



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

Chartwells

Breakfast Menu January 2022

| | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|--|--|--|
| | 4/1 | 5/1 | 6/1 | 7/1 |
| Main 主菜 | Pan-Fried Fish Fillet 煎魚柳  | Pumpkin & Minced Pork Congee 南瓜肉碎粥 | Scrambled Egg 炒蛋  | Ham & Cheese Sandwich 芝士火腿三文治  |
| Grains 澱粉質 | Shredded Pork & Marconi in Tomato Soup 雜菜肉絲湯通粉 | Fried Noodle with Supreme Soy Sauce 豉油皇炒麵 | Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉  | Oatmeal 牛奶燕麥片  |
| Beverage 飲品 | Horlicks 好立克  | Chinese Tea 中國茶 | Soy Milk 豆漿 | Low Fat Milk 低脂奶  |
| | 11/1 | 12/1 | 13/1 | 14/1 |
| Main 主菜 | Grilled Chicken 烤雞扒 | Dim Sum 中式點心   | Luncheon Meat 午餐肉 | Sweet Corn 粟米 |
| Grains 澱粉質 | Roasted Potatoes 焗薯粒 Baked Beans 茄汁豆 | Fried Rice Vermicelli 豉油皇香菇炒米粉 (少油) | Mixed Vegetable & Shredded Chicken with Fusilli in Soup 時菜雞絲湯螺絲粉 | Mixed Vegetable & Meatballs with Vermicelli in Soup 時菜肉丸湯米粉 |
| Beverage 飲品 | Ovaltine 阿華田  | Chinese Tea 中國茶 | Soy Milk 豆漿 | 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



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




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 January 2022

| | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|--|--|--|
| | 18/1 | 19/1 | 20/1 | 21/1 |
| Main 主菜 | Bacon 煙肉 | Dim Sum 中式點心   | Ham 火腿 | Boiled Egg 焗蛋  |
| Grains 澱粉質 | Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉 | Minced Pork Congee with Preserved Egg 皮蛋瘦肉粥 | Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲 銀針粉 | Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉 |
| Beverage 飲品 | Low Fat Milk 低脂奶  | Chinese Tea 中國茶 | Soy Milk 豆漿 | Low Fat Milk 低脂奶  |
| | 23/1 | 24/1 | 25/1 | 26/1 |
| Main 主菜 | Pan-fried Pork Chop 煎豬扒 | Sausage 香腸 | Dim Sum 中式點心   | Stir-fried Mushroom 炒蘑菇 |
| Grains 澱粉質 | Hash Browns 薯餅 | Mixed Veggie & Sweetcorn with Macaroni in Soup 雜菜粟米湯通粉 | Steam Rice Roll 蒸腸粉 | Mixed Veggie & Luncheon Meat with Vermicelli in Soup 雜菜餐肉湯米粉 |
| Beverage 飲品 | Ovaltine 阿華田  | Low Fat Milk 低脂奶  | Chinese Tea 中國茶 | Low Fat Milk 低脂奶  |



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