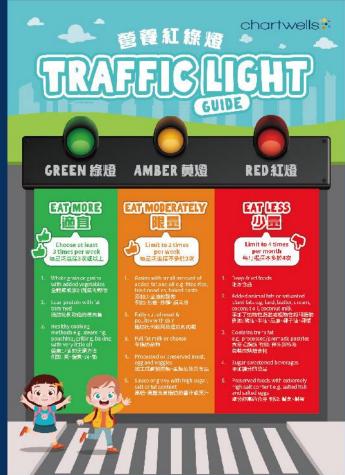


St. Stephen's College Preparatory School 聖士提反書院 附屬小學

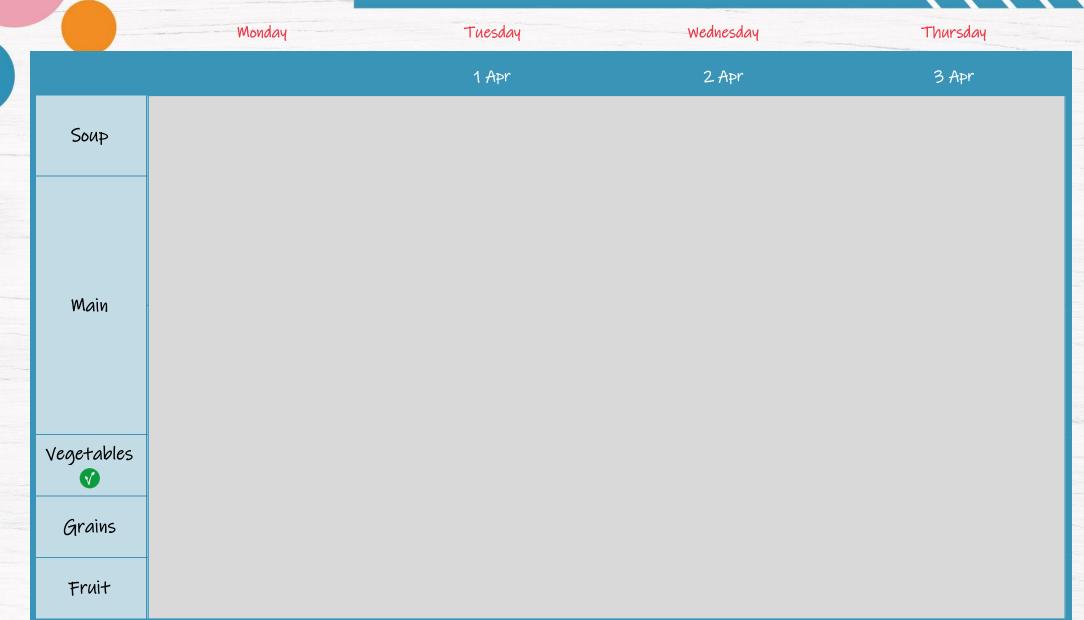
## SCHOOL MENU







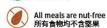
















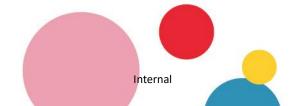








Wheat Alert 含小麥









|                 | Monday   | Tuesday                                | Wednesday                            | Thursday                                |
|-----------------|--|--|--------------------------------------|---|
|                 | 7 Apr  | 8 Apr                                  | 9 Apr                                | 10 Apr                                  |
| Soup            | Chinese Old Melon & Red Bean<br>with Pork Bone Soup<br>老黃瓜赤小豆豬骨湯 | Borscht Soup<br>羅宋湯                    | Seafood Chowder Soup<br>周打海鮮湯        | Sweet Corn Soup<br>粟米羹                  |
| MA ele          | Steamed PorkRib in Soy<br>Sauce<br>豉汁蒸排骨                         | Chinese Marinade Chicken Wings<br>滷水雞翼 | Black Pepper Potato & Beef<br>黑椒薯仔牛肉 | Scrambled Egg with<br>Char Siu<br>叉燒炒蛋  |
| Main            | HK Style Beef in Egg Drop<br>Sauce<br>滑蛋牛肉                       | Long Bean Omelette<br>豆角煎蛋             | Hairy Gourd Vermicelli<br>節瓜粉絲<br>V  | Stir Fried Chicken with Celery<br>西芹炒雞柳 |
| Vegetables<br>🕜 | Shitake & Hairy Gourd<br>冬菇節瓜                                    | Boiled Broccoli<br>白灼西蘭花               | Boiled Cabbage Heart<br>白灼菜心         | Baby Cabbage in Broth<br>上湯娃娃菜          |
| Grains          | Rice<br>白飯   | Rice<br>白飯                             | Rice<br>白飯                           | Rice<br>白飯                              |
| Fruit           | Fresh Fruit<br>生果  | Fresh Fruit<br>生果                      | Fresh Fruit<br>生果                    | Fresh Fruit<br>生果                       |



























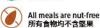
|            | Monday   | Tuesday | Wednesday | Thursday |
|------------|--|---------|-----------|----------|
|            | 14 Apr   | 15 Apr  | 16 Apr    | 17 Apr   |
| Ѕоир       | Apricot Kernel& Watercress<br>soup<br>南北杏西洋菜湯          |         |           |          |
|            | Thai Style Steamed Fish<br>泰式蒸魚柳                       |         |           |          |
| Main       | Stir Fry Shredded Potato with<br>Sliced Meat<br>肉片炒土豆絲 |         |           |          |
| Vegetables | Garlic Cabbage<br>蒜蓉椰菜                                 |         |           |          |
| Grains     | Rice<br>白飯   |         |           |          |
| Fruit      | Fresh Fruit<br>生果                                      |         |           |          |

















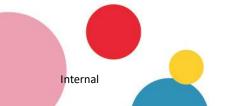


Shellfish Alert 含貝殼類海鮮



Dairy Alert 含奶類

Wheat Alert







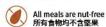
Monday Wednesday Thursday Tuesday 21 Apr 22 Apr 23 Apr 24 Apr Soup Main Vegetables Grains Fruit















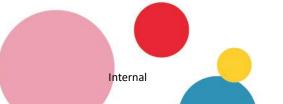
















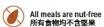
|            | Monday                         | Tuesday   | Wednesday                                | Thursday |
|------------|--------------------------------|---|--|----------|
|            | 28 Apr                         | 29 Apr  | 30 Apr                                   |          |
| Ѕоир       | Miso Soup<br>日式味噌湯             | Lean Meat with Zucchini Soup<br>節瓜瘦肉湯           | Bacon & Cauliflower Soup<br>煙肉椰菜湯        |          |
| Main       | Beef Don<br>牛肉丼                | Chicken Wing with Mixed Herbs<br>香草雞翼           | Steamed Pork Rib in Soy Sauce<br>豉汁豆卜蒸排骨 |          |
|            | Garlic Pork Chop<br>蒜香豬扒<br>②① | Stir Fried Choy Sum and Fish<br>Fillet<br>菜心炒魚片 | Beef With Fresh Tomato<br>鮮茄牛肉           |          |
| Vegetables | Baby Cabbage in Broth<br>上湯娃娃菜 | Black Bean Sauce Lettuce<br>豆豉油麥菜               | Broccoli with Garlic<br>蒜蓉西蘭花            |          |
| Grains     | Rice<br>白飯                     | Brown Rice<br>糙米飯                               | Rice<br>白飯                               |          |
| Fruit      | Fresh Fruit<br>生果              | Fresh Fruit<br>生果                               | Fresh Fruit<br>生果                        |          |



















Shellfish Alert 含貝殼類海鮮





