

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

SCHOOL MENU







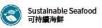


Monday Tuesday Wednesday Thursday Friday 1 Sept Fruit / Soup Meal Meal B Grains































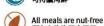


	MONDAY	Tuesday	Wednesday	Thursday	Friday
	4 Sept	5 Sept	6 Sept	7 Sept	8 Sept
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果	Sweet Corn & Carrot Pork Bone Soup 粟米紅蘿蔔豬骨湯	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯
<u>Meal</u> A	Vegetarian Stir Fried Vermicelli Rice Noodles 素三絲炒米粉	Taiwanese Minced Pork Rice with Egg 台式肉燥飯加蛋	Beef Stroganoff 俄式牛柳絲	Portuguese Chicken 葡國雞	Vietnamese Style Lemongrass Pork Chop 越式香茅豬扒
<u>Meal</u> B √	Garlic Cabbage 蒜蓉椰菜	Boiled Baby Bay Choi 白灼白菜仔	Stir-fried Broccoli 清炒西蘭花	Thai Style Stir-fried Mixed Vegetables 泰式炒雜菜	Boiled Cabbage Heart 白灼菜芯
Grains	Vermicelli 米粉	'Rice 白飯	Brown Rice 糙米飯	Pasta 意粉	RedRice 紅米飯































Tuesday

Lunch Menu September 2023

Wednesday

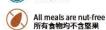
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	11 Sept	12 Sept	13 Sept	14 Sept	15 Sept
Fruit/Soup	Cream of Mushroom 雜菌濃湯	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Minestrone 雜菜湯
<u>Meal</u> A	Scrambled Eggs with Tomatoes 鮮茄炒蛋	Herbed Roast Pork Loin with Gravy 香草烤豬扒 配燒汁	Soy Sauce Chicken Wings 豉油皇雞翼	Diced Pork in Creamy Corn Sauce 粟米肉粒	Pork Sausage with Cheese Hamburger 芝土豬柳漢堡
<u>Meal</u> B √	Stir Fried Veggie BBQ Pork with Green Bean 豆角炒素叉燒	Japanese Mild Vegetable Curry 日式野菜咖喱	Baby Cabbage in Broth 上湯娃娃菜	Garlic Cabbage 蒜蓉椰菜	Sweet Corn 粟米
Grains	Rice 白飯	Rice 白飯	Brown Rice 糙米飯	Pasta 意粉	Baked Potato Cubes 薯粒































Thursday



Fun Friday



	MONDAY	Tuesday	Wednesday	Thursday	Friday
	18 Sept	19 Sept	20 Sept	21 Sept	22 Sept
Fruit / Soup	Miso Tofu Soup 味噌豆腐湯 V 2 V	Fresh Fruit 生果	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	Fresh Fruit 生果	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯
<u>Meal</u> A	Japanese Style Stir Fried Udon with Vegetables & Shredded Eggs 日式素炒烏冬	Herbed Roast Fish Fillet with Tomato 鮮茄香草烤魚柳	Salt and Pepper Pork Chops 椒鹽豬扒	Bolognese Spaghetti 肉醬意粉	Japanese Style Pork Ginger Sauté 豚肉生薑燒
<u>Meal</u> B √	Stir-fried Broccoli 清炒西蘭花	Potato and Vegetable in Portuguese Sauce 葡汁薯仔時蔬	Japanese Veggie Curry 日式野菜咖哩	Stir-fried Mixed Vegetables 炒雜菜	Baby Cabbage in Broth 上湯娃娃菜
Grains	Udon 烏冬	Brown Rice 糙米飯	Rice 白飯	Pasta 意粉	Red Rice 紅米飯



































Fun Friday Tuesday Wednesday Thursday

	25 Sept	26 Sept	27 Sept	28 Sept	30 Sept
Fruit / Soup	Cream of Corn 粟米忌廉湯	Fresh Fruit 生果	Winter Melon With Semen Coicis Soup 薏米冬瓜豬肉湯	Borscht Soup 羅宋湯	Fresh Fruit 生果
<u>Meal</u> A	Mixed Vegetables Fried Rice 雜菜粒甘筍炒飯	Fresh Tomato Pork 鮮茄豬扒	Chicken A La King with Rice 白汁雞皇飯	HK Style Beef in Egg Drop Sauce 滑蛋牛肉	Hawaiian Pizza 夏威夷薄餅
<u>Meal</u> B ♂	Cauliflower With Garlic 蒜香椰菜花	Stir-fried Mixed Vegetables 炒雜菜	Japanese Veggie Curry 日式野菜咖哩	Stir-fried Vegetables 清炒時蔬	Sweet Corn 粟米粒
Grains	Fried Rice 炒飯 〇日	Pasta 意粉	Rice 白飯	Rice 白飯	Potato Cude 薯粒





























