

St. Stephen's College Preparatory School 聖士提反書院 SCHOOL MENU



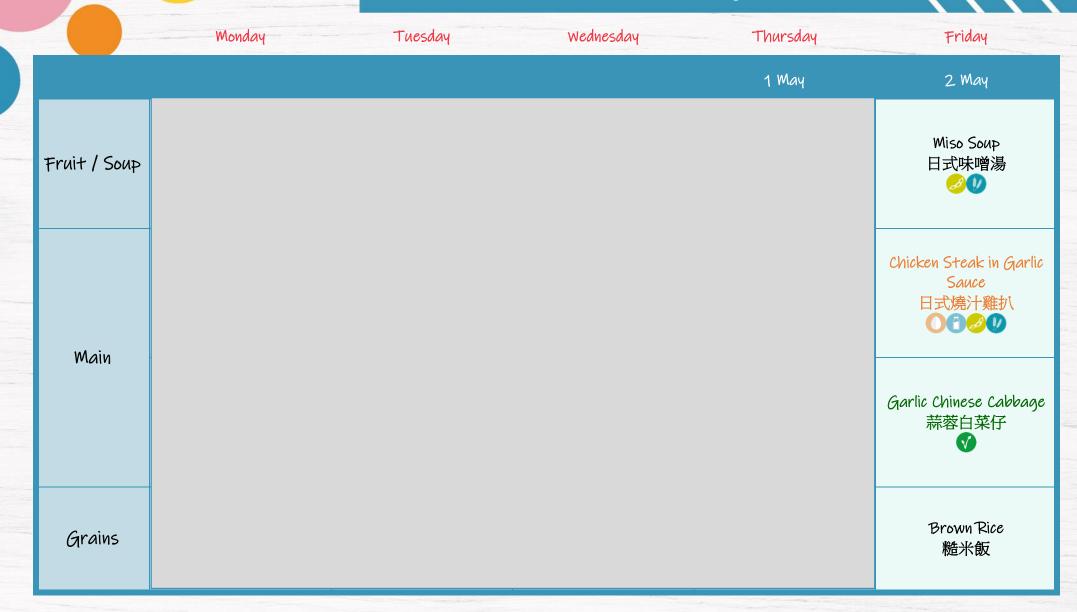


附屬小學





## May 2025















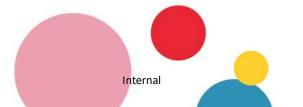




Fish Alert 含魚類













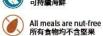
# May 2025

	MONDAY	Tuesday	Wednesday	Thursday	Friday
	5 May	6 May	7 May	8 May	9 May
Fruit / Soup		Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯		Tomato & Potato and Lean Meat 蕃茄薯仔瘦肉湯
14A oi		Yaki Udon with Beef 雜菜牛肉炒烏冬	Fried PorkRibs with Pineapple 菠蘿咕嚕肉		#K Style Swiss Chicken Wing 瑞士雞翼
Main		Chinese Cabbage 白菜仔	Stir Fried Broccoli 蒜香西蘭花		Stir-Fry Choy Sum & Pork Butt 菜心炒肉片
Grains		Twisted Scallion Bun 蔥花卷	Carrot rice 甘筍飯		Rice 白飯











Green 🔑

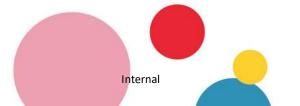






Fish Alert 含魚類











Green

#### Lunch Menu

May 2025

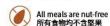
Wednesday Tuesday Thursday MONDAY 12 May 15 May 13 May 14 May 16 May Seaweed & Egg Drop Cream of Mushroom Minestrone Soup Fresh Fruit Fresh Fruit Fruit / Soup 雜菌濃湯 雜菜湯 紫菜蛋花湯 生果 生果 00 **V**O Sweet Curry Potato Baked Fish with Low Fat Pork Jambalaya Bolognese with Fusilli Sausage & Cheeseburger Vegetables White Sauce 芝士豬柳漢堡 豬肉什錦飯 肉醬螺絲粉 甜咖哩薯仔雜菜 低脂白汁焗魚 Main Stir-Fry String Bean Braised Veg. Meatballs Hairy Gourd Vermicelli Stir-Fried Cabbage with Chicken Nuggets with Minced Pork 節瓜粉絲 燒素肉丸 Bacon 雞寶 肉鬆炒四季豆 **A** 椰菜炒煙肉 81 Rice Rice Brown Rice Sweet Corn Grains 白飯 白飯 粟米粒 糙米飯















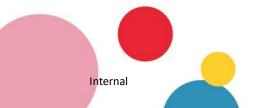
















Fun Friday



# May 2025

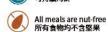
		MONDAY	Tuesday	Wednesday	Thursday	Friday
		19 May	20 May	21 May	22 May	23 May
	Fruit / Soup Main	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆 豬骨湯	Fresh Fruit 生果	Apricot Kernel& Watercress soup 南北杏西洋菜湯
		Tomato, Sweet Corn & Scrambled Egg 蕃茄粟米炒蛋 ✓ ✓ ✓	Roasted Chicken Thigh with Thyme & Lemon 百里香檸檬烤雞扒	Scrambled Egg with Char Siu 叉燒炒蛋	Beef Goulash 匈牙利燉牛肉	Taiwanese Minced Pork, Shitake 台式香菇肉燥
		Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲 ♥️❷♥	Stir- Fried Broccoli 清炒西蘭花	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Sauteed Shrimp with Zucchini 蝦仁炒翠玉瓜	Stir-fried Chicken Tenders with Choy Sum 菜心炒雞柳
	Grains	Red Rice 紅米飯	Rice 白飯	Rice 白飯	Pasta 意粉	Rice 白飯













Green



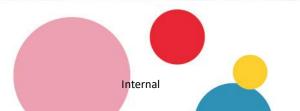


















### **Lunch Menu**

Tuesday

#### May 2025

Thursday

	26 May	27 May	28 May	29 May	30 May
Fruit / Soup	Miso Soup 日式味噌湯	Fresh Fruit 生果	Papaya with Snow Fungus Soup 木瓜雪耳湯	Fresh Fruit 生果	Tomato & Potato Soup 蕃茄薯仔湯
Main	Braised E-Fu Noodles with Mushrooms 干燒伊麵	Teriyaki Chicken 日式照燒雞扒	Steamed Mince Pork, Water Chestnut 馬蹄蒸肉餅	Fish Fillet with Sweet Corn Sauce 粟米魚柳	Grilled BBQ Chicken Wrap 燒烤雞肉卷
	Garlic Chinese Cabbage 蒜蓉白菜仔	Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Chinese Cabbage with Fried Fish Block 白菜仔炒魚片	Stir Fried Pork with Broccoli 西蘭花炒肉片	Fried Potato Wedges 炸薯角
Grains	Steamed Bun 蒸饅頭	Rice 白飯	RedRice 紅米飯	Penne 長通粉 <mark>V</mark>	Sweet Corn 粟米粒

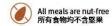
Wednesday

















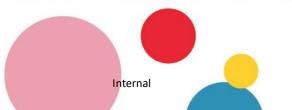






Wheat Alert 含小麥









Fun Friday