
















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



Lunch Menu July 2022



	Green Monday	Tuesday	Wednesday	Thursday
	4/7	5/7	6/7	7/7
Soup / Fruit	Minestrone 雜菜湯	Fresh Fruit 生果	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果
Main A	Vegetarian Napoleon Spaghetti 素拿破崙意粉	Tandoori Chicken 天多利燒雞	Fresh Tomato Pork 鮮茄豬扒	Pan Fried Fish in Dill White Sauce 香草白汁煎魚柳  
Main B 	Indian Curry Vegetables 印度咖喱雜菜	Japanese Veggie Curry 日式野菜咖喱	Steamed Baby Cabbage, Garlic and Vermicelli 金銀蒜粉絲 蒸娃娃菜	Italian Vegetarian Meatball 意式焗素肉丸
Grains	Pasta 意粉	Rice 白飯	Brown Rice 糙米飯	Pasta 意粉

	11/7	12/7	13/7	14/7
Soup / Fruit	Cream of Corn 粟米忌廉湯 	Fresh Fruit 生果	Russian Borsht Fish Chowder Soup 周打魚湯  	Fresh Fruit 生果
Main A	Stewed Pumpkin & Meatballs 南瓜焗素肉丸	Bell Pepper, Potato & Diced Pork 蜜椒薯仔豬肉粒	Beef Stroganoff 俄式牛柳絲 	Onion and Chicken 洋蔥雞扒
Main B 	Potato and Vegetable in Portuguese Sauce 葡汁薯仔時蔬 	Veggie Egg Fu Yong 素芙蓉蛋 	Baked Eggplant with Cheese 芝士焗茄子 	Shiitake & Cap Mushroom Braised with Tofu 雙菇扒豆腐
Grains	Mashed Potato 薯蓉 	Red Rice 紅米飯	Fusilli 螺絲粉 	Rice 白飯



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



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Lunch Menu July 2022



	Monday	Tuesday	Wednesday	Thursday
	18/7	19/7	20/7	21/7
Soup / Fruit	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果	Cream of Mushroom 雜菌濃湯	Fresh Fruit 生果
Main A	Spinach Mushroom Penne in White Sauce 白汁菠菜白菌長通粉	Taiwanese Miced Pork with Rice 台式肉燥飯	Herbs Beef and Pumpkin 南瓜香草燴牛肉	Pan Fried Chicken in Mushroom Sauce 蘑菇汁雞球
Main B	Baked Herbed Vegetable 香草焗雜菜	Portuguese Mixed Vegetable Stew 葡汁燴四蔬	Baked Eggplant with Marinara Sauce 芝士茄醬焗茄子	Japanese Style Stir-fried Mixed Vegetable & Bean Curd 日式豆乾炒雜菜
Grains	Vermicelli 米粉	Rice 白飯	Pasta 意粉	Red Rice 紅米飯
	25/7	26/7	27/7	28/7
Soup / Fruit	Tomato & Potato Soup 蕃茄薯仔湯	Fresh Fruit 生果	Miso Tofu Soup 味噌豆腐湯	Fresh Fruit 生果
Main A	Sautéed Veg Chicken in Sweet & Sour Sauce 甜酸汁燴素雞	Diced Pork in Creamy Corn Sauce 粟米肉粒	Sweet & Sour Fish 糖醋魚柳	Steamed Mince Pork, Water Chestnut & Mushroom 馬蹄冬菇蒸肉餅
Main B	Vegetables and Egg White Fried Rice (Less Oil) 菜粒蛋白炒飯(少油)	Braised Eggplant, White Radish & Bean Curd Sheet 枝竹蘿蔔炆茄子	Steamed Shiitake Mushroom, Vermicelli and Egg 冬菇粉絲蒸蛋	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋
Grains	Fried Rice 炒飯	Red Rice 紅米飯	Rice 白飯	Brown Rice 糙米飯

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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



Sustainable  
Seafood

Highlighted in respective color on the menu