



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



Lunch Menu May 2022



| | Monday | Tuesday | Wednesday | Thursday |
|--------------|--------|---|--|--|
| | 2/5 | 3/5 | 4/5 | 5/5 |
| Soup / Fruit | - | Fresh Fruit 生果 | Miso Soup 日式味噌湯 | Fresh Fruit 生果 |
| Main A | - | Malaysia Curry Fish with 馬來西亞咖哩魚柳 | Steamed Pork Patty & Lotus Root 蓮藕蒸肉餅 | Curry Chicken with Potato 咖哩薯仔雞球 |
| Main B | - | Thai Style Stir-fried Mixed Vegetables 泰式炒雜菜 | Scrambled Tomato & Egg 蕃茄炒蛋 | Stir-fried Mixed Vegetables & Bean Curd with Garlic 蒜蓉豆乾炒雜菜 |
| Grains | - | Brown Rice 糙米飯 | Red Rice 紅米飯 | Rice 白飯 |
| | 9/5 | 10/5 | 11/5 | 12/5 |
| Soup / Fruit | - | Fresh Fruit 生果 | Monk Fruit & Dried BakChoy Soup 羅漢果白菜乾湯 | Fresh Fruit 生果 |
| Main A | - | Creamy Cheese Bake Fish Fillet 芝士白汁焗魚柳 | Chinese Soya Sauces Chicken Wing 滷水雞翼 | Stir Fried Pepper Beef with Spaghetti 黑椒牛肉炒意粉 |
| Main B | - | Steamed Egg & Glass Noodles 粉絲蒸蛋 | Chinese Long Bean Omelette 豆角煎蛋 | Pumpkin Mixed Vegetable Stew 南瓜汁燴四蔬 |
| Grains | - | Rice 白飯 | Red Rice 紅米飯 | Pasta 意粉 |

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.



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



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



Lunch Menu May 2022



| | Monday | Tuesday | Wednesday | Thursday |
|--------------|---|---|--|---|
| | 16/5 | 17/5 | 18/5 | 19/5 |
| Soup / Fruit | Russian Borscht Soup 羅宋湯 | Fresh Fruit 生果 | Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯 | Fresh Fruit 生果 |
| Main A | Baked Chicken with Tomato Sauce & Mozzarella 水牛芝士茄醬焗雞扒 | Chicken A La King with Rice 白汁雞皇 | Western Fried Rice (Seafood Free) 西炒飯 (不含海鮮) | Roasted Pork Loin with Mushroom Sauce 蘑菇汁烤豬柳 |
| Main B | Sweetcorn Mac & Cheese 芝士粟米焗通粉 | Vietnamese Style Curry Mixed Vegetables with Rice 越式什菜咖喱 | Japanese Mild Vegetable Curry with Steamed Rice 日式野菜咖喱 | Moroccan Vegetable Tagine 摩洛哥燴雜菜 |
| Grains | Pasta 通粉 | Red Rice 紅米飯 | Rice 白飯 | Brown Rice 糙米飯 |

| | 23/5 | 24/5 | 25/5 | 26/5 |
|--------------|--|---|--|---|
| Soup / Fruit | Seaweed & Egg Drop Soup 紫菜蛋花湯 | Fresh Fruit 生果 | Cream of Mushroom 蘑菇忌廉湯 | Fresh Fruit 生果 |
| Main A | Italian Style Vegan Meat Ball 鮮意式素肉丸 | Shanghainese Fried Noodle with Shredded Pork 上海肉絲粗炒 | 韓式雞肉雜菜炒粉絲 Korean Chicken & Veggie Japchae Glass Noodles | Chinese BBQ Pork 蜜汁叉燒 |
| Main B | Herb Baked Cherry Tomato & Cauliflower 意式香草焗車厘茄伴椰菜花 | Steamed Baby Cabbage & Tofu with Garlic, Vermicelli 金銀蒜粉絲蒸娃娃菜佐豆腐 | Baked Herbed Kidney Beans & Vegetable 香草紅腰豆焗雜菜 | Japanese Braised Egg-Tofu and Assorted Vegetables 日式扒玉子豆腐伴雜菜 |
| Grains | Pasta 意粉 | Red Rice 紅米飯 | Brown Rice 糙米飯 | Red Rice 紅米飯 |

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 food 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.



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



Lunch Menu May 2022

| | Monday | Tuesday | Wednesday | Thursday |
|--|--|--|-----------|----------|
| | 30/5 | 31/5 | | |
| Soup / Fruit | Sweet Corn & Carrot Soup 粟米甘筍湯 | Fresh Fruit 生果 | | |
| Main A | Roasted Chicken with Garlic & Lemon 蒜香檸檬焗雞扒 | Beef Stoganoff 俄式燴牛肉  | | |
| Main B  | Pumpkin & Assorted Mushrooms in Light Cream 輕奶油南瓜雜菌  | Ratatouille 普羅旺斯燉菜 | | |
| Grains | Pasta 意粉 | Brown Rice 糙米飯 | | |



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

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