

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

SCHOOL MENU











Lunch Menu

Sep 2024

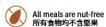
	MONDAY	Tuesday	Wednesday	Thursday	Friday
	2 Sep	3 Sep	4 Ѕер	5 Sep	6 Sep
Fruit / Soup	Cream of Mushroom 雜菌濃湯	Fresh Fruit 生果	Miso Soup 日式味噌湯	Fresh Fruit 生果	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯
	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋	Onion Pork Chop 洋蔥豬扒	Taiwanese Minced Pork with Rice 台式肉燥飯	Chicken Chop & Brown Sauce 燒汁雞扒	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳
Main	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	/	Pasta 意粉	Red Rice 紅米飯































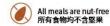


































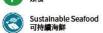


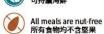
Sep 2024

	MONDAY	Tuesday	Wednesday	Thursday	Friday
	16 Sep	17 Sep	18 Sep	19 Sep	20 Sep
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果		Fresh Fruit 生果	Apple with Snow fungus Lean meat Soup 蘋果雪耳瘦肉湯
	Vegetarian Stir-fried Vermicelli Rice Noodles 素三絲炒米粉	Braised Chicken & Winter Melon 冬瓜炆雞球		Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅	Pork in Egg and Sweet Corn Sauce 滑蛋粟米肉粒
Main	Baby Cabbage in Broth 上湯娃娃菜	Stir-Fry Choy Sum & Pork Butt 菜心炒肉片		Braised Radish with Tofu Puffs & Fish Stick 蘿白豆卜炆魚條	Stir Fried Beef and Choy Sum 菜心炒牛肉
Grains	Twisted Scallion Bun 蔥花卷 ②①	Rice 白飯		Rice 白飯	Rice 白飯



































Tuesday

Sep 2024

Thursday

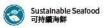
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	23 Sep	24 Sep	25 Sep	26 Sep	27 Sep
Fruit / Soup	Minestrone 雜菜湯	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Shank Soup 薏米冬瓜豬脹湯	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯
Main	Creamy Sauce Penne Pasta 忌廉長通粉 V 1000	Beef Fried Rice 生炒牛肉飯	Japanese Style Teriyaki Chicken 日式照燒雞扒	Fried Eggs with BBQ Pork 叉燒炒蛋	Baked BBQ PorkRibs 醬燒豬肋條
PADILYI	Broccoli with Garlic 蒜蓉西蘭花 V	Japanese Veggie Curry 日式野菜甜咖哩	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Boiled Lettuce 白灼生菜 ✓	Fried Potato Wedges 炸薯角
Grains	Sweet Bun 甜餐包	/	Rice 白飯	Brown Rice 糙米飯	Sweet Corn 粟米粒

Wednesday































FUN Friday



30 Sep

Fruit / Soup	Cream of Corn 粟米忌廉湯
	Mixed Vegetables Fried Rice 雜菜粒甘筍炒飯
Main	Cauliflower With Garlic 蒜香椰菜花 V
Grains	/























Dairy Alert 含奶類







