

保良局張心瑜幼稚園-3月餐單

PLK Fiona Cheung Sum Yu Kindergarten-March Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 蜜汁叉燒飯 Barbecued pork with rice	3 薯仔雞絲螺絲粉 Shredded chicken and potatoes with fusilli	4 燒汁豬扒糙米飯 Braised pork chop with brown rice in terayaki sauce	5 葡汁雞肉螺絲粉 Chicken fusilli in Portuguese- style sauce	6	7
8	9 低鹽豉汁牛肉燕麥飯 Beef with oatmeal rice in low sodium black bean sauce	10 南瓜低脂白汁雞肉白飯 Chicken and pumpkin with rice in low-fat cream sauce	11 低鹽翠玉瓜肉片白飯 Low sodium sliced pork and zucchini with rice	12 蜜汁叉燒飯 Barbecued pork with rice	13 低鹽肉碎炆豆腐白飯 Low sodium braised tofu and minced pork with rice	14
15	16 福建豬肉粒白飯 Fujian-styled diced pork with rice	17 蕃茄牛肉螺絲粉 Beef and tomatoes with fusilli	18 低脂芝士白汁豬柳螺絲粉 Low-fat cheese pork loin with fusilli	19 菠菜忌廉吞拿魚螺絲粉 Tuna with fusilli in cream and spinach sauce	20 低鹽香菇蒸滑雞肉紅米飯 Steamed Tender Chicken with Low- salt Mushrooms, Served with Red Rice	21
22	23 鮮茄牛肉白飯 Rice with Fresh Tomatoes and Beef	24 蜜汁洋蔥豬扒白飯 Rice with Pork Chop and Honey-glazed onions	25 蕃茄肉醬白飯(豬) Rice with Tomato Minced Pork Sauce (Pork)	26 低鹽蕃茄薯仔雞肉白飯 Rice with Chicken, Tomatoes and Potatoes in Low-salt Seasoning	27	28
29	30 紅燒牛肉紅米飯 Braised Beef with Red Rice	31 低脂葡汁薯仔豬柳白飯 Stewed Pork Tenderloin with Potatoes in Low-fat Portuguese-style Sauce Served with Rice				