

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

SCHOOL MENU











		Monday	Tuesday	Wednesday	Thursday
		3 Jun	4 Jun	5 Jun	6 Jun
Sa	рир	Onion Soup 洋蔥湯	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯
		Steamed Pork Rib in Soy Sauce 豉汁豆卜蒸排骨	Curry Beef 咖哩牛肉	Fresh Tomato & Fish Fillet 鮮茄魚柳	Pork Goulash 匈牙利燴豬肉
M	Main	Stir Fried Chicken Fillet with Zucchini 節瓜炒雞柳	Stir-fried Shredded Potato with Minced Pork 肉碎土豆絲	Chicken Wing with Mixed Herbs 香草雞翼	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋
	tables	Stir Fried Broccoli 清炒西蘭花	Boiled Lettuce 白灼生菜	Shitake & Hairy Gourd 冬菇節瓜 ②①	Stir-fried Mixed Vegetable 炒雜菜
Gr.	ains	Rice 白飯	Red Rice 紅米飯	Rice 白飯	Rice 白飯
Fr	·uit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果













Soy Alert 含大豆















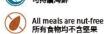


	Monday	Tuesday	Wednesday	Thursday
	10 Jun	11 Jun	12 Jun	13 Јин
Ѕоир	оир	Miso Soup 日式味噌湯	Apple & Snow Fungus with Pork Bone Soup 蘋果雪耳豬骨湯	Chinese Old Welon & Red Bean with Pork Bone Soup 老黄瓜赤小豆豬骨湯
MA aire		Japanese Curry Chicken 日式甜咖哩雞	Thai Style Steamed Fish 泰式蒸魚柳	Scrambled Egg with Char Siu 叉燒炒蛋
Main		Stir-Fried Shredded Pork with Courgette 翠玉瓜炒肉絲	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Stir Fried Chicken with Celery 西芹炒雞柳
Vegetables		Stir-fried Cauliflower & Broccoli 清炒雙花	Bay Choi with Garlic 蒜蓉 白 菜	Baby Cabbage in Broth 上湯娃娃菜
Grains		Pice 白飯	Rice 白飯	Rice 白飯
Fruit		Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果

















Shellfish Alert 含貝殼類海鮮



Dairy Alert 含奶類







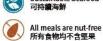


4	Monday	Tuesday	Wednesday	Thursday
	17 Jun	18 Jun	19 Jun	20 Jun
Ѕоир	Seafood Chowder Soup 周打海鮮湯	Bacon & Cauliflower Soup 煙肉椰菜湯	Tomato Soup 蕃茄蓉湯	Winter Melon, Coix Seed, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯
Main	Steamed Mince Pork, Water Chestnut 馬蹄蒸肉餅	Roasted Chicken Chop with Thyme & Lemon 百里香檸檬烤雞扒	Fried PorkRibs W/ Pineapple 菠蘿生炒骨	Grilled Chicken Wings 香烤雞翼
	Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳	Fresh Tomato & Fish Fillet 鮮茄魚柳	Stir Fried Beef and Baby Bok Choy 白菜仔炒牛肉	Stir-fried Fish with Chinese Zucchini 翠玉瓜炒魚片
Vegetables •	Boiled Lettuce 白灼生菜	Broccoli with Garlic 蒜蓉西蘭花	Garlic Cabbage 蒜蓉椰菜	Japanese Veggie Curry 日式野菜甜咖哩
Grains	Rice 白飯	Pasta 意粉 少	Rice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果











Soy Alert 含大豆



















	Monday	Tuesday	Wednesday	Thursday
	24 Jun	25 Jun	26 Jun	27 Jun
Soup	Miso Soup 日式味噌湯	Chinese Old Melon & Red Bean with Pork Bone Soup 老黄瓜赤小豆豬骨湯	Borscht Soup 羅宋湯	Lean Meat with Zucchini Soup 節瓜痩肉湯
Main	Chicken A La King 白汁雞皇 ①②少	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋	Garlic Pork Chop 蒜香豬扒	Steamed PorkRib in Soy Sauce 豉汁蒸排骨
VIOLVI	Long Bean Omelette 豆角煎蛋	Beef Stroganoff 俄式牛柳絲	Japanese Curry Chicken 日式甜咖哩雞	Stir Fried Pork with Luffa 勝瓜炒肉片
Vegetables	Stir-fried Mixed Vegetable 炒什菜	Stir-Fried String Bean with Minced Pork 肉鬆炒四季豆	Boiled Bay Choi 白灼白菜 •	Baby Cabbage in Broth 上湯娃娃菜 V
Grains	Rice 白飯	Red Rice 紅米飯	Rice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果





























