





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



Dinner Menu November 2021

	Monday	Tuesday	Wednesday	Thursday
	1/11	2/11	3/11	4/11
Soup	泰式椰子 草菇肉碎湯	White Radish, Carrot & Sweet Corn Soup 青紅蘿蔔粟米湯	Onion Soup 洋蔥湯	Tomato Soup 蕃茄蓉湯
Main A	Lemongrass Pork Chop 香茅豬扒	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Pan-fried Fish Fillet with Pumpkin Sauce 南瓜汁煎魚柳  	Fried Egg with BBQ Pork 叉燒炒蛋 
Main B	Stir-fried Celery, Black Fungus and Chicken 西芹雲耳炒雞柳	Stir-fried Fresh Tomato with Chicken 鮮茄炒雞柳	Roasted Chicken with Rosemary 迷迭香烤雞	Stir Fried Lotus & Mushroom with Bean Curd 蓮藕香菇炒豆乾
Vegetables 	Stir-fried Mixed Vegetables with Garlic 蒜蓉炒雜菜	Boiled Long Cabbage 白灼紹菜	Coleslaw 甘荀椰菜沙律	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲
Grains	Rice 白飯	Rice 白飯	Pasta 意粉	Brown Rice 糙米飯
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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



請適宜地食用
Best eaten in moderation.
These food are still important
for a balanced diet.



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



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

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



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	Monday	Tuesday	Wednesday	Thursday
	8/11	9/11	10/11	12/11
Soup	合掌瓜豬肉湯	Sweet Corn & Carrot Soup 粟米甘筍湯	Cream of Mushroom 雜菌濃湯	味噌豆腐湯
Main A	Baked Fish Fillet with Cheese 芝士焗魚柳	HK Style Swiss Chicken 瑞士雞球	British Beef Stew 英式燴牛肉	Korean Kimchi Pork 韓式泡菜豬肉
Main B	Steamed Eggs with Glass Noodles & Minced Pork 粉絲肉碎蒸蛋	Stir-fried Sliced Pork with Cabbage 椰菜炒肉片	Chicken & Mushroom Stew 蘑菇燴雞	Japanese Stir-fried Udon with Vegetable Mix 日式雜菜炒烏冬
Vegetables	Broccoli & Carrots 西蘭花 & 甘筍	Garlic Cabbage 蒜蓉椰菜	Roasted Vegetables 焗雜菜	Garlic Cabbage 蒜蓉椰菜
Grains	Brown Rice 糙米飯	Brown Rice 糙米飯	Mashed Potato 薯蓉	-
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果

EAT MORE
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素食
Vegetarian Choice



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Dinner Menu October 2021

	Monday	Tuesday	Wednesday	Thursday
	15/11	16/11	17/11	18/11
Soup	Hairy Gourd & Pork Soup 節瓜肉片湯	Minestrone 雜菜湯	Sweet Corn & Minced Chicken Soup 粟米雞蓉湯	White Radish, Carrot & Sweet Corn Soup 青紅蘿蔔粟米湯
Main A	Stir-fried Assorted Mushrooms & Beef 野菌炒牛肉	Grilled Chicken in Onion Sauce 洋蔥雞扒	Taiwanese Stewed Chicken 三杯雞	Spaghetti Bolognese with Fried Egg 肉醬煎蛋
Main B	Sauteed Sliced Pork & Broccoli with Egg Drop Sauce 滑蛋肉片扒西蘭花	Italian Meatball in Marinara Sauce 意式茄醬焗肉丸	Sautéed Long Beans with Garlic & Minced Pork 蒜香肉鬆四季豆	Diced Chicken with Pineapple 菠蘿炒雞粒
Vegetables	Stir-fried Mixed Vegetables 清炒雜菜	Sautéed Broccoli with Garlic 蒜蓉炒西蘭花	Zucchini 翠肉瓜	Roasted Vegetables 焗雜菜
Grains	Red Rice 紅米飯	Pasta 意粉	Brown Rice 糙米飯	Red Rice 紅米飯
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Sustainable Seafood

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	Monday	Tuesday	Wednesday	Thursday
	22/11	23/11	24/11	25/11
Soup	Tomato Soup 蕃茄蓉湯 	Wintermelon & Pork Soup 冬瓜肉片湯	Cream of Pumpkin 南瓜忌廉湯 	Black-Eyed Pea & Pork Bone Soup 眉豆豬骨湯
Main A	Mild Curry Pork Chop 咖哩豬扒	Shredded Chicken Fried Rice 生炒牛肉飯 	Roasted Pork Loin with Mushroom Sauce 蘑菇汁烤豬柳	Stir-fried Beef with Green Bean 豆角炒牛肉 
Main B	Steamed Pork Ribs with Plum 梅子蒸排骨	Chicken & Assorted Mushrooms 日式野菌雞肉	Chicken A La King 白汁雞皇	Stir-fried Lotus Root, Black Fungus & Pork 蓮藕雲耳炒肉片
Vegetables 	Sautéed Mixed Vegetables 清炒時蔬	Sautéed Broccoli with Garlic 蒜蓉炒西蘭花	Roasted Vegetable 焗雜菜	Stir-fried Romaine Lettuce with Garlic 蒜蓉油麥菜
Grains	Red Rice 紅米飯	-	Pasta 意粉	Brown Rice 糙米飯
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	Monday	Tuesday	Wednesday	Thursday
	29/11	30/11	1/12	2/12
Soup	Onion Soup 洋蔥湯	Russian Borsht 羅宋湯		
Main A	Pan Fried Fish with Lemon Dill Sauce 香煎魚柳 配檸檬刁草汁	Steamed Pork Ribs with Bean curd & Black Bean Sauce 豉汁豆卜蒸排骨飯		
Main B	 Roasted Chicken with Rosemary 迷迭香烤雞	Diced Chicken with Sweetcorn Egg Drop Sauce 滑蛋粟米雞球		
Vegetables	Broccoli & Carrots 西蘭花 & 甘筍	Carrot & Sweet Corn 甘筍粟米		
Grains	Mashed Potato 薯蓉	Brown Rice 糙米飯		
Other	Fresh Fruit 生果	Fresh Fruit 生果		

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