

# 保良局張心瑜幼稚園-6月餐單

PLK Fiona Cheung Sum Yu Kindergarten-June Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 蜜汁叉燒飯 Barbecued pork with rice	2 炸菜牛肉螺絲粉 Beef and pickled mustard greens with fusill	3 燒汁豬扒糙米飯 Braised pork chop with brown rice in terayaki sauce	4 葡汁雞肉螺絲粉 Chicken fusiili in portuguese-style sauce	5 低鹽蜜汁豬扒白飯 Low sodium honey glazed pork chop with rice	6	7
8 洋蔥汁雞球白飯 Rice with Chicken in Onion Sauce	9 低鹽豉汁牛肉白飯 Beef with rice in low sodium black bean sauce	10 低鹽翠玉瓜肉片白飯 Low Sodium Sliced pork and zucchini with rice	11 和風牛肉飯素飯 Beef in Japanese-style season with rice and Japanese rice seasoning	12 低鹽肉碎炆豆腐白飯 Low sodium braised tofu and minced pork with rice	13	14
15 低鹽滷水牛肉紅米飯 Low Sodium brined beef with red rice	16 低鹽欖菜肉碎四季豆紅米飯 Low Sodium French beans, minced pork and olive vegetables with red rice	17 和風牛肉飯素飯 Beef in Japanese-style season with rice and Japanese rice seasoning	18 菠菜忌廉吞拿魚白飯 Tuna with rice in cream and spinach sauce	19	20	21
22 蜜汁洋蔥豬扒白飯 Barbecued pork with rice	23 粟米牛肉白飯 Rice with Beef and Sweet Corn	24	25 低鹽蕃茄薯仔雞肉白飯 Rice with Chicken, Tomatoes and Potatoes in Low-salt Seasoning	26 低鹽蟲草花雞肉糙米飯 Brown Rice with Chicken and Cordyceps Flower in Low-salt Seasoning	27	28
29 紅燒牛肉白飯 Braised Beef with rice	30 酸甜菠蘿雞球白飯 Rice with Sweet and Sour Chicken with Pineapple					