

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

SCHOOL MENU









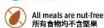
	Monday	Tuesday	Wednesday	Thursday
	3 Mar	4 Mar	5 Mar	6 Mar
Soup	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Borscht Soup 羅宋湯	Seafood Chowder Soup 周打海鮮湯	Bacon & Cauliflower Soup 煙肉椰菜湯
MA aire	Chinese Marinade Chicken Wings Mallet 滷水雞翼鎚	Chicken A La King 白汁雞皇	Pork Chops with Lemongrass 香茅豬扒	Beef Stroganoff 俄式牛柳絲
Main	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Long Bean Omelette 豆角煎蛋	Stir-fried Chicken Tenders with Cabbage 椰菜炒雞柳	Chicken Wing with Mixed Herbs 香草雞翼
Vegetables	Stir-fried Mixed Vegetable 炒什菜	Garlic Broccoli 蒜蓉西蘭花	Boiled Lettuce 白灼生菜	Garlic Cauliflower 蒜蓉椰菜花
Grains	Rice 白飯	Rice 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















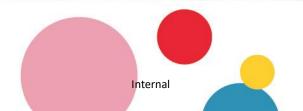
Dairy Alert 含奶類

















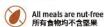
	Monday	Tuesday	Wednesday	Thursday
	10 Mar	11 Mar	12 Mar	13 Mar
Ѕоир	Corn & Minced Chicken Soup	Apricot Kernel& Watercress soup	Papaya with Snow Fungus Soup	Bacon & Cauliflower Soup
	粟米雞蓉湯	南北杏西洋菜湯	木瓜雪耳湯	煙肉椰菜湯
Main	Roasted Chicken Thigh with Thyme & Lemon 百里香檸檬烤雞扒	Steamed PorkRib in Soy Sauce 豉汁蒸排骨	Fried Pork Ribs with Pineapple 菠蘿生炒骨	HK Style Beef in Egg Drop Sauce 滑蛋牛肉 ○❷卯
WAIN	Braised Tofu 紅燒豆腐 〇〇〇	Fish Fillet with Fresh Tomato 鮮茄魚柳	Hairy Gourds with Fish Fillet 節瓜炒魚片	Kung Pao Chicken 宮保雞丁(不含果仁)
Vegetables	Broccoli with Garlic	Shitake & Hairy Gourd	Garlic Bok Choy	Boiled Lettuce
••	蒜蓉西蘭花	冬菇節瓜	蒜蓉白菜	白灼生菜
Grains	Red Rice	Rice	Pice	Rice
	紅米飯	白飯	白飯	白飯
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	生果	生果	生果	生果















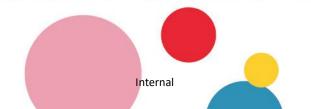
















	Monday	Tuesday	Wednesday	Thursday
	17 Mar	18 Mar	19 War	20 War
Soup	Corn & Minced Chicken Soup 粟米雞蓉湯羹	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯	Onion Soup 洋蔥湯	Apple with Pork Bone 蘋果雪耳豬骨湯
Main	Thai Style Steamed Fish 泰式蒸魚柳	Steamed Pork Patty with Pickled Veggie 梅菜蒸肉餅	Thai Green Curry Chicken (with Coconut Milk) 泰式青咖哩雞 (含椰奶)	Steamed Egg with Glass Noodles 粉絲蒸水蛋
	Sliced Pork with Cabbage 椰菜炒肉片	Long Bean Omelette 豆角煎蛋	Stir-fried Zucchini with Pork Jowl 翠玉瓜炒豬頸肉	Pan-Fried Pork Chop 香煎豬扒 <mark>② W</mark>
Vegetables ••	Garlic Bok Choy 蒜蓉白菜	Boiled Lettuce 白灼生菜	Boiled Choy Sum 白灼菜心	Japanese Veggie Curry 日式野菜甜咖哩
Grains	Rice 白飯	Rice 白飯	Red Rice 紅米飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果















Dairy Alert 含奶類

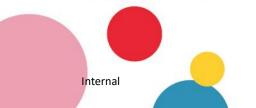




Shellfish Alert 含貝殼類海鮮









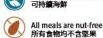


	Monday	Tuesday	Wednesday	Thursday	
	24 Mar	25 Mar	26 Mar	27 Mar	
Ѕоир	Winter Melon, Coix Seed, Egyptian Bean & Lean Meat Soup 冬瓜薏米扁豆瘦肉湯	Tomato Egg Drop and Potato Soup 蕃茄蛋花薯仔湯	Borscht Soup 羅宋湯	Yellow Cucumber & Rice Bean with Pork Bone Soup 老黄瓜赤小豆豬骨湯	
	Salt & Pepper Pork Chop 椒鹽豬扒	Minced Beef Fried Rice (Less Oil) 生炒牛肉飯 (少油)	Diced Beef Tenderloin Black Pepper 黑椒牛柳粒	Grilled Chicken Wings 香烤雞翼	
Main -	Japanese Curry Beef 日式甜咖哩牛肉	Stir-fried Shredded Pork with Hairy Gourds 節瓜炒肉絲	Garlic Chicken Chop 蒜香雞扒	Braised Cap Mushroom, Mince Pork and Tofu 草菇肉碎豆腐	
Vegetables V	Sweet Corn 粟米粒	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	/	Fusilli 螺絲粉	Rice 白飯	
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	













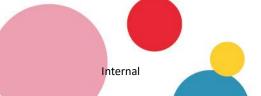
















	Monday	Tuesday	Wednesday	Thu
	31 Mar			
Soup	Miso Soup 日式味噌湯 <mark>② W</mark>			
Main	Scrambled Egg with Char Siu 叉燒炒蛋			
	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲			
Vegetables	Shiitake & Hairy Gourd 冬菇節瓜			
Grains	Rice 白飯			
Fruit	Fresh Fruit 生果			







