

Pui Tak Christian School - September 2019 Lunch Menu (九月餐單)

| 2 (Mon 星期一)   | 3 (Tue 星期二)  | 4 (Wed 星期三)  | 5 (Thu 星期四)   | 6 (Fri 星期五)   |
|---|--|--|---|---|
| <b>No School</b><br>學校放假  | Hot Dog, Ham & Egg & Cheese Bun<br>熱狗, 火腿蛋, 火腿/芝士 麵包<br>Baby Carrots<br>小胡蘿蔔<br><br>Milk<br>牛奶 | Beef with Tofu<br>豆腐牛肉飯<br>Cauliflower<br>椰菜花<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶         | Fried Chicken<br>炸雞排<br>Chinese Cabbage & Vernicelli<br>紹菜粉絲<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶                 | Beef & Flat Rice Noodle<br>干炒牛河<br>Broccoli<br>西蘭花<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶     |
| 9 (Mon 星期一)   | 10 (Tue 星期二)   | 11 (Wed 星期三)   | 12 (Thu 星期四)  | 13 (Fri 星期五)  |
| Shrimp, Egg & BBQ Pork Fried Rice<br>揚州炒飯<br>Green Beans<br>四季豆<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶  | Pizza<br>比薩<br>Baby Carrots<br>小胡蘿蔔<br><br>Milk<br>牛奶  | Minced Beef<br>免治牛肉<br>Cauliflower<br>椰菜花<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶             | Creamed Corn Chicken with<br>粟米雞粒通心粉<br>Chinese Cabbage & Vernicelli<br>紹菜粉絲<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶 | Spaghetti in Meat Sauce<br>肉醬意粉<br>Broccoli<br>西蘭花<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶     |
| 16 (Mon 星期一)  | 17 (Tue 星期二)   | 18 (Wed 星期三)   | 19 (Thu 星期四)  | 20 (Fri 星期五)  |
| Fish Fillet with Corn Sauce<br>粟米魚片飯<br>Green Beans<br>四季豆<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶       | Hot Dog, Ham & Egg & Cheese Bun<br>熱狗, 火腿蛋, 火腿/芝士 麵包<br>Baby Carrots<br>小胡蘿蔔<br><br>Milk<br>牛奶 | Tomato Beef with Rice<br>牛肉番茄粒飯<br>Cauliflower<br>椰菜花<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶 | Fried Chicken<br>炸雞排<br>Chinese Cabbage & Vernicelli<br>紹菜粉絲<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶                 | Chicken and Ham Chow Mein<br>火腿雞絲炒麵<br>Broccoli<br>西蘭花<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶 |
| 23 (Mon 星期一)  | 24 (Tue 星期二)   | 25 (Wed 星期三)   | 26 (Thu 星期四)  | 27 (Fri 星期五)  |
| Ham, Chicken Fried Rice (w. Egg)<br>火腿雞粒炒飯<br>Green Beans<br>四季豆<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶 | Pizza<br>比薩<br>Baby Carrots<br>小胡蘿蔔<br><br>Milk<br>牛奶  | Beef & Flat Rice Noodle<br>干炒牛河<br>Cauliflower<br>椰菜花<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶 | Chicken with Tofu<br>豆腐雞肉飯<br>Chinese Cabbage & Vernicelli<br>紹菜粉絲<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶           | Spaghetti in Meat Sauce<br>肉醬意粉<br>Broccoli<br>西蘭花<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶     |
| 31 (Mon 星期一)  |  |  |   |   |
| Shrimp, Egg & BBQ Pork Fried Rice<br>揚州炒飯<br>Green Beans<br>四季豆<br>Fresh Fruit<br>新鮮水果<br>Milk<br>牛奶  |  |  |   |   |