

保良局張心瑜幼稚園-4月餐單

PLK Fiona Cheung Sum Yu Kindergarten-April Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 白汁粟米茸肉片白飯 Sliced pork in creamy corn sauce with rice	2 低脂葡汁牛肉白飯 Rice with Beef in Low- fat Portuguese-Style Sauce	3	4
5	6	7	8	9	10	11
12	13 低鹽豉汁牛肉白飯 Stewed Beef in Light Soy Sauce with Low Salt Served with White Rice	14 低脂粟米忌廉燴雞肉螺絲 粉 Chicken and spiral noodles in low-fat corn cream sauce	15 台式豆腐肉碎白飯 Taiwanese style minced pork and tofu with rice	16 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	17 香草雞肉白飯 Chicken with Herbs and White Rice	18
19	20 酸甜菠蘿雞球白飯 White Rice with Sweet and Sour Chicken with Pineapple	21 蕃茄肉醬白飯(豬) Bolognese rice (Pork)	22	23 紅燒香菇肉燥白飯 Braised minced pork and mushroom with rice	24 燒汁牛肉白飯 Beef in Teriyaki Sauce rice	25
26	27 冬菇蒸雞白飯 Steamed chicken and mushroom with rice	28 雜菇洋蔥牛肉白飯 Beef and assorted mushroom in onion sauce with rice	29 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	30 意式香草雞肉通心粉 Macaroni with Italian-style Chicken in Herbs		