

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

SCHOOL MENU











Lunch Menu

Jan 2025

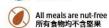
MONDAY Wednesday Friday Tuesday Thursday 1 Jan 2 Jan 3 Jan Fruit / Soup Main Grains

































Tuesday

Jan 2025

Thursday

	MUNUAY				A Galay
	6 Jan	7 Jan	8 Jan	9 Jan	10 Jan
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果	Apple with Pork Shank 蘋果雪耳豬脹湯	Fresh Fruit 生果	Minestrone 雜菜湯
Main	Tomato & Scrambled Egg 蕃茄炒蛋	Chicken Cacciatore 獵人燴雞	Lemon Chicken 西檸雞球	Stir-fried Beef & Mixed Mushroom 雜菌炒牛柳絲	Chicken Paella 西班牙雞肉燴飯
	Cabbage & Carrot 椰菜及紅蘿蔔	Cauliflower With Garlic 蒜香椰菜花	Stir-fried Chinese Zucchini with Black Fungus 雲耳炒翠肉瓜	Stir-Fry Bay Choi & Fish Fillets 白菜仔炒魚片	Garlic Broccoli 蒜香西蘭花 ❤
Grains	Rice 白飯	Pasta 意粉	Corn Rice 粟米飯	Brown Rice 糙米飯	/

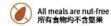
Wednesday













Green























Lunch Menu

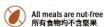
Jan 2025

	MONDAY	Tuesday	Wednesday	Thursday	Friday
	13 Jan	14 Jan	15 Jan	16 Jan	17 Jan
Fruit / Soup	Miso Soup 日式味噌湯 多り	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯
Main	Vegetarian Stir-fried Noodles Yaki Udon 素三絲炒烏冬	Thai Chicken and Coconut Curry 泰式椰汁甜咖喱雞	Grilled Chicken Wings 香烤雞翼	Spaghetti Carbonara with Fusilli 卡邦尼螺絲粉	Fried Fish Fillets with Tomato Sauce 鮮茄魚柳
	Baby Cabbage in Broth 上湯娃娃菜	Mushrooms & Hairy Gourd 冬菇節瓜 〇〇〇〇	Stir-Fry Choy Sum & Pork Butt 菜心炒肉片	Garlic Broccoli 蒜香西蘭花	Stir-Fry String Bean with Minced Pork 肉鬆炒四季豆
Grains	Steamed Bun 饅頭	Pice 白飯	Rice 白飯	/	Rice 白飯













Dairy Alert 含奶類





















Jan 2025

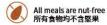
	MONDAY	Tuesday	Wednesday	Thursday	Fun Friday
	20 Jan	21 Jan	22 Jan	23 Jan	24 Jan
Fruit / Soup	Cream of Corn Soup 粟米忌廉湯	Fresh Fruit 生果	Apricot Kernel& Watercress soup 南北杏西洋菜湯	Fresh Fruit 生果	Miso Soup 日式味噌湯
Main	Vegetable Bolognaise 雜菜素肉醬 ✓ ○ 🗗 🕖	#K Style Swiss Chicken Wing 瑞士雞翼	Steamed Mince Pork, Water Chestnut 馬蹄蒸肉餅	Hawaiian Tomato Chicken Chop 夏威夷鮮茄雞扒	Ho+ Dog 熱狗 ① 🔗 🖤
Wall	Roasted Pumpkin 燒南瓜	Garlic Choy Sum 蒜蓉菜心	Chinese Cabbage & Fish Fillets 白菜仔炒魚片	Broccoli 西蘭花 V	Chicken Nuggets 雞寶
Grains	Rice 白飯	/	Rice 白飯	Penne 長通粉 W	Sweet Corn 粟米粒

































Lunch Menu

Jan 2025

	MONDAY	Tuesday	Wednesday	Thursday	Friday
	27 Jan	28 Jan	29 Jan	30 Jan	31 Jan
Fruit / Soup					
Main					
Grains					









