

午膳訂餐餐單 (2024年5月) Lunch Order Form (May, 2024)

如欲訂購由午膳承辦商提供之午膳餐款 (每盒34元正) , 請於本月11號前填寫本訂購表, 如需退餐, 請每天8:15前通知校務處職員。

If you want to order the lunch meal provided by the lunch supplier (\$34 per box), please fill in the form before 11th of this month. If you need to cancel the meal, please inform the school office staff before 8:15 of the service day.



* 表示必填問題

電子郵件 *

5月2日 (2 May) *

- A. 蝦仁炒蛋飯(s)
- B. 芝士肉醬意粉
- C. 鮮茄豬柳焗飯(s)
- D. 什椒野菌炒意粉(v)

- A. Fried Egg and Shrimp with Rice(s)
- B. Spaghetti Bolognese with Cheese
- C. Baked Pork Tenderloin with Tomato Sauce and Rice(s)
- D. Fried Mixed Pepper and Assorted Mushrooms with Spaghetti(v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day



5月3日 (3 May) *

- A. 燒汁漢堡飯
- B. 咖哩肉丸通粉
- C. 法汁海鮮燴意粉(s)
- D. 番茄炒蛋飯(v)

- A. Hamburger with Barbecue Sauce on Rice
- B. Macaroni with Curry Meatballs
- C. Braised Seafood with Spaghetti in French Sauce(s)
- D. Fried Egg with Tomato on Rice(v)

- A
- B
- C
- D
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5月6日 (6 May) *

- A. 翠玉瓜蒸雞柳飯
- B. 燒汁燴豬柳飯
- C. 茄汁魚柳燴意粉(s)
- D. 白汁什菌燴通粉(v)

- A. Steamed Chicken Fillet and Jade Melon with Rice
- B. Stewed Pork Tenderloin with Rice in Barbecue Sauce
- C. Stewed Spaghetti with Fish Fillet in Tomato Sauce(s)
- D. Stewed Macaroni with Assorted Mushrooms in White Sauce(v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day



5月7日 (7 May) *

- A. 薯仔煙鴨胸飯
- B. 南瓜汁海鮮燴長通粉(s)
- C. 肉醬意粉
- D. 粟米冬菇蒸豆腐飯(v)

- A. Smoked Duck Breast with Potato on Rice
- B. Stewed seafood with Penne in pumpkin sauce(s)
- C. Spaghetti Bolognese
- D. Steamed tofu with Corn and Mushrooms on rice(v)

- A
- B
- C
- D
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5月8日 (8 May) *

- A. 椰菜花牛肉飯
- B. 野菌汁蟹柳燴意粉(s)
- C. 蜜桃汁豬柳燴蝴蝶粉
- D. 什椒雲耳炒蛋飯(v)

- A. Beef with cauliflower on rice
- B. Stewed Crab Stick and Spaghetti in Mushroom Sauce(s)
- C. Stewed Pork Tenderloin with Farfalle in Peach Sauce
- D. Scrambled Egg with Mixed Pepper and Cloud Fungus on Rice(v)

- A
- B
- C
- D
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5月9日 (9 May) *

- A. 獅子頭飯
- B. 炭燒雞扒飯
- C. 法汁什腸燴意粉
- D. 南瓜汁甘笋野菌燴通粉(v)

- A. Braised Chinese Meat ball with Rice
- B. Charcoal Grilled Chicken Fillet with Rice
- C. Stewed Spaghetti and Assorted Sausages in French Sauce
- D. Stewed Asparagus and Assorted Mushrooms with Macaroni in Pumpkin Sauce (v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day

5月10日 (10 May) *

- A. 豆腐雲耳蒸雞飯
- B. 甜酸汁魚柳意粉(s)
- C. 干炒豬柳通粉
- D. 粉絲冬菇蒸節瓜飯(v)

- A. Steamed Chicken with Tofu and Cloud Fungus on Rice
- B. Fish Fillet with Spaghetti in Sweet and Sour Sauce(s)
- C. Stir-fried Pork Tenderloin with Macaroni
- D. Steamed Melon with Vermicelli and Shiitake Mushroom on rice(v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day



5月13日 (13 May) *

- A. 蜜桃汁煙鴨胸飯
- B. 茄汁魚柳意粉(s)
- C. 什菌雞柳長通粉
- D. 羅漢齋飯(v)

- A. Smoked Duck Breast with Rice in Peach Sauce
- B. Spaghetti with Fish Fillets in Tomato Sauce(s)
- C. Penne with Assorted Mushroom and Chicken Fillet
- D. Lo Han Vegetables with Rice(v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day

5月14日 (14 May) *

- A. 豉油汁雲耳雞球飯
- B. 什菜蟹柳燴意粉(s)
- C. 白汁豬柳焗通粉
- D. 冬菇炒椰菜花飯(v)

- A. Chicken Balls with Cloud Fungus on rice in Soya Sauce
- B. Stewed Spaghetti with Mixed Vegetables and Crab Stick(s)
- C. Baked Pork Tenderloin with Macaroni in White Sauce
- D. Stir-fried Cauliflower and Shiitake Mushroom with Rice(v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day



5月16日 (16 May) *

- A. 肉醬意粉
- B. 香草白汁雞柳焗飯
- C. 燒汁蟹肉燴螺絲粉(s)
- D. 紅燒豆腐飯(v)

- A. Spaghetti Bolognese
- B. Baked Chicken Fillet in Vanilla White Sauce with Rice
- C. Stewed Crab Stick with Fusilli in Barbecue Sauce(s)
- D. Braised Tofu with Rice (v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day

5月17日 (17 May) *

- A. 滑蛋粟米豬柳飯
- B. 洋葱汁牛肉燴意粉
- C. 翠玉瓜粉絲魚柳飯(s)
- D. 茄汁素肉丸通粉(v)

- A. Pork Tenderloin with Egg and Corn on Rice
- B. Stewed Beef with Spaghetti in Onion Sauce
- C. Fish Fillet with Vermicelli and Jade Melon on Rice(s)
- D. Vegan Balls with Macaroni in Tomato Sauce (v)

- A
- B
- C
- D
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5月20日 (20 May) *

- A. 拿破崙汁燴什腸意粉
- B. 台式肉燥飯
- C. 白汁魚柳焗長通粉(s)
- D. 什菌雲耳炒蛋飯(v)

- A. Stewed Spaghetti with Assorted Sausages in Napoleon Sauce
- B. Taiwanese Mince Pork with Rice
- C. Baked Fish Fillet with Penne in White Sauce(s)
- D. Scrambled Egg with Assorted Mushrooms and Cloud Fungus on Rice(v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day

5月21日 (21 May) *

- A. 翠玉瓜甘笋蒸魚柳飯(s)
- B. 燒汁豬柳燴意粉
- C. 芝士肉醬飯
- D. 茄汁什菜燴通粉(v)

- A. Steamed Fish Fillet with Jade Melon and Asparagus on Rice(s)
- B. Braised Spaghetti with Pork Tenderloin in Barbeque Sauce
- C. Cheese and Bolognese with Rice
- D. Stewed Spaghetti with Assorted Vegetables in Tomato Sauce (v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day



5月22日 (22 May) *

- A. 粟米蒸雞球飯
- B. 椰菜花肉餅飯
- C. 香草大蝦燴意粉(s)
- D. 什椒菠菜蝴蝶粉(v)

- A. Steamed Corn and Chicken Balls on Rice
- B. Cauliflower meatloaf with rice
- C. Braised Herbed Prawns with Spaghetti (s)
- D. Mixed Peppers and Spinach with Farfalle(v)

- A
- B
- C
- D
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5月23日 (23 May) *

- A. 雲耳蒸魚柳飯(s)
- B. 法汁肉丸意粉
- C. 西芹牛肉飯
- D. 南瓜汁素肉丸長通粉(v)

- A. Steamed Fish Fillet with Cloud Ear on Rice(s)
- B. Spaghetti with Meatballs in French Sauce
- C. Beef with celery on rice
- D. Spaghetti with Vegan Balls in Pumpkin Sauce (v)

- A
- B
- C
- D
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5月24日 (24 May) *

- A. 粟米豆腐雞柳飯
- B. 什菌煙鴨胸焗螺絲粉
- C. 白汁蟹柳焗意粉(s)
- D. 蕃茄炒蛋飯(v)

- A. Corn, Tofu and Chicken Fillet with Rice
- B. Baked Smoked Duck Breast and Assorted Mushrooms with Fusilli
- C. Baked Crab Stick with Spaghetti in White Sauce(s)
- D. Fried Eggs in Tomato Sauce with Rice(v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day

5月27日 (27 May) *

- A. 法汁雞柳飯
- B. 蘿蔔牛肉飯
- C. 白汁魚柳焗長通粉(s)
- D. 茄汁野菌燴意粉(v)

- A. Chicken Fillet with Rice in French Sauce
- B. Beef with Radish on rice
- C. Baked Fish Fillet with Penne in White Sauce(s)
- D. Braised Spaghetti with Assorted Mushrooms in Tomato Sauce(v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day



5月28日 (28 May) *

- A. 粟米冬菇蒸肉餅飯
- B. 法汁海鮮燴意粉(s)
- C. 洋蔥汁焗肉丸長通粉
- D. 雲耳豆腐蒸粉絲飯(v)

- A. Steamed Corn and Mushroom Meatloaf with Rice
- B. Braised Seafood with Spaghetti in French Sauce(s)
- C. Baked Meatballs with Penne in onion sauce
- D. Steamed Vermicelli with Tofu and Cloud Ear on Rice(v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day

5月29日 (29 May) *

- A. 腸仔炒蛋飯
- B. 西蘭花牛肉飯
- C. 白汁大蝦燴意粉(s)
- D. 南瓜什菌燴通粉(v)

- A. Scrambled Egg and Sausage with Rice
- B. Beef with Broccoli on Rice
- C. Braised Spaghetti with Prawns in White Sauce(s)
- D. Stewed Macaroni with Pumpkin and Assorted Mushrooms (v)

- A
- B
- C
- D
- 是日不訂午餐 No Meal Order on This Day



5月30日 (30 May) *

- A. 蒜茸汁豬柳飯
- B. 雲耳蒸魚柳飯(s)
- C. 椰菜花煙鴨胸意粉
- D. 菠菜粟米燴長通粉(v)

- A. Pork Tenderloin with Rice in Garlic Sauce
- B. Steamed Fish Fillet and Cloud Fungus on Rice (s)
- C. Spaghetti with Cabbage and Smoked Duck Breast
- D. Stewed Macaroni with Spinach and Corn (v)

- A
- B
- C
- D
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5月31日 (31 May) *

- A. 台式肉燥飯
- B. 冬菇雞肉煎蛋餅飯
- C. 茄汁蟹柳燴意粉(s)
- D. 什椒野菌燴通粉(v)

- A. Taiwanese Minced Pork with Rice
- B. Omelette with Chicken and Mushroom on Rice
- C. Braised Spaghetti with Crab Stick in Tomato Sauce(s)
- D. Stewed Macaroni with Mixed Pepper and Assorted Mushrooms(v)

- A
- B
- C
- D
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