

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

SCHOOL MENU







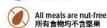


	Monday	Tuesday	Wednesday	Thursday
	5 May	6 May	7 May	8 May
Soup		Apricot Kernel& Watercress soup 南北杏西洋菜湯	Seafood Chowder Soup 周打海鮮湯	Papaya with Snow Fungus Soup 木瓜雪耳湯
Main		Fried Chicken Chop with Lemon Sauce 西檸雞扒	HK Style Beef in Egg Drop Sauce 滑蛋牛肉 〇〇〇	Salt & Pepper Pork Chop 椒鹽豬扒
		Long Bean Omelette 豆角煎蛋	Fish Fillet with Fresh Tomato 鮮茄魚柳	Japanese Curry Beef 日式甜咖哩牛肉
Vegetables •		Garlic Cabbage 蒜蓉椰菜	Boiled Lettuce 白灼生菜	Garlic Broccoli 蒜香西蘭花
Grains		Rice 白飯	Red Rice 紅米飯	Rice 白飯
Fruit		Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果













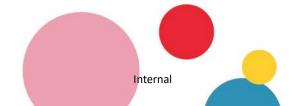














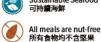


		Monday	Tuesday	Wednesday	Thursday
		12 May	13 May	14 May	15 May
	Ѕоир	Corn & Minced Chicken Soup 粟米雞蓉湯	Borscht Soup 羅宋湯	Tomato Egg Drop and Potato Soup 蕃茄蛋花薯仔湯	Yellow Cucumber & Rice Bean with Pork Shank Soup 老黃瓜赤小豆豬展湯
	Main -	Fresh Tomato and Pork Chop 鮮茄豬扒	Beef Don 牛肉丼 多り	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅
		Stir Fried Cabbage and Fried Fish Block 椰菜炒炸魚條	Chicken Skewers 雞肉串燒	Braised Tofu 紅燒豆腐 ②U	Japanese Curry Beef 日式甜咖哩牛肉
	Vegetables 🕜	Stir Fried Broccoli 清炒西蘭花	Stir Fried Mixed Vegetables 炒雜菜	Shiitake & Hairy Gourd 冬菇節瓜 ② 1/0	Boiled Lettuce 白灼生菜
	Grains	Rice 白飯	Pice 白飯	Red Rice 紅米飯	Rice 白飯
	Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果













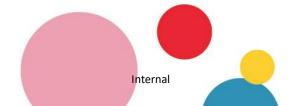
Dairy Alert 含奶類

















		Monday	Tuesday	Wednesday	Thursday
		19 May	20 May	21 May	22 May
	Ѕоир	Tomato Soup 蕃茄蓉湯	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯		
	Main	Diced Beef Tenderloin Black Pepper 黑椒牛柳粒 ② V Stir Fried Sliced Meat and Courgette 翠玉瓜炒肉片	Garlic Chicken Chop 蒜香雞扒 ② (1) Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐		
•	Vegetables	Garlic Cauliflower 蒜蓉椰菜花	Boiled Lettuce 白灼生菜		
	Grains	Rice 白飯	Brown Rice 糙米飯		
	Fruit	Fresh Fruit 生果	Fresh Fruit 生果		













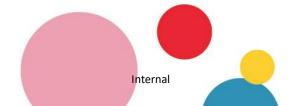
















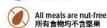
		Monday	Tuesday	Wednesday	Thursday
		26 May	27 May	28 May	29 May
	Soup	Tomato Egg Drop and Potato Soup 蕃茄蛋花薯仔湯	Winter Melon, Coix Seed, Egyptian Bean & Lean Meat Soup 冬瓜薏米扁豆瘦肉湯	Seaweed & Egg Drop Soup 紫菜蛋花湯	Yellow Cucumber & Rice Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯
en e	Main	Thai Style Steamed Fish 泰式蒸魚柳	Yeung Chow Fried Rice 揚州炒飯	Steamed Egg with Glass Noodles 粉絲蒸水蛋	Chicken A La King 白汁雞皇
		Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲	Stir-fried Fish Block with Hairy Gourds 節瓜炒魚條	Stir-fried Shredded Pork with Zucchini 翠玉瓜炒肉絲	Vietnamese Lemongrass Porkchop 越式香茅豬扒
I	Vegetables	Garlic Cabbage 蒜蓉椰菜	Boiled Lettuce 白灼生菜	Japanese Veggie Curry 日式野菜甜咖哩 20	Stir-Fried Zucchini with Black Fungus 節瓜炒雲耳
	Grains	Rice 白飯	1	'Rice 白飯	Rice 白飯
	Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



















Shellfish Alert 含貝殼類海鮮



Dairy Alert 含奶類



