





















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



Tea Menu January 2022

| | Monday | Tuesday | Wednesday | Thursday |
|----------|---|--|--|---|
| | 3/1 | 4/1 | 5/1 | 6/1 |
| Main | Corn and Tuna Pizza 吞拿魚粟米薄餅   | Sweetcorn Cup 粒粒粟米杯 | Xiao Long Bao 小籠包 | Oatmeal Raisin Cookies 燕麥葡萄乾餅乾 |
| Beverage | Low Fat Milk 低脂奶  | Fruit Juice 果汁 | Light Chinese Tea 淡中國茶 | Ovaltine 阿華田  |
| | 10/1 | 11/1 | 12/1 | 13/1 |
| Main | Mini Hog dog 迷你熱狗   | Mini Banana Muffin 迷你香蕉鬆餅   | Curry Fish Ball 咖喱魚蛋 | Mixed Fruit & Potato Salad 雜果薯仔沙律  |
| Beverage | Horlicks 好立克  | Low Fat Milk 低脂奶  | Fruit Juice 果汁 | Ovaltine 阿華田  |
| | 17/1 | 12/1 | 13/1 | 14/1 |
| Main | Siu Mai 魚肉燒賣 | 中式餃子 Chinese Dumpling | RaMini English Raisin Scone 迷你英式提子鬆餅 | Mini Ham and Pineapple Pizza 迷你菠蘿火腿薄餅   |
| Beverage | Horlicks 好立克  | Light Chinese Tea 淡中國茶 | Ovaltine 阿華田  | Fruit Juice 果汁 |
| | 24/1 | 25/1 | 26/1 | 27/1 |
| Main | Pan-fried Pork Bun 生煎包 | Egg Mayo Salad Sandwich 蛋沙律三文治   | Fish and Lettuce 生菜魚肉湯  | Mini Chocolate Muffin 迷你朱古力鬆餅   |
| Beverage | Ovaltine 阿華田  | Fruit Juice 果汁 | Light Chinese Tea 淡中國茶 | 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.

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