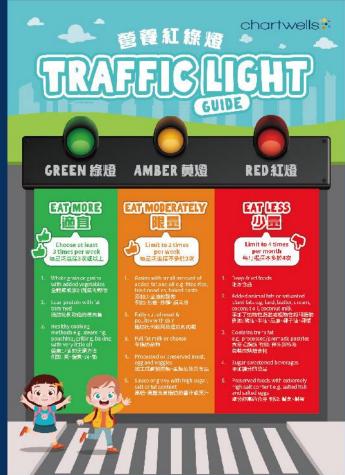


St. Stephen's College Preparatory School 聖士提反書院 附屬小學

SCHOOL MENU











	(30)		
Ѕоир	Minestrone 雜菜湯		
Main	Cheese Bolognese Spaghetti 芝士肉醬意粉		
	Grilled Chicken Wings 香烤雞翼		
Vegetables V	Stir Fried Broccoli 清炒西蘭花		
Grains	1		
Fruit	Fresh Fruit 生果		



Eat Less 少量







































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



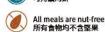


	Monday	Tuesday	Wednesday	Thursday
	2 Sep	3 Sep	4 Sep	5 Sep
Soup	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯	Onion Soup 洋蔥湯
Main -	Steamed Pork Rib in Soy Sauce 豉汁豆卜蒸排骨	Curry Beef 咖哩牛肉	Fresh Tomato & Fish Fillet 鮮茄魚柳	Pork Goulash 匈牙利燴豬肉
	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
egetables	Stir Fried Broccoli 清炒西蘭花	Boiled Lettuce 白灼生菜	Shitake & Hairy Gourd 冬菇節瓜	Stir-fried Mixed Vegetabl 炒雜菜
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



























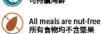


	Monday	Tuesday	Wednesday	Thursday
	9 Sep	10 Sep	11 Sep	12 Sep
Soup	Seafood Chowder Soup 周打海鮮湯	Apple with Pork Bone 蘋果雪耳豬骨湯	Miso Soup 日式味噌湯	Chinese Old Melon & Red Bean with Pork Shank Soup 老黄瓜赤小豆豬脹湯
MA aire	Garlic Chicken Steak 蒜香雞扒	Japanese Curry Chicken 日式甜咖哩雞	Thai Style Steamed Fish 泰式蒸魚柳	Scrambled Egg with Char Sin 叉燒炒蛋
	Beef With Fresh Tomato 鮮茄牛肉	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	Garlic Choi Sum 蒜蓉菜心	Black Bean Sauce Lettuce 豆豉油麥菜	Baby Cabbage in Broth 上湯娃娃菜
Grains	Rice 白飯	Rice 白飯	Rice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



























	Monday	Tuesday	Wednesday	Thursday
	16 Sep	17 Sep	18 Sep	19 Sep
Soup	Tomato Soup 蕃茄蓉湯			Winter Melon, Coix Seed, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯
	Fried Pork Ribs W/ Pineapple 菠蘿生炒骨			Grilled Chicken Hammer 香烤雞鎚
Main Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳			Stir Fried Choy Sum and Fish Fillet 菜心炒魚片	
Vegetables 🕜	Boiled Lettuce 白灼生菜			Japanese Veggie Curry 日式野菜甜咖哩
Grains	Pice 白飯			Rice 白飯
Fruit	Fresh Fruit 生果			Fresh Fruit 生果

































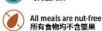
	Monday	Tuesday	Wednesday	Thursday
	23 Sep	24 Sep	25 Sep	26 Sep
Ѕоир	Miso Soup 日式味噌湯	Chinese Old Melon & Red Bean with Pork Bone Soup 老黄瓜赤小豆豬骨湯	Borscht Soup 羅宋湯	Lean Meat with Zucchini Soup 節瓜瘦肉湯
Main	Chicken A La King 白汁雞皇 ① ❷ W	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋	Garlic Pork Chop 蒜香豬扒	Steamed PorkRib in Soy Sauce 豉汁蒸排骨 多り
	Onion Omelette 洋蔥煎蛋	Beef Stroganoff 俄式牛柳絲	Stir-Fry Beef with Peppers 雙色椒炒牛肉	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 肉鬆炒豆角	Boiled Bay Choi 白灼白菜	Baby Cabbage in Broth 上湯娃娃菜
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

























Dairy Alert 含奶類









	Monday	Tuesday	Wednesday	Thursday
	30 Sep			
Soup	Apple with Pork Bone 蘋果雪耳豬骨湯			
Thai Style Steamed Fish 泰式蒸魚柳 ② ② ③ Main Grill Chicken Chop 板燒雞扒 ② ②				
Vegetables	Fuzzy Melon & Vermicelli 節瓜粉絲			
Grains	Rice 白飯			
Fruit	Fresh Fruit 生果			









