

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

SCHOOL MENU









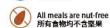


Monday Tuesday Wednesday Thursday 1 Jan 2 Jan Soup Main Vegetables Grains Fruit

















Shellfish Alert 含貝殼類海鮮













	Monday	Tuesday	Wednesday	Thursday
	6 Jan	7 Jan	8 Jan	9 Jan
Ѕоир	Tomato, Potato & Pork Bone Soup 蕃茄薯仔豬骨湯	Corn & Minced Chicken Soup 粟米雞蓉湯	Miso Soup 日式味噌湯 多り	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯
Main	Black Pepper Potato & Beef 黑椒薯仔牛肉	Steamed Pork Patty with Pickled Veggie with Rice 梅菜蒸肉餅	Japanese Curry Chicken 日式甜咖哩雞	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨
	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	Plant Based Meatball 意式素肉丸	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲
Vegetables	Stir-fried Bay Choi 清炒白菜	Boiled Cabbage Heart 白灼菜心	Stir-Fry Broccoli 清炒西蘭花	Shitake & Hairy Gourd 冬菇節瓜
Grains	Rice 白飯	Red Rice 紅米飯	Fusilli 螺絲粉	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果

































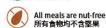
	Monday	Tuesday	Wednesday	Thursday
	13 Jan	14 Jan	15 Jan	16 Jan
Ѕоир	Minestrone 雜菜湯	Onion Soup 洋蔥湯 ②①	Seafood Chowder Soup 周打海鮮湯	Tomato Soup 蕃茄蓉湯
MA aira	Water Chestnut 馬蹄蒸肉餅	Thai Style Steamed Fish 泰式蒸魚柳	Steamed Chicken with Black Fungus 雲耳蒸雞	BBQ Pork with Scrambled Egg 叉燒炒蛋
Main	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Long Bean Omelette 豆角煎蛋	Beef With Fresh Tomato 鮮茄牛肉	Fuzzy Melon with Vermicelli 節瓜炆粉絲
Vegetables V	Boiled Broccoli 白灼西蘭花	Baby Cabbage in Broth 上湯娃娃菜	Shitake & Hairy Gourd 冬菇節瓜 💇	Stir-fried Bay Choi 清炒白菜
Grains	Red Rice 紅米飯	Pice 白飯	Rice 白飯	Brown Rice 糙米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果





















Shellfish Alert 含貝殼類海鮮













	20 Jan	21 Jan	22 Jan	23 Jan
Soup	Apricot Kernel& Watercress soup 南北杏西洋菜湯	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Seaweed & Egg Drop Soup 紫菜蛋花湯	Chinese Old Melon & Red Bed with Pork Bone Soup 老黄瓜赤小豆豬骨湯
Main	Yeung Chow Fried Rice 揚州炒飯	Beef Don 牛肉丼 ②V	Steamed Egg with Glass Noodles 粉絲蒸水蛋	Grilled Chicken Wings 香烤雞翼
	Stir-fried Chicken Tenders with Cabbage 椰菜炒雞柳	Sliced Meat with Fresh Tomato 鮮茄肉片	Stir-fried Pork with Zucchini 翠玉瓜炒肉片	Stir Fried Shredded Beef with Celery 西芹炒牛枊絲
egetables	Boiled Lettuce 白灼生菜	Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Mixed Vegetable 炒什菜	Garlic Cauliflower 蒜蓉椰菜花
Grains	/	Rice 白飯	Brown Rice 糙米飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果























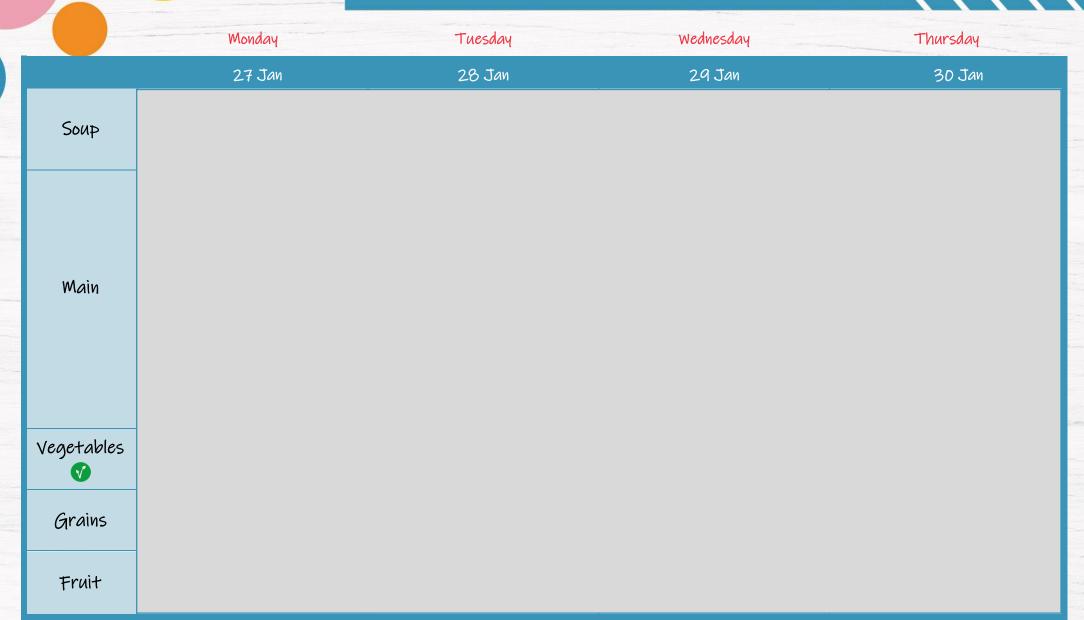








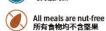
























Wheat Alert





