



# 聖士提反書院附屬小學 St Stephen's College Preparatory School



Breakfast Menu November 2021

	Tuesday	Wednesday	Thursday	Friday
	2/11	3/11	4/11	5/11
<b>Main 主菜</b>	Scrambled Egg 炒蛋 ○ Sautéed Mushrooms 炒蘑菇 ✓	Pan-fried Pork Chop 煎豬扒	Luncheon Meat 午餐肉	Sausage 香腸
<b>Grains 澱粉質</b>	English Muffin 英式鬆餅 ✓ ○	Corn Flakes 粟米片 ✓ ○	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉 ○
<b>Beverage 飲品</b>	Low Fat Milk 低脂奶	Ovaltine 阿華田 ○	Soy Milk 豆漿	Low Fat Milk 低脂奶 ○
	9/11	10/11	11/11	12/11
<b>Main 主菜</b>	Ham 火腿	Sweet Corn 粟米 ✓	Dim Sum 中式點心 ○ ○	Grilled Chicken 烤雞扒
<b>Grains 澱粉質</b>	Mixed Vegetable & Meatballs with Vermicelli in Soup 時菜肉丸湯米粉	Minced Chicken & Capshrooms with Marconi in Soup 草菇雞蓉湯通粉	Mushroom & Shredded Chicken Congee 香菇雞絲粥	Pancake 熱香餅 ✓ ○
<b>Beverage 飲品</b>	Ovaltine 阿華田 ○	Low Fat Milk 低脂奶 ○	Chinese Tea 中國茶	Low Fat Milk 低脂奶 ○

**EAT MORE**  
健康之選, 適合經常食用  
These foods should form the basis of your diet. So fill up on them.

**EAT MODERATELY**  
請適宜地食用  
Best eaten in moderation. These foods are still important for a balanced diet.

**EAT LESS**  
建議少選擇為佳  
Don't have too much of these. Just treat ourselves every so often.

素食  
Vegetarian Choice



以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



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Breakfast Menu November 2021

	Tuesday	Wednesday	Thursday	Friday
	16/11	17/11	18/11	19/11
<b>Main 主菜</b>	Pan-Fried Fish Fillet 煎魚柳 	Fried Noodle with Supreme Soy Sauce 豉油皇炒麵 	Sausage 香腸 	Apple & Potato Salad 蘋果薯仔沙律 
<b>Grains 澱粉質</b>	Mixed Veggie & Sweetcorn with Macaroni in Soup 雜菜粟米湯通粉 	Sweet Corn & Minced Pork Congee 粟米肉碎粥 	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉 	Ham & Cheese Sandwich 芝士火腿三文治 
<b>Beverage 飲品</b>	Soy Milk 豆漿	Chinese Tea 中國茶	Horlicks 好立克	Ovaltine 阿華田
	23/11	24/11	25/11	26/11
<b>Main 主菜</b>	Ham 火腿	Dim Sum 中式點心 	Grilled Tomato 烤番茄 	Boiled Egg 焗蛋 
<b>Grains 澱粉質</b>	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉 	Pumpkin & Minced Pork Congee 南瓜肉碎粥	Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉 	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲銀針粉 
<b>Beverage 飲品</b>	Ovaltine 阿華田	Chinese Tea 中國茶	Ovaltine 阿華田	Soy Milk 豆漿

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Breakfast Menu November 2021

	Tuesday	Wednesday	Thursday	Friday
	30/11	1/12	2/12	3/12
Main 主菜	Luncheon Meat 午餐肉			
Grains 澱粉質	Stir Fried Vermicelli 炒米粉 			
Beverage 飲品	Soy Milk 豆漿			



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素食  
Vegetarian Choice



含有蛋類  
Egg Alert



含有奶類  
Dairy Alert



含有魚類  
Fish Alert



含有貝殼類海鮮  
Shellfish Alert



Sustainable Seafood

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