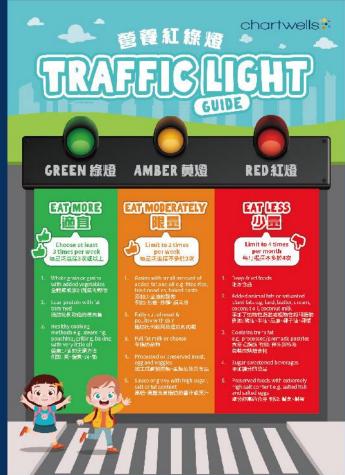


St. Stephen's College Preparatory School 聖士提反書院 附屬小學

# SCHOOL MENU











		Monday	Tuesday	Wednesday	Thursday
		2 Dec	3 Dec	4 Dec	5 Dec
	Ѕоир	Apple with Pork Bone 蘋果雪耳豬骨湯	Onion Soup 洋蔥湯	Apricot Kernel& Watercress soup 南北杏西洋菜湯	
	Main	Steamed Pork Patty with Pickled Veggie with Rice 梅菜蒸肉餅	Japanese Curry Beef 日式甜咖哩牛肉	Sliced Meat with Fresh Tomato 鮮茄肉片	
		Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳	Chicken Wing with Mixed Herbs 香草雞翼	Stir Fry Shredded Potato with Minced Pork 肉碎炒土豆絲	
	Vegetables	Garlic Cabbage 蒜蓉椰菜	Stir-Fry Mixed Mushrooms 炒雜菇	Boiled Cabbage Heart 白灼菜心	
	Grains	Rice 白飯	Brown Rice 糙米飯	Rice 白飯	
	Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	











All meals are nut-free 所有食物均不含堅果







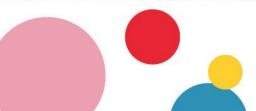








Wheat Alert









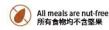
	Monday	Tuesday	Wednesday	Thursday
	9 Dec	10 Dec	11 Dec	12 Dec
Soup	Lean Meat with Zucchini Soup 節瓜痩肉湯	Pumpkin Bisque 南瓜濃湯	Miso Soup 日式味噌湯 V V	
M aire	#K Style Beef in Egg Drop Sauce 滑蛋牛肉 ○❷♥	Steamed Chicken with Black Fungus and Mushroom 北菇雲耳蒸雞	Salt & Pepper Pork Chop 椒鹽豬扒	
Main	Fried Chicken Wings in Black Pepper 黑椒雞翼	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Stir-Fry Beef with Peppers 雙色椒炒牛肉	
Vegetables 🕜	Lettuce with Garlic 蒜蓉油麥菜	Stir-fried Bay Choi 清炒白菜	Broccoli with Garlic 蒜蓉西蘭花	
Grains	Red Rice 紅米飯	Pice 白飯	Pasta 意粉 •••	
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	

































	Monday	Tuesday	Wednesday	Thursday
	16 Dec	17 Dec	18 Dec	19 Dec
Soup	Coix Seed, Winter Welon and Pork Shank Soup 薏米冬瓜豬脹湯		Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Corn & Minced Chicken Soup 粟米雞蓉湯
Main	Stir-Fry Beef Bell Peppers 七彩牛柳絲		Steamed Pork Patty with Pickled Veggie 梅菜蒸肉餅	Roasted Chicken Thigh with Thyme & Lemon 百里香檸檬烤雞扒
	Stir-fried Zucchini with Fried Fish Block 翠玉瓜炒炸魚條		Grilled Chicken Wings 香烤雞翼	Fish Fillet with Fresh Tomato 鮮茄魚柳
Vegetables •	Boiled Lettuce 白灼生菜		Stir-fried Mixed Vegetable 炒什菜	Broccoli with Garlic 蒜香西蘭花
Grains	Rice 白飯		Red Rice 紅米飯	Pasta 意粉 •••
Fruit	Fresh Fruit 生果		Fresh Fruit 生果	Fresh Fruit 生果













Dairy Alert 含奶類











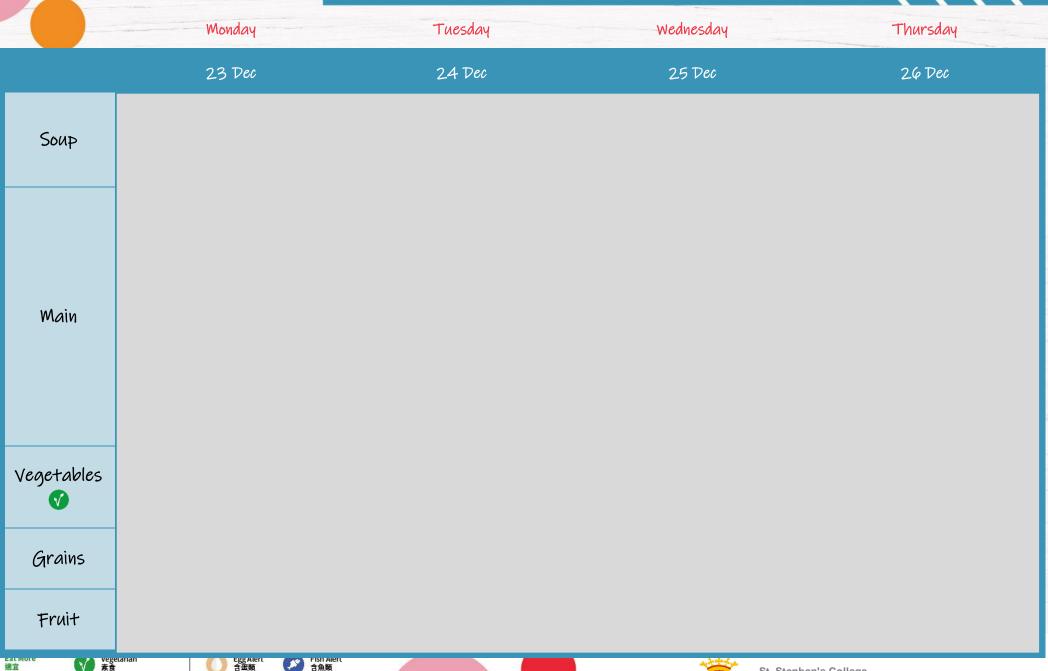


























Shellfish Alert 含貝殼類海鮮



