

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

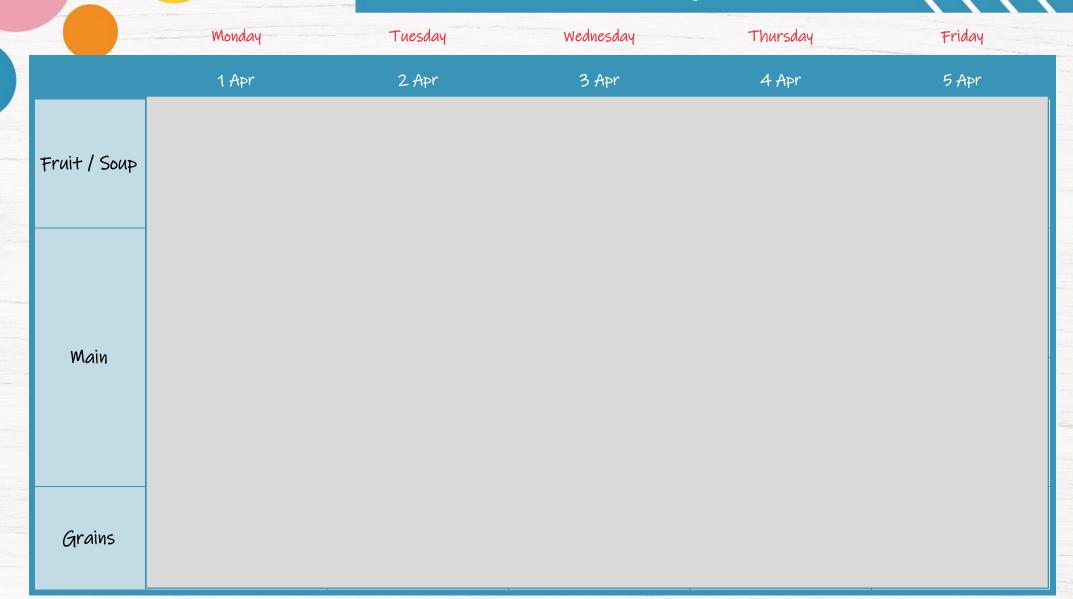
# SCHOOL MENU









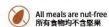
















Dairy Alert 含奶類

















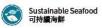
### **April 2024**

	MONDAY	Tuesday	Wednesday	Thursday	Fun Friday
	8 Apr	9 Apr	10 Apr	11 Apr	12 Apr
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果		Fresh Fruit 生果	Minestrone 雜菜湯
Main	Vegetarian Stir-fried Rice Vermicelli (Less Oil) 素三絲炒米粉 (少油)	Beef Fried Rice (Less Oil) 生炒牛肉飯 (少油)		Braised Chicken with Potato 薯仔炆雞	Chicken Burger 雞扒漢堡
<b>W</b> MM(V)	Japanese Veggie Curry 日式野菜甜咖哩	Baby Cabbage in Broth 上湯娃娃菜		Stir-fried Pork with Cabbage 椰菜炒豬肉	Baked Potato Cube 薯粒
Grains	Twisted Scallion Bun 蔥花卷 ②①	/		Brown Rice 糙米飯	Sweet Corn 粟米粒













Dairy Alert 含奶類

Soy Alert 含大豆

Green 🔏



















Green

## Lunch Menu

### **April 2024**

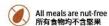
	MONDAY	Tuesday	Wednesday	Thursday	Friday
	15 Apr	16 Apr	17 Apr	18 Apr	19 Apr
Fruit / Soup	Miso Tofu Soup 味噌豆腐湯	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果	Seaweed & Minced meat Soup 紫菜肉碎湯
	Scrambled Eggs with Fresh Tomato 鮮茄炒蛋	Chinese Marinaded Chicken Wings 滷水雞翼	Vietnamese Style Lemongrass Pork Chop 越式香茅豬扒	Sausage Bolognese Spaghetti 腸仔肉醬意粉	Pork in Egg and Sweet Corn Sauce 滑蛋粟米肉粒
Main	Boiled Choy Sum 白灼菜心	Stir-fried Beef Slices with Baby Bok Choy 白菜仔炒牛肉	Baby Cabbage in Broth 上湯娃娃菜	Broccoli with Garlic 蒜香西蘭花	Boiled Lettuce 白灼生菜
Grains	Red Rice 紅米飯	Rice 白飯	Rice 白飯	/	Rice 白飯































Green

## Lunch Menu

### **April 2024**

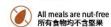
	MONDAY	Tuesday	Wednesday	Thursday	Fun Friday
	22 Apr	23 Apr	24 Apr	25 Apr	26 Apr
Fruit / Soup	Cream of Mushroom 雜菌濃湯	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯	Fresh Fruit 生果	Tomato & Potato Soup 蕃茄薯仔湯
Main	Assorted Veg & Red Kidney Bean in Tomato Sauce with Fusilli 蕃茄醬燴雜菜紅腰豆 配螺絲粉	Japanese Style Teriyaki Pork 日式照燒豬柳	Beef Stroganoff 俄式牛柳絲	Taiwanese Minced Pork 台式肉燥 🔗 🐠 🕖	Grilled BBQ Chicken Wrap 燒烤雞肉卷  《 W & Tomato Sauce Baked Beans  茄汁焗豆
	Sweet Corn 粟米粒	Boiled Baby Bok Choy 白灼白菜仔	Stir-fried Pork with Broccoli 西蘭花炒肉片	Braised Chicken with Radish 蘿白炆雞肉	Chicken Nuggets 雞寶
Grains	/	Rice 白飯	Red Rice 紅米飯	Rice 白飯	1















Dairy Alert 含奶類

















### Lunch Menu

### **April 2024**

Tuesday

	29 Apr	30 Apr
Fruit/Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果
	Braised Hairy Gourd, Chinese Mushroom & Bean Curd Sticks 枝竹冬菇扒節瓜 V 2010	Braised Chicken & Winter Melon 冬瓜炊雞球
Main	Baby Cabbage in Broth 上湯娃娃菜	Garlic Cabbage 蒜蓉椰菜
Grains	Rice 白飯	Rice 白飯









