

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

# SCHOOL MENU











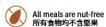
## **Lunch Menu** Jun 2024

		MONDAY	Tuesday	Wednesday	Thursday	Friday
		3 Jun	4 Jun	5 Jun	6 Jun	7 Jun
	Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果	Miso Soup 日式味噌湯	Fresh Fruit 生果	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯
	Main -	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋	Onion Pork Chop 洋蔥豬扒 多り	Taiwanese Minced Pork with Rice 台式肉燥飯	Chicken Chop & Tomato Sauce 鮮茄雞扒	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳
		Boiled Choi Sum 白灼菜心	Baby Cabbage in Broth 上湯娃娃菜	Chinese Cabbage & Fish Fillets 白菜仔炒魚片	Broccoli with Garlic 蒜香西蘭花	Stir-Fried Shredded Chicken with Courgette 翠玉瓜炒雞絲
	Grains	Rice 白飯	Rice 白飯	1	Pasta 意粉	Red Rice 紅米飯

































Tuesday

### **Lunch Menu** Jun 2024

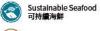
Wednesday

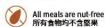
	MONDAY	10000000	**************************************	1 1100 3000	
	10 Jun	11 Јип	12 Jun	13 Jun	14 Jun
Fruit / Soup		Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果	Minestrone 雜菜湯
Main		Yangzhou Fried Rice 揚州炒飯	Japanese Style Teriyaki Chicken 日式照燒雞扒	Sausages Bolognese Spaghetti 腸仔肉醬意粉	Grilled BBQ Chicken Wrap 燒烤雞肉卷
		Stir Fried Beef & Chinese Cabbage 白菜仔炒牛肉	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Broccoli with Garlic 蒜香西蘭花	Fried Potato Wedges 炸薯角
Grains		/	Rice 白飯	1	Sweet Corn 粟米粒





























Thursday



Fun Friday



Green

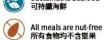
## **Lunch Menu** Jun 2024

	MONDAY	Tuesday	Wednesday	Thursday	Friday
	17 Jun	18 Јии	19 Jun	20 Jun	21 Jun
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 & Snow Fungus with Pork Bone Soup 蘋果雪耳豬骨湯
Main	Vegetarian Stir-fried Vermicelli Rice Noodles 素三絲炒米粉	Beef Fried Rice 生炒牛肉飯	Salt & Pepper Pork Chop 椒鹽豬扒	Braised Chicken with Potato 薯仔炆雞	Pork in Egg and Sweet Corn Sauce 滑蛋粟米肉粒
	Garlic Stir-fried Baby Cabbage 蒜蓉娃娃菜	Japanese Veggie Curry 日式野菜甜咖哩	Chinese Mushrooms & Hairy Gourd 冬菇節瓜 〇〇〇〇	Boiled Lettuce 白灼生菜 •	Stir Fried Beef and Choy Sum 菜心炒牛肉
Grains	Twisted Scallion Bun 蔥花卷	1	Rice 白飯	Brown Rice 糙米飯	Rice 白飯































Wednesday

Tuesday

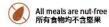
		24 Jun	25 Jun	26 Jun	27 Jun	28 Јин
	Fruit / Soup	Minestrone 雜菜湯	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯	Fresh Fruit 生果	Bacon & Cauliflower Soup 煙肉椰菜湯
	Main -	Creamy Sauce Penne Pasta 忌廉長通粉 V P Ø V	Braised Chicken & Winter Melon 冬瓜炆雞球	Stir-fried Beef Stroganoff & Mixed Mushroom 雜菌炒牛柳絲	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅	Sausage & Cheese Burger 芝士豬柳漢堡
		Broccoli with Garlic 蒜蓉西蘭花	Stir-Fry Choy Sum & Pork Butt 菜心炒肉片	Fish Fillets with Radish 蘿白炆魚片	Cabbage & Carrot 椰菜&紅蘿蔔	Chicken Nuggets 難寶
	Grains	Garlic Bread 蒜蓉包	Rice 白飯	Red Rice 紅米飯	Rice 白飯	Sweet Corn 粟米粒





























Thursday



Fun Friday