

SIS-Secondary Menu Jun 10



Date	Week	A	B	C	D
1-Jun	星期二	鳳梨茄汁肉片飯及配菜 Braised Pork & Pineapple in Tomato Sauce w/ Rice & Side Vegetable	雜豆牛肉鬆米粉及配菜 Braised Mixed Beans & Minced Beef w/ Vermicelli & Side Vegetable	蠔油雞菇扒時蔬飯及配菜 Braised Mixed Mushrooms and Vegetables in Oyster Sauce & Side Vegetable	海南雞飯及配菜 Hainanese Chicken Rice & Side Vegetable
2-Jun	星期三	香菇免治豬肉蒸滑蛋紅米飯及配菜 Steamed Egg Cake with Mushroom & Minced Pork w/ Brown Rice & Side Vegetable	韓式蘑菇雞柳上海麵及配菜 Braised Chicken Strips & Mushroom w/ Shanghai Noodles in Korean Style & Side Vegetable	冬菇瓜甫豆乾飯及配菜 Sauteed Mushroom, Gourd Melon & Dried Bean Curd w/ Rice & Side Vegetable	生煎魏蘿蔔糕配魚蓉燒賣及配菜 Pan-fried Pork Bun, Turnip Cake, Sui Mei & Side Vegetable
3-Jun	星期四	燒雞翼飯及配菜 Grilled Chicken Wing w/ Rice & Side Vegetable	香草豬柳奶油麵及配菜 Herbed Pork Loin w/ Noodles & Side Vegetable	八寶素菜紅米飯及配菜 Braised Mixed Vegetables w/ Brown Rice & Side Vegetable	黑椒牛扒配薯仔及配菜 Steak in Black Pepper Sauce w/ Side Vegetable & Potato
14-Jun	星期一	五香肉粒豆腐粟米飯及配菜 Braised Diced Pork & Bean Curd in Spices w/ Corn Rice & Side Vegetable	意汁龍柳魚粉及配菜 Fish Fillet in Italian Sauce w/ Spaghetti & Side Vegetable	蒜香粉絲蒸茄子及配菜 Steamed Eggplant with Glass Noodles w/ Rice & Side Vegetable	糯米雞配白菜豬肉水餃及配菜 Stuffed Glutinous Rice w/ Veggie & Pork Dumpling, Side Vegetable
15-Jun	星期二	咖喱肉片飯及配菜 Pork Curry w/ Rice & Side Vegetable	鎮江薯仔排骨上海麵及配菜 Spare-ribs (Zhenjiang Style) & Potato w/ Shanghai Noodles & Side Vegetable	野菌鮮茄飯及配菜 Braised Mixed Mushrooms & Tomato w/ Rice & Side Vegetable	雞菌汁雞扒意粉及配菜 Chicken Fillet in Mushroom Sauce w/ Spaghetti & Side Vegetable
17-Jun	星期四	日式鳴門卷蒸蛋飯及配菜 Steamed Egg Cake with Japanese Fish Roll w/ Rice & Side Vegetable	粟米汁甘筍肉片意粉及配菜 Sliced Pork & Carrot in Corn Sauce w/ Spaghetti & Side Vegetable	八寶素菜扒豆腐飯及配菜 Braised Bean Curd & Mixed Vegetables w/ Rice & Side	香煎牛扒洋蔥汁配意粉及香配菜 Pan-fried Steak in Onion Sauce w/ Spaghetti & Side Vegetable
18-Jun	星期五	台式肉燥飯及配菜 Braised Minced Beef w/ Rice & Side Vegetable in Taiwanese Style	雞絲上海麵及配菜 Shredded Chicken w/ Shanghai Noodles & Side Vegetable	蠔油節瓜炒雞菌飯及配菜 Sauteed Gourd Melon with Assorted Mushrooms w/ Rice &	芝士吞拿魚意粉及配菜 Tuna & Cheese w/ Spaghetti & Side Vegetable
21-Jun	星期一	紅燒雞菇魚柳飯及配菜 Braised Fish & Mixed Mushrooms w/ Rice & Side Vegetable	燴洋蔥冬菇豬柳扁意粉及配菜 Braised Pork Loin with Mushroom & Onion w/ Linguine & Side Vegetable	蠔油草菇珍珠筍枝豆腐飯及配菜 Braised Straw Mushroom, Baby Corn & Bean Curd w/ Rice & Side Vegetable	豬柳漢堡配粟米薯茸及配菜 Pork Burger w/ Corn, Mashed Potato & Side Vegetable
22-Jun	星期二	肉碎茄子飯及配菜 Braised Minced Pork & Eggplant w/ Rice & Side Vegetable	白汁雞皇意粉及配菜 Chicken A La King w/ Spaghetti & Side Vegetable	茄汁雞菜螺絲粉及配菜 Mixed Vegetables in Tomato Sauce w/ Fusilli & Side Vegetable	香煎西樺雞飯及配菜 Pan-fried Boneless Chicken in Lemon Sauce w/ Rice & Side
23-Jun	星期三	蟹柳粉絲蒸水蛋飯及配菜 Steamed Egg Cake with Mock Crab Meat & Glass Noodles w/ Rice & Side Vegetable	意式茄子甘筍免治牛肉意粉及配菜 Braised Minced Beef with Eggplant & Carrot w/ Spaghetti & Side Vegetable	咖喱雞菜飯及配菜 Mixed Vegetables Curry w/ Rice & Side Vegetable	香草燒雞扒拼忌廉薯茸及配菜 Roast Chicken Fillet w/ Mashed Potato & Side Vegetable
25-Jun	星期五	五香薯仔牛肉飯及配菜 Braised Beef & Potato in Spices w/ Rice & Side Vegetable	茄汁三絲燴豬柳意粉及配菜 Pork Loin with Mixed Vegetables in Tomato Sauce w/ Spaghetti & Side Vegetable	紅燒冬菇豆腐飯及配菜 Braised Bean Curd & Mushroom w/ Rice & Side Vegetable	沙薑雞飯及配菜 Poached Chicken w/ Rice & Side Vegetable

* 所有餐款(A, B, C 及 D) 均配以時菜或沙律 All dishes (A, B, C & D) will be served with side vegetable or salad.