

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

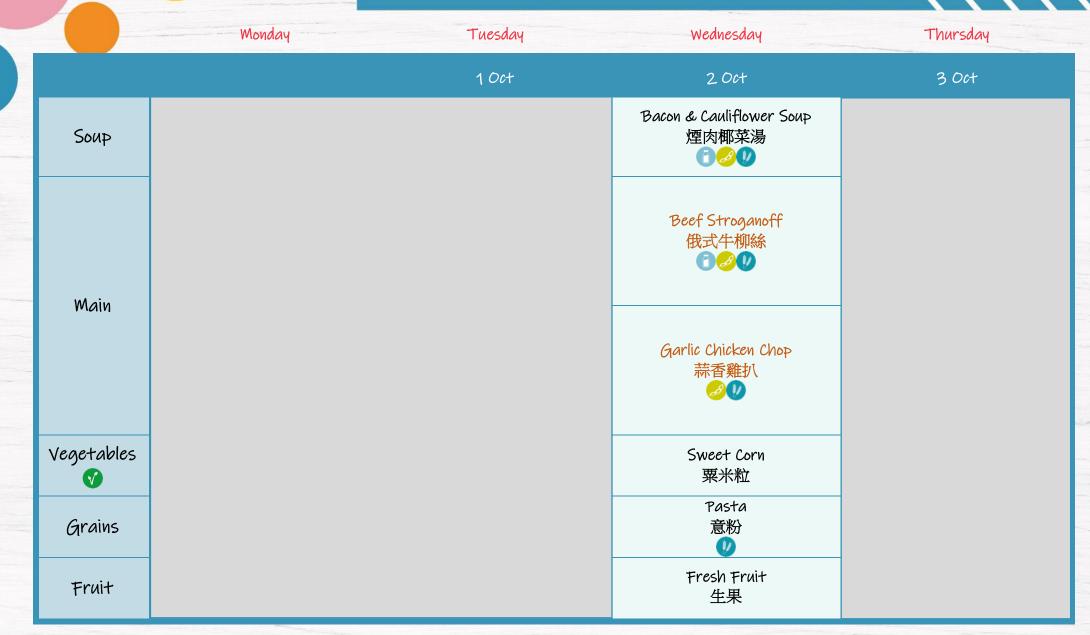
SCHOOL MENU









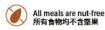


































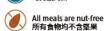
	Monday	Tuesday	Wednesday	Thursday
	7 Oct	8 Oct	9 Oct	10 Oct
Soup	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Borscht Soup 羅宋湯	Seafood Chowder Soup 周打海鮮湯	
Main	Steamed PorkRib in Soy Sauce 豉汁蒸排骨	Roasted Chicken Chop with Thyme & Lemon 百里香檸檬烤雞扒	Black Pepper Potato & Beef 黑椒薯仔牛肉	
MMAIN	Long Bean Omelette 豆角煎蛋	Plant Based Meatball 意式素肉丸	BBQ Pork with Scrambled Egg 叉燒炒蛋	
Vegetables •	Shitake & Hairy Gourd 冬菇節瓜	Boiled Broccoli 白灼西蘭花	Boiled Cabbage Heart 白灼菜心	
Grains	Rice 白飯	Pasta 意粉 •••	Rice 白飯	
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	































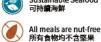


4		Monday	Tuesday	Wednesday	Thursday
		14 Oct	15 Oct	16 Oct	17 Oct
S	ioup	Apricot Kernel& Watercress soup 南北杏西洋菜湯	Miso Soup 日式味噌湯	Corn & Minced Chicken Soup 粟米雞蓉湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯
14/	A ain	Thai Style Steamed Fish 泰式蒸魚柳	Steamed Chicken with Black Fungus and Mushroom 北菇雲耳蒸雞	Pork Chops with Lemongrass 香茅豬扒	Steamed Pork Patty with Pickled Veggie with Rice 梅菜蒸肉餅
, v	Main	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲	Stir-fried Fish with Chinese Zucchini and Onion 翠玉瓜洋蔥炒魚片	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Kung Pao Chicken 宮保雞丁(不含果仁)
	etables •	Garlic Cabbage 蒜蓉椰菜	Stir-fried Bay Choi 清炒白菜	Baby Cabbage in Broth 上湯娃娃菜	Stir-Fried Spinach with Garlic 蒜蓉菠菜
Gr	rains	Rice 白飯	Rice 白飯	Red Rice 紅米飯	Rice 白飯
F	ruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果













Dairy Alert 含奶類















	Monday	Tuesday	Wednesday	Thursday
	21 Oct	22 Oct	23 Oct	24 Oct
Ѕоир	Tomato, Potato & Pork Bone Soup 蕃茄薯仔豬骨湯	Onion Soup 洋蔥湯	Papaya with Snow Fungus Soup 木瓜雪耳湯	Yellow Cucumber & Rice Bean with Pork Bone Soup 老黄瓜赤小豆豬骨湯
Main	Steamed Egg with Glass Noodles 粉絲蒸水蛋	Yeung Chow Fried Rice 揚州炒飯	Fried Pork Ribs with Pineapple 菠蘿生炒骨	Grilled Chicken Wings 香烤雞翼
	Stir-fried Pork with Zucchini 翠玉瓜炒肉片	Stir-fried Shredded Pork with Hairy Gourds 節瓜炒肉絲	Stir-fried Chicken Tenders with Cabbage 椰菜炒雞柳	Sliced Meat with Fresh Toma- 鮮茄肉片
Vegetables V	Japanese Veggie Curry 日式野菜甜咖哩	Boiled Lettuce 白灼生菜	Stir-fried Mixed Vegetable 炒什菜	Garlic Cauliflower 蒜蓉椰菜花
Grains	Rice 白飯	1	Rice 白飯	Pasta 意粉
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



























	Monday	Tuesday	Wednesday	Thursday
	28 Oct	29 Oct	30 Oct	31 Oct
Ѕоир	Miso Soup 日式味噌湯	Lean Meat with Zucchini Soup 節瓜瘦肉湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Tomato Soup 蕃茄蓉湯
Main	Beef Don 牛肉丼	Chicken Wing with Mixed Herbs 香草雞翼	Steamed Pork Rib in Soy Sauce 豉汁豆卜蒸排骨	Chicken A La King 白汁雞皇
	Garlic Pork Chop 蒜香豬扒	Stir Fried Choy Sum and Fish Fillet 菜心炒魚片	Beef With Fresh Tomato 鮮茄牛肉	Stir Fried Shredded Beef with Celery 西芹炒牛柳絲 ② W
legetables	Baby Cabbage in Broth 上湯娃娃菜	Black Bean Sauce Lettuce 豆豉油麥菜	Broccoli with Garlic 蒜蓉西蘭花	Boiled Lettuce 白灼生菜
Grains	Rice 白飯	Brown Rice 糙米飯	Pice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



































