

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

SCHOOL MENU











Lunch Menu

Oct 2024

		MONDAY	Tuesday	Wednesday	Thursday	Friday
			1 Oct	2 Oct	3 Oct	4 Oct
	Fruit / Soup			Miso Soup 日式味噌湯 ✓✓✓	Fresh Fruit 生果	
	Main		Thai Pineapple Chicken Fried Rice with Pork Floss 泰式肉鬆菠蘿雞肉炒飯	Chicken Cacciatore 獵人燴雞		
				Stir Fried Beef and Choy Sum 菜心炒牛肉	Broccoli with Garlic 蒜香西蘭花	
	Grains			/	Pasta 意粉	































Tuesday

Thursday



MUNDAY						
	7 Oct	8 Oct	9 Oct	10 Oct	11 Oct	
Fruit / Soup	Tomato & Egg Drop Soup 蕃茄蛋花湯	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果		
日式香菇蒸水蛋 Wain Stir-fried Chinese	Shiitake Mushroom 日式香菇蒸水蛋	Beef Fried Rice 生炒牛肉飯	Pattaya Grilled Chicken with Sweet 芭提雅烤雞	Pork Medallions & Mushroom Gravy 香濃雜菌汁豬柳		
	Zucchini with Black Fungus 雲耳炒翠肉瓜	Chinese Cabbage & Fish Fillets 白菜仔炒魚片	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Baked Herbed Vegetable 香草焗雜菜		
Grains	Red Rice 紅米飯	/	'Rice 白飯	Penne 長通粉		

Wednesday

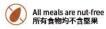


















Soy Alert 含大豆

















Fun Friday

Tuesday

Thursday

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4	MONDAY	

	MUNDAY	1 010 301019	***************************************	TYPE SOLET	110009
	14 Oct	15 Oct	16 Oct	17 Oct	18 Oct
Fruit/Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Apple with Pork Shank 蘋果雪耳豬脹湯
Main	Stir Fried Udon with Mixed Veggies & Eggs 素三絲炒烏冬	Taiwanese Minced Pork, Shitake 台式香菇肉燥	Sweet & Sour Fish 糖醋魚柳	Beef Bolognese with Spaghetti 意式肉醬意粉	Pork in Egg and Sweet Corn Sauce 滑蛋粟米肉粒
7.017	Baby Cabbage in Broth 上湯娃娃菜	Black Bean Sauce Lettuce 豆豉油麥菜	Mushrooms & Hairy Gourd 冬菇節瓜 ◎ ② 10	Broccoli with Garlic 蒜香西蘭花	Stir Fried Beef and Choy Sum 菜心炒牛肉
Grains	1	Vegetable Rice 菜飯	Rice 白飯	/	Rice 白飯

Wednesday











All meals are nut-free 所有食物均不含堅果























Friday





Oct 2024

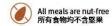
	MONDAY	Tuesday	Wednesday	Thursday	Fun Friday
	21 Oct	22 Oct	23 Oct	24 Oct	25 Oct
Fruit / Sou	Minestrone 雜菜湯	Fresh Fruit 生果	Tomato & Potato Soup 蕃茄薯仔湯	Fresh Fruit 生果	Bacon & Cream Soup 煙肉忌廉湯
Main	Cheesy Macaroni with Mushroom & Red Kidney Beans 芝士蘑菇紅腰豆通心粉	Hawaiian Tomato Pork Chop 夏威夷鮮茄豬扒	Stir-fried Beef Stroganoff & Mixed Mushroom 雜菌炒牛柳絲	Steamed Pork Patty & Mushroom 香菇蒸肉餅	Teriyaki Chicken Cheese Pizza with Sweet Corn 芝士照燒雞肉薄餅
VVIZI(V)	Broccoli 西蘭花 V	Cabbage & Carrot 椰菜&紅蘿蔔	Stir-Fry Choy Sum & Pork Butt 菜心炒肉片	Stir-fried Celery with Bell Pepper 彩椒炒西芹	Fried Potato Wedges 炸薯角
Grains	/	Mashed Potato 薯蓉	Red Rice 紅米飯	Rice 白飯	Sweet Corn 粟米粒

































Lunch Menu

Oct 2024

MONDAY Tuesday Wednesday Thursday					
	28 Oct	29 Oct	30 Oct	31 Oct	
Fruit / Soup	Apricot Kernel& Watercress soup 南北杏西洋菜湯 ✓	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯	Fresh Fruit 生果	
MA .t.	Vegetarian Singaporean Stir-fried Vermicelli 素星洲炒米	Hokkien Fried Rice 福建炒飯 ₩○❷〃	Texas Cowboy Stew 德州牛仔雜燴	Japanese Style Potato Chicken Curry 日式甜咖哩薯仔雞肉	
Main	Boiled Lettuce 白灼生菜 ✓	Stir-fried Zucchini with Black Fungus 雲耳炒節瓜	Garlic Cabbage 蒜蓉椰菜 ▼	Style Stir-fried Mixed Vegetable 炒雜菜	
Grains	Vegetarian Spring Rolls 素春卷	/	Brown Rice 糙米飯	Pasta 意粉	















Soy Alert 含大豆













