

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

SCHOOL MENU



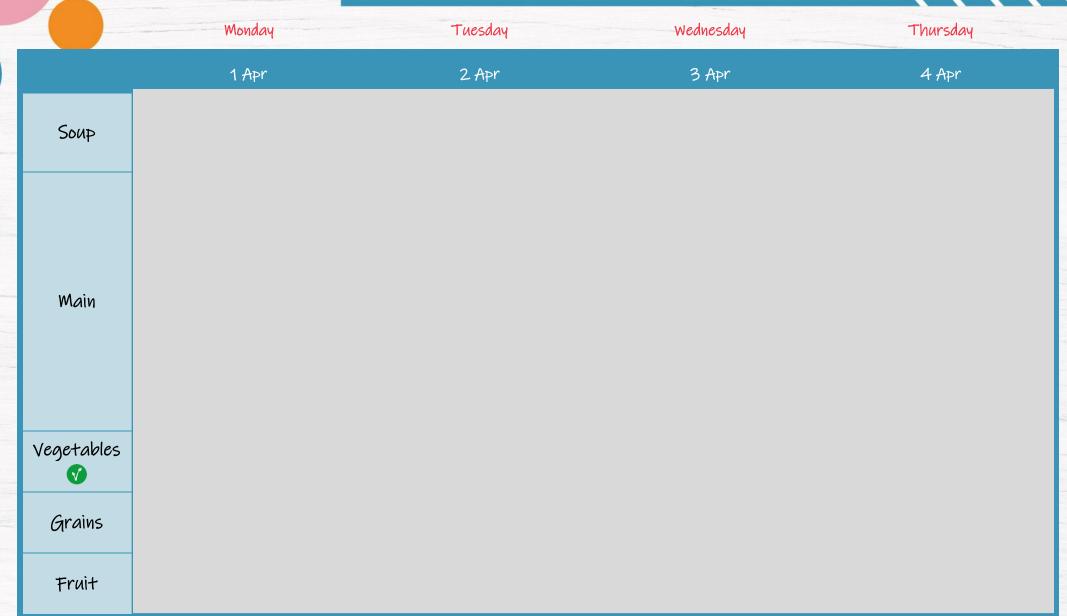








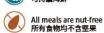
April 2024























Wheat Alert







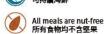


	Monday	Tuesday	Wednesday	Thursday
	8 Apr	9 Apr	10 Apr	11 Apr
Ѕоир	Seafood Chowder Soup 周打海鮮湯			Bacon & Cauliflower Soup 煙肉椰菜湯
144 oiu	Roasted Chicken Thigh with Thyme & Lemon 百里香檸檬烤雞扒			HK Style Beef in Egg Drop Sauce 滑蛋牛肉
Main	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐			Fish Fillet with Fresh Tomato 鮮茄魚柳
Vegetables 🕜	Broccoli with Garlic 蒜蓉西蘭花			Boiled Lettuce 白灼生菜
Grains	Red Rice 紅米飯			Pasta 意粉
Fruit	Fresh Fruit 生果			Fresh Fruit 生果













Soy Alert 含大豆





















4		Monday	Tuesday	Wednesday	Thursday
		15 Apr	16 Apr	17 Apr	18 Apr
Soi	ир	Tomato Soup 蕃茄蓉湯 ①②①	Seaweed, Minced Meat & Egg Drop Soup 紫菜肉碎蛋花湯	Papaya with Snow Fungus Soup 木瓜雪耳湯	Onion Soup 洋蔥湯 ❷『♥
100	·	Fried PorkRibs with Pineapple 菠蘿生炒骨	Thai Green Curry Chicken (with Coconut Milk) 泰式青咖哩雞 (含椰奶)	Steamed Pork Patty with Pickled Veggie 梅菜蒸肉餅	Chicken Wing with Mixed Herbs 香草雞翼
Mε	ain	Stir-fried Beef with Cabbage 椰菜炒牛肉	Stir-fried Zucchini with Fried Fish Block 翠玉瓜炒炸魚條	Long Bean Omelette 豆角煎蛋	Beef Stroganoff 俄式牛柳絲
Veget	ables	Garlic Bok Choy 蒜蓉白菜	Boiled Lettuce 白灼生菜	Boiled Choy Sum 白灼菜心	Garlic Cabbage 蒜蓉椰菜
Gra	ลเทร	'Rice 白飯	Rice 白飯	Red Rice 紅米飯	'Rice 白飯
Fro	uit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果
Fat More	Veg	etarian Foo Alert Fish Alert		1.4.	





























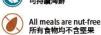
April 2024

	Monday	Tuesday	Wednesday	Thursday	
	22 Apr	23 Apr	24 Apr	25 Apr	
Ѕоир	Winter Melon, Coix Seed, Egyptian Bean & Lean Meat Soup 冬瓜薏米扁豆瘦肉湯	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯	Borscht Soup 羅宋湯	Yellow Cucumber & Rice Bear with Pork Bone Soup 老黄瓜赤小豆豬骨湯	
MA atau	Salt & Pepper Pork Chop 椒鹽豬扒	Minced Beef Fried Rice (Less Oil) 生炒牛肉飯 (少油)	Thai Style Steamed Fish 泰式蒸魚柳	Grilled Chicken Wings 香烤雞翼	
Main	Japanese Curry Beef 日式甜咖哩牛肉	Stir-fried Shredded Pork with Hairy Gourds 節瓜炒肉絲	Pork Stew with Creamy Pumpkin Sauce 南瓜忌廉汁燴豬肉	Stir-fried Pork with Zucchin 翠玉瓜炒肉片	
Vegetables V	Boiled Choy Sum 白灼菜心	Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Mixed Vegetable 炒什菜	Japanese Veggie Curry 日式野菜咖哩	
Grains	Rice 白飯	/	Rice 白飯	Rice 白飯	
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	

































	Monday	Tuesday	Wednesday	Thurs
	29 Apr	30 Apr		
Soup	Miso Soup 日式味噌湯			
Main	Scrambled Egg with Char Siu 叉燒炒蛋			
	Chicken Thigh with Fresh Tomato 鮮茄雞扒			
legetables	Shiitake & Hairy Gourd 冬菇節瓜			
Grains	Rice 白飯			
Fruit	Fresh Fruit 生果			







