



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



Dinner Menu January 2022

	Monday	Tuesday	Wednesday	Thursday
	3/1	4/1	5/1	6/1
Soup	合掌瓜豬肉湯	Cream of Pumpkin 南瓜忌廉湯 	Sweet Corn & Minced Chicken Soup 粟米雞蓉湯	Hairy Gourd & Pork Soup 節瓜肉片湯
Main A	咕嚕雞球 Sweet & Sour Chicken with Pineapple & Mixed Peppers	匈牙利燴豬肉 Pork Goulash	百里香檸檬烤雞胸 Roasted Chicken Breast with Thyme and Lemon	豉汁蒸魚 Steamed Fish with Soy Sauce 
Main B	雜菌炒菠菜 Stir Fried Mixed & Spinach 	日式冬菇蒸蛋 Steamed Egg with Shiitake Mushroom 	肉醬意粉 Spaghetti Bolognese	Japanese Onion Miso Eggplant 日式洋蔥味噌茄子 
Vegetables 	Garlic Cabbage 蒜蓉椰菜	Braised Assorted Veg in Tomato Sauce 茄汁燴雜菜	Japanese Veggie Curry with Rice 日式野菜咖哩	Carrot & Turnip 甘筍蘿蔔
Grains	Rice 白飯	Brown Rice 糙米飯	Pasta 意粉	Red Rice 紅米飯
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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

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	10/1	11/1	12/1	13/1
Soup	Old Cucumber & Sweet Corn Soup 老黃瓜粟米湯	Onion Soup 洋蔥湯	Tomato Soup 蕃茄蓉湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯
Main A	黑椒薯仔牛肉 Black Pepper Potato & Beef	Baked Fish Fillet with Cheese 芝士焗魚柳	日式咖喱豬柳 Japanese Curry Pork	彩椒牛柳絲意粉 Stir-fried Spaghetti with Tri-pepper & Shredded Beef
Main B	Stir-fried Sliced Fish with Cabbage 椰菜炒魚片	Sautéed Tri-Pepper, Potato & Mushroom 蜜椒薯仔爆雜菇粒	韓式泡菜炒豬肉 Korean Style Pork Bulgogi & Vegetable	Sautéed Sliced Pork & Broccoli with Egg Drop Sauce 滑蛋肉片扒西蘭花
Vegetables	Broccoli & Carrots 西蘭花 & 甘筍	Stir fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Roasted Vegetables 焗雜菜	葡汁雜菜 Assorted Vegetable with Portuguese Sauce
Grains	Brown Rice 糙米飯	Rice 白飯	Red Rice 紅米飯	Pasta 意粉
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	17/1	18/1	19/1	20/1
Soup	Sugar Cane, Imperatae & Carrot Soup 茅根竹蔗甘筍湯	Sweet Corn Soup 粟米湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯	Cream of Mushroom Soup 雜菌濃湯
Main A	味噌焦糖龍脷柳 Miso-Caramel Glazed Sole	瑪沙那燴豬柳飯 Pork Tenderloin in Marsala Sauce	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Mild Curry Chicken 淡咖喱雞
Main B	Stir-fried Fresh Tomato with Chicken 鮮茄炒雞柳	Chicken & Mushroom Stew 蘑菇燴雞	Steamed Egg with Minced Pork 肉鬆蒸水蛋	Pan-fried Fish Fillet with Pumpkin Sauce 南瓜汁煎魚柳
Vegetables	Stir-fried Romaine Lettuce with Garlic 蒜蓉油麥菜	Sautéed Mixed Vegetables 清炒時蔬	Boiled Bay Choi 白灼菜芯	Roasted Vegetables 燒雜瓜
Grains	Rice 白飯	Mashed Potato 薯蓉	Rice 白飯	Pasta 意粉
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	24/1	25/1	26/1	27/1
Soup	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯	Winter Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米豬骨湯	Seafood Chowder Soup 周打海鮮湯  
Main A	Fish Fillet with Sweet Corn Sauce 粟米魚柳 	British Beef Stew 英式燴牛肉	Steamed Pork Patty & Mushroom 香菇蒸肉餅	Portuguese Chicken 葡國雞 
Main B	Minced Beef Tomato with Pasta 番茄免治牛肉	Chicken & Assorted Mushrooms 日式野菌雞肉	Stir-fried Fish with Chinese Zucchini 翠玉瓜炒魚片 	Shredded Chicken in Mushroom Sauce with Penne 蘑菇汁雞絲長通粉
Vegetables	上湯娃娃菜 Baby Cabbage in Broth	Baked Pumpkin 焗南瓜	日式雜菜 Japanese Mixed Veg	Coleslaw 甘荀椰菜沙律
Grains	Red Rice 紅米飯	Pasta 意粉	Rice 白飯	Penne 長通粉
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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