



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



Lunch Menu November 2021



	Green Monday ✓	Tuesday	Wednesday	Thursday
	1/11	2/11	3/11	4/11
Soup / Fruit	Apple & White Fungus Soup 蘋果雪耳湯	Fresh Fruit 生果	Minestrone Soup 意式雜菜湯	Fresh Fruit 生果
Main A	Italian Style Vegan Meat Ball 鮮意式素肉丸	Grilled Pork Loin with Garlic Gravy 蒜蓉豬柳	Baked Rice with Mushroom & Shredded Chicken 焗芝士蘑菇雞絲飯	Steamed Sliced Pork with Garlic & Tofu 蒜香肉片蒸豆腐
Main B ✓	Steamed Eggplants with Garlic and Vermicelli 金銀蒜粉絲蒸茄子	Stir-fried Lotus Root, Assorted Mushrooms and Bean Curds 蓮藕野菌炒豆乾	Vegetables & Egg Fried Rice 菜粒蛋炒飯	Omelette with Chinese Long Beans 豆角煎蛋
Grains	Red Rice 紅米飯	Fusilli 螺絲粉	-	Rice 白飯

	8/11	9/11	10/11	11/11
Soup / Fruit	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	Monk Fruit & Dried Bak Choy Soup 羅漢果白菜乾湯	Fresh Fruit 生果
Main A	Teriyaki Mushroom 照燒素菇	Bolognese Spaghetti 肉醬意粉	Sweet & Sour Pork 咕嚕肉	Pan Fried Fish Fillet with Pumpkin Sauce 香煎魚柳配南瓜汁
Main B	Japanese Veggie Curry 日式野菜咖喱	Moroccan Vegetable Tagine 摩洛哥燴雜菜	Egg Foo Young 芙蓉蛋	Baked Caprese & Eggplant 茄醬羅勒水牛芝士焗茄子
Grains	Brown Rice 糙米飯	Pasta 意粉	Rice 白飯	Rice 白飯

**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



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

含有

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



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Lunch Menu October 2021



	Green Monday	Tuesday	Wednesday	Thursday
	15/11	16/11	17/11	18/11
Soup / Fruit	Miso Soup 日式味噌湯	Fresh Fruit 生果	Tomato & Egg Drop Soup 蕃茄蛋花湯	Fresh Fruit 生果
Main A	Fried Mixed Vegetables with Korean Style 韓式炒雜菜	Beef Stroganoff 俄式燴牛肉	Stew Chicken in Oyster Sauce with Mushroom 蠔油冬菇炆雞	Lemongrass Pork Chop 香茅豬扒
Main B	Scrambled Tomato & Egg 蕃茄炒蛋	Mac and Cheese 芝士粟米通粉	Steamed Egg with Vermicelli 粉絲蒸蛋	Stir-fried Long Beans with Garlic & Mustard Pickles 蒜香欖菜炒四季豆
Grains	Rice 白飯	Fusilli 螺絲粉	Red Rice 紅米飯	Rice 白飯

	22/11	23/11	24/11	25/11
Soup / Fruit	Sweet Corn & Mushroom Soup 粟米蘑菇湯	Fresh Fruit 生果	Monk Fruit & Dried Bak Choy Soup 羅漢果白菜乾湯	Fresh Fruit 生果
Main A	Baked Chicken with Tomato Sauce & Mozzarella 水牛芝士焗素雞扒配蕃茄汁	Stir-fried Celery, Black Fungus and Chicken 西芹雲耳炒雞柳	Japanese Onion Miso Pork 日式洋蔥味噌豚肉	Fried Eggs with BBQ Pork 叉燒炒蛋
Main B	Baked Broccoli & Cauliflower in Portuguese Sauce 葡汁焗雙花	Braised Bean Curd Sheet, Tofu and Wintermelon 枝竹豆腐炆冬瓜	Braised Mushrooms & Japanese Egg Tofu 雙菇扒玉子豆腐	Yaki Udon with Bean Sprouts & Assorted Mushrooms 日式芽菜野菌
Grains	Pasta 意粉	Red Rice 紅米飯	Brown Rice 糙米飯	Rice 白飯

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Lunch Menu October 2021

	Green Monday 	Tuesday	Wednesday	Thursday
	29/11	30/11	1/12	2/12
Soup / Fruit	Tomato & Potato Soup 蕃茄薯仔湯	Fresh Fruit 生果		
Main A	Sautéed Tri-Pepper, Potato & Mushroom 蜜椒薯仔爆雜菇粒	Shredded Chicken in Mushroom Sauce 蘑菇汁雞絲 		
Main B	Scrambled Tomato & Egg 蕃茄炒蛋 	Italian Style Eggplants 意式燒茄子		
Grains	Rice 白飯	Fusilli 螺絲粉		



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