

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

SCHOOL MENU











Lunch Menu

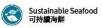
Dec 2024

| | MONDAY | Tuesday | Wednesday | Thursday | Friday |
|--------------|---|---|---|--|-------------------------------|
| | 2 Dec | 3 Dec | 4 Dec | 5 Dec | 6 Dec |
| Fruit / Soup | Miso Soup 日式味噌湯 ✓ <mark>彡</mark> 炒 | 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 |
| Main | Vegetarian Fried Rice Vermicelli (Less Oil) 素三絲炒米粉 (少油) | Pan Fried Fish with Mushroom Sauce 香煎魚柳伴野菌汁 | Steamed Shitake Mushroom & Chicken 冬菇蒸滑雞 | Taiwanese Minced Pork 台式肉燥 | Pork Fillet Goulash 匈牙利燴豬柳 |
| | Baby Cabbage in Broth 上湯娃娃菜 | Garlic Broccoli 蒜香西蘭花 ✓ | Chinese Cabbage & Fish Fillets 白菜仔炒魚片 | Stir Fried Beef and Choy Sum 菜心炒牛肉 | Garlic Cabbage 蒜香椰菜 ✓ |
| Grains | Steamed Bun 蒸饅頭 | Pasta 意粉 | Rice 白飯 | Rice 白飯 | Red Rice 紅米飯 |

































| | MONDAY | Tuesday | Wednesday | Thursday | Fun Friday |
|--------------|--|--|--|------------|------------|
| | 9 Dec | 10 Dec | 11 Dec | 12 Dec | 13 Dec |
| Fruit / Soup | Seaweed Egg Drop Soup 紫菜蛋花湯 | Fresh Fruit 生果 | Cream of Corn 粟米忌廉湯 | Sports Day | |
| Main | Macaroni & Cheese with Corn 粟米芝士通粉 | Onion, Potato & Shredded Beef 洋蔥薯仔牛肉 | Teriyaki Onion & Pork 照燒汁洋蔥豚肉 | | |
| | Boiled Broccoli 白灼西蘭花 | Stir-Fried Cabbage with Bacon 椰菜炒煙肉 | Braised Chinese White Cabbage with Soup and Garlic 上湯蒜子浸白菜仔 | | |
| Grains | Swee+Round Bun 甜餐包 🔗 🕖 | Rice 白飯 | Red Rice 紅米飯 | | |













Green 🔑























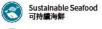
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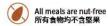
| | MONDAY | Tuesday | Wednesday | Thursday | Friday |
|--------------|---------------------------------------|------------------------------|--|--|-------------|
| | 16 Dec | 17 Dec | 18 Dec | 19 Dec | 20 Dec |
| Fruit / Soup | Sweet Corn & Carrot Soup 粟米甘筍湯 | Fresh Fruit 生果 | Tomato & Potato Soup 蕃茄薯仔湯 | Fresh Fruit 生果 | X'Mas Party |
| Main | Ratatouille 普羅旺斯雜燴 | Chicken A La King 白汁雞皇 | Pork Fillet with Brown Sauce 燒汁燴豬柳 | Traditional Roasted Gammon Ham with Gravy & Grilled Honey Chicken Wing 傳統燒火腿 配燒汁及蜂蜜烤雞翼 | |
| | Baked Vegetarian Meat Ball 燒素肉丸 | Boiled Choi Sum 白灼菜心 • | Baby Cabbage in Broth 上湯娃娃菜 | Fried Potato Wedges 炸薯角 & Puffs 泡芙 | |
| Grains | Mashed Potato 薯蓉 | Rice 白飯 | Red Rice 紅米飯 | Sweet Corn 粟米粒 | |













Green

















