

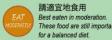
聖士提反書院附屬小學 St Stephen's College Preparatory School

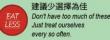


Breakfast Menu July 2022

	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 5Macaroni 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 ①
} {	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	∦ash Browns 書餅
Beverage 飲品	Ovaltine 阿華田 ①	Low Fat Milk 低脂奶 🗇	Chinese Tea 中國茶	Low Fa+ Milk 低脂奶
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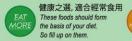


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Breakfast Menu July 2022

1		Tuesday	Wednesday	Thursday	Friday 🗸
I		19 /7	20/7	21/7	22/7
0	Main 主菜	Ham 火腿 Scrambled Egg 炒蛋	Bacon 煙肉	Dim Sum 中式點心	Boiled Egg 恰蛋
	Grains 澱粉質	Oa+meal 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 🗇
3	}	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 Vermiceli 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 ①













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