



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



Breakfast Menu July 2022

	Tuesday	Wednesday	Thursday	Friday
	5/7	8/7	9/7	10/7
Main 主菜	Pan-fried Pork Chop 煎豬扒 Baked Beans 茄汁豆	Sausage 香腸	Luncheon Meat 午餐肉	Scrambled Egg 炒蛋 
Grains 澱粉質	Roasted Potatoes 焗薯粒	Tomato & Mixed Vegetables with 5 Macaroni in Soup 番茄雜菜湯意粉	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉
Beverage 飲品	Chinese Tea 中國茶	Ovaltine 阿華田 	Soy Milk 豆漿	Low Fat Milk 低脂奶 
	12/7	13/7	14/7	15/7
Main 主菜	Pork Burger Patty 豬柳漢堡 Pan Fried Assorted Mushroom 炒雜菌	Dim Sum 中式點心 	Grilled Tomato 烤番茄	Grilled Chicken 烤雞扒
Grains 澱粉質	English Muffin 英式鬆餅 	Mushroom & Shredded Chicken Congee 香菇雞絲粥	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉	Hash Browns 薯餅
Beverage 飲品	Ovaltine 阿華田 	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 



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 foods 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



	Tuesday	Wednesday	Thursday	Friday
	19/7	20/7	21/7	22/7
Main 主菜	Ham 火腿 Scrambled Egg 炒蛋 	Bacon 煙肉	Dim Sum 中式點心 	Boiled Egg 焗蛋
Grains 澱粉質	Oatmeal 牛奶燕麥片 	Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉	Pumpkin & Minced Pork Congee 南瓜肉碎粥	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲 銀針粉
Beverage 飲品	Soy Milk 豆漿	Ovaltine 阿華田	Chinese Tea 中國茶	Low Fat Milk 低脂奶
	26/7	27/7	28/7	29/7
Main 主菜	Pan-Fried Fish Fillet 煎魚柳 	Dim Sum 中式點心 	Scrambled Egg 炒蛋 	Sweet Corn 粟米
Grains 澱粉質	Pancake 熱香餅 	Country Style Fried Vermicelli 家鄉炒米粉	Assorted Veggie, Beef & Rice Vermicelli In Soup 雜菜牛肉湯米	BBQ Pork with Ho Fan in Soup 叉燒湯河粉
Beverage 飲品	Ovaltine 阿華田	Low Fat Milk 低脂奶	Chinese Tea 中國茶	Low Fat Milk 低脂奶

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餐單上 Highlighted in respective color on the menu