



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



Dinner Menu July 2022

	Monday	Tuesday	Wednesday	Thursday
	4/7	5/7	6/7	7/7
Soup	Corn & Minced Chicken Soup 粟米雞蓉湯	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Onion Soup 洋蔥湯	Monk Fruit & Dried Bak Choy Soup 羅漢果白菜乾湯
Main A	基廚燒雞胸 Cajun Chicken Breast	Black Pepper Potato & Beef 黑椒薯仔牛肉	Roasted Chicken Breast with Thyme and Lemon 百里香檸檬烤雞胸配意粉	Japanese Curry Pork Chop 日式咖喱豬柳
Main B	馬來西亞咖哩魚 Malaysian Fish Curry (Mild)	Stir-fried Sliced Pork, Cucumber & Black Fungus 青瓜雲耳肉片	Spaghetti Bolognese 肉醬意粉	Scrambled Egg with Tomato and Minced Pork 蕃茄炒蛋肉碎
Vegetables	Stir-fried Cauliflower & Broccoli 清炒雙花	Stir-fried Mixed Vegetables with Garlic 蒜蓉炒雜菜	Baked Herbed Vegetable 香草焗雜菜	Stir Fried Lotus & Mushroom with Celery 蓮藕香菇炒西芹
Grains	Mashed Potato 薯蓉	Red Rice 紅米飯	Pasta 意粉	Rice 白飯
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

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



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



Dinner Menu July 2022

	Monday	Tuesday	Wednesday	Thursday
	11/7	12/7	13/7	14/7
Soup	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	Borscht Soup 羅宋湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯
Main A	Lettuce, Minced Beef Fried Rice 生炒牛肉飯	Pork Goulash 匈牙利燴豬肉	Thai Green Curry Chicken 泰式青咖喱雞	梅菜蒸魚柳 Steamed Fish & Preserved Veg
Main B	Stir Fried Chicken with Celery and Rice 西芹炒雞柳	Shredded Chicken in Mushroom Sauce 蘑菇汁雞絲	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Stew Pork Diced with Mixed Mushroom Cucumber & Red Rice 青瓜雜菌肉粒
Vegetables	Salted Eggs and Preserved Eggs Seasonal Vegetable 金銀蛋浸時蔬	Herb Baked Cherry Tomato & Cauliflower 意式香草焗車厘茄伴椰菜花	Stir-fried Cauliflower & Broccoli 清炒雙花	Stir-fried Romaine Lettuce with Garlic 蒜蓉油麥菜
Grains	Fried Rice 炒飯	Pasta 意粉	Brown Rice 糙米飯	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

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



	Monday	Tuesday	Wednesday	Thursday
	18/7	19/7	20/7	21/7
Soup	Lotus Root with Pork Bone Soup 蓮藕豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯	Seafood Chowder Soup 周打海鮮湯	Apple with Pork Bone 蘋果雪耳豬骨湯
Main A	Grilled Pork Chop with Fennel Gravy 烤豬扒配茴香燒汁	Irish Stew with Rice 愛爾蘭燴牛肉	菲式燴豬柳 Pork Adobo	泰式蒸魚柳 Thai Style Steamed Fish
Main B	Stir-fried Shredded Pork, Garlic & Chinese Zucchini 蒜蓉翠肉瓜炒肉絲	Fish Fillet Pasta in Creamy Pumpkin Sauce 忌廉南瓜汁魚柳	Italian Garlic and Tuna with Spaghetti 意式蒜香吞拿魚意粉	Steamed Shiitake, Black Fungus and Chicken 北菇雲耳蒸雞
Vegetables	Japanese Style Stir-fried Mixed Vegetable 日式炒雜菜	Garlic Stir-fried Cabbage 蒜蓉炒椰菜	Herb Baked Cherry Tomato & Cauliflower 意式香草焗車厘茄伴椰菜花	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲
Grains	Washed Potato 薯蓉	Penne 長通粉	Pasta 意粉	Rice 白飯
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

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



	Monday	Tuesday	Wednesday	Thursday
	25/7	26/7	27/7	28/7
Soup	Miso Soup 日式味噌湯	Tomato Soup 蕃茄蓉湯	Creamy Broccoli Soup 西蘭花蓉湯 	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨
Main A	Tomato Braised Chicken & Cap Mushrooms 鮮茄草菇燴雞絲	Moroccan BBQ Pork Chop 摩洛哥烤豬扒	Pan-fried Fish Fillet with Creamy Scallions Sauce 香煎魚柳 配香蔥忌廉汁  	叉燒炒飯 BBQ Pork Fried Rice 
Main B	Taiwanese Minced Pork & Tofu 台式肉燥豆腐	Braised Shredded Pork & Eggplant 茄子燴肉絲	Creamy Pumpkin Sauce Stew Pork 南瓜忌廉汁燴豬肉 	Stir-fried Sliced Pork with Cabbage & Dried Bean 豆乾肉片炒椰菜
Vegetables 	Boiled Bay Choi 白灼白菜	Stir Fried Mixed & Spinach 雜菌炒菠菜	Roasted Veggie Mix with Herbs 香草焗雜菜	Thai Style Stir- fried Mixed Vegetables 泰式炒雜菜
Grains	Brown Rice 糙米飯	Penne 長通粉	Pasta 意粉	Fried Rice 炒飯
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果

**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 food 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