

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

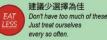


Breakfast Menu January 2022

1		Tuesday	Wednesday	Thursday	Friday 🗸
Ī		4/1	5/1	6/1	7/1
0	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	Oa+meal 牛奶燕麥片
	Beverage 飲品	Horlicks 好立克	Chinese Tea 中國茶	Soy Milk 豆漿	Low Fa+ Milk 低脂奶
}	3	11/1	12/1	13/1	14/1
	Main 主菜	Grilled Chicken 烤雞扒	Dìm 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
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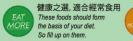


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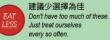


Breakfast Menu January 2022

	Tuesday	Wednesday	Thursday	Friday 🔰
	18/1	19/1	20/1	21/1
Main 主菜	Bacon 煙肉	Dim Sum 中式點心 ②	Ham 火腿	Boiled Egg 焓蛋
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
3}	23/1	24/1	25/1	26/1
Main 主菜	Pan-fried Pork Chop 煎豬扒	Sausage 香腸	Dìm Sum 中式點心 🗪 🖤	Stir-fried Mushroom 炒蘑菇
Grains 澱粉質	Hash Browns 薯餅	Mixed Veggie & Sweetcornwith Marconi in Soup 雜菜粟米湯通粉	SteamRiceRoll 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
澱粉質 Beverage	薯餅 Ovaltine	Sweetcornwith Marconi in Soup 雜菜粟米湯通粉 Low Fat Milk	Steam飞ice飞oll 蒸腸粉 Chinese Tea	Lunche Vern 雜菜















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