 蒜汁牛肉白飯 Beef in garlic Sauce with rice	17
18	19 酸甜菠蘿雞球白飯 White Rice with Sweet and Sour Chicken with Pineapple	20 蕃茄肉醬白飯 Bolognese rice	21 低脂芝士白汁雞皇意大利粉 Chicken with Low-fat Cheese White Sauce and Spaghetti	22 紅燒香菇肉燥白飯 White Braised minced pork and mushroom with rice	23 燒汁牛肉白飯 Beef in Teriyaki Sauce rice	24
25	26 冬菇蒸雞白飯 Steamed chicken and mushroom with rice	27 雜菇洋蔥牛肉白飯 Beef and assorted mushroom in onion Sauce with rice	28 低鹽蠔皇洋蔥豬柳白飯 Stewed Pork Fillet with Onions in Oyster Sauce and Low-Salt Seasoning Served with White Rice	29 日式麵醬豬肉飯素飯 Japanese-Style Pork Rice with Miso Sauce, Furikake Rice	30	31