

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

SCHOOL MENU











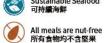
Lunch Menu Apr 2025

MONDAY	Tuesday	Wednesday	Thursday	Friday
	1 Apr	2 Apr	3 Apr	4 Apr
Fruit / Soup	Fresh Fruit 生果		Fresh Fruit 生果	
144 oite	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳		Vietnamese Lemongrass Porkchop 越式香茅豬扒	
Main	Stir-Fried Cabbage with Bacon 椰菜炒煙肉		Chinese Cabbage & Fish Fillets 白菜仔炒魚片	
Grains	Rice 白飯		Red Rice 紅米飯	















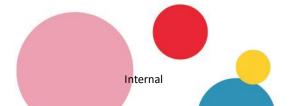






Dairy Alert 含奶類











Tuesday

2025

Thursday

		MONDAL				
		7 Apr	8 Apr	9 Apr	10 Apr	11 Apr
	Fruit / Soup	Tomato & Egg Drop Soup 蕃茄蛋花湯	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
	MA aire	Sweet and Sour Veggie Meatball Rice 素咕嚕肉	Onion Pork Chop 洋蔥豬扒 多り	Pattaya Grilled Chicken 芭提雅烤雞	Pork Medallions & Mushroom Gravy 香濃雜菌汁豬柳	Teriyaki Chicken Burger 照燒雞扒包
	Main	Stir-fried Chinese Zucchini with Black Fungus 雲耳炒翠肉瓜	Baby Cabbage in Broth 上湯娃娃菜	Stir Fried Beef & Chinese Cabbage 白菜仔炒牛肉	Broccoli with Garlic 蒜蓉西蘭花	Fried Potato Wedges 炸薯角
The state of the s	Grains	Rice 白飯	Brown Rice 糙米飯	Rice 白飯	Penne 長通粉 <mark>V</mark>	Sweet Corn 粟米粒

Wednesday













Green 🚺



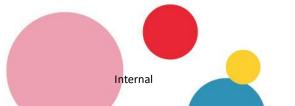
















Fun Friday





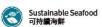
Apr 2025

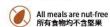
	MONDAY	Tuesday	Wednesday	Thursday	Friday
	14 Apr	15 Apr	16 Apr	17 Apr	18 Apr
Fruit / Soup	Cream of Corn 粟米忌廉湯	Fresh Fruit 生果			
Main	Steamed Egg with Shiitake Mushroom 日式香菇蒸水蛋	Taiwanese Minced Pork, Shitake & Crispy Salted Chicken 台式香菇肉燥 & 鹽酥雞			
	Stir-fried Chinese Zucchini with Black Fungus 雲耳炒翠肉瓜	Garlic Bok Choy 蒜蓉白菜 ✓			
Grains	Red Rice 紅米飯	'Rice 白飯			

















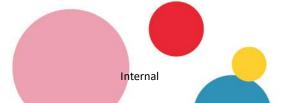




















Apr 2025

	MONDAY	Tuesday	Wednesday	Thursday	Fun Friday
	21 Apr	22 Apr	23 Apr	24 Apr	25 Apr
Fruit / Soup					
Main					
Grains					















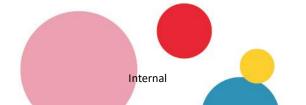


















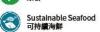
Lunch Menu

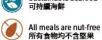
Apr 2025

	MONDAY	Tuesday	Wednesday
	28 Apr	29 Apr	30 Apr
Fruit / Soup	Apricot Kernel& Watercress soup 南北杏西洋菜湯	Fresh Fruit 生果	Seaweed & Egg Drop Soup 紫菜蛋花湯
	Vegetarian Stir-fried Rice Vermicelli (Less Oil) 素三絲炒米粉 (少油)	Western Fried Rice 西炒飯 ① ❷ W	Steamed Shitake Straw Mushroom & Chicken 草菇蒸滑雞
Main	Shitake & Hairy Gourd 冬菇節瓜 V&V	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Stir-Fried Shredded Pork with Chinese Cabbage 白菜炒肉絲
Grains	Lotus Paste Bun 蓮蓉包 多り	/	Brown Rice 糙米飯













Soy Alert 含大豆













