

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



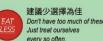
green monday

Lunch Menu Sept 2022

	Monday	Tuesday	Wednesday	Thursday			
				1/9			
Soup / Fruit				Fresh Fruit 生果			
Main A				Tomato Braised Chicken 鮮茄燴雞絲			
Main B				Pumpkin & Assorted Mushrooms in Light Cream 輕奶油声瓜雜菌			
Grains				Rice 白飯			
	5/9	6/9	7/9	8/9			
Soup / Fruit	Minestrone Soup 意式雜菜湯	Fresh Fruit 生果	Monk Fruit & Dried BakChoy Soup 羅漢果白菜乾湯	Fresh Fruit 生果			
Main A	Vegetarian Napoleon Spaghetti 素拿破崙意粉	Steamed Mushroom & Octopus & Pork Patty 冬菇章魚蒸肉餅	Sweet & Sour Chicken 咕嚕雞球	Mild Curry Pork Chop 咖哩豬扒			
Main B	Cauliflower and Brocoli & Chee 芝士雙花	Stir Fried Mixed Mushroom, Bean Curd & Spinach 雜菌豆乾炒菠菜	Stir fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Moroccan Vegetable Tagine 摩洛哥燴雜菜			
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Rice

白飯



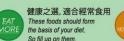






Brown Rice

糙米飯



Grains

Pasta

意粉

Red Rice

紅米飯



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Lunch Menu Sept 2022

		Monday	Tuesdav	Wednesdav	Thursday
1		12/9	13/9	14/9	15/9
	Soup / Fruit	_	Fresh Fruit 生果	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨	Fresh Fruit 生果
•	Main A	-	Steamed Pumpkin & Pork 南瓜蒸肉片	Pan Fried Fish in Tomato Sauce 鮮茄魚柳	Beef Stoganoff 俄式燴牛肉
	Main B		Steamed Baby Cabbage, Garlic, Vermicelli with Salted & Preserved Eggs 金銀蒜粉絲蒸娃娃菜	Long Bean Omelette豆角煎蛋	Cauliflower & Cheese Penne Bake 芝士椰菜花長通粉
	Grains	-	Red Rice 紅米飯	Rice 白飯	Penne 長通粉
2		19/9	20/9	21/9	22/9
	Soup / Fruit	Cream of Mushroom 蘑菇忌廉湯	Fresh Fruit 生果	Russian Borsht Soup 羅宋湯	Fresh Fruit 生果
	Main A	Vegetable Paella 素西班牙海鮮	Steamed Chicken with Mushroom 冬菇蒸滑雞飯	BBQ Roast Pork Loin BBQ 烤豬柳	Stir-fried Beef with Broccoli & Cauliflower 雙花炒牛肉
	Main B	Indian Curry Vegetables 印度咖喱雜菜	Scrambled Tomato & Egg 蕃茄炒蛋	Japanese Veggie & Tofu Curry 日式野菜豆腐咖哩	Steam Egg w/ Pumpkin 南瓜粉絲蒸蛋
		Red Rice	Rice	Mashed Potato	Brown Rice





















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green monday

Lunch Menu Sept 2022

1		Monday	Tuesday	Wednesday	Thursday
		26/9	27/9	28/9	29/9
	Soup / Fruit	Miso Soup 日式味噌湯	Fresh Fruit 生果	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果
4	Main A	Singapore Fried Noodle 素星洲炒米	Lemon Rosemary Chicken 檸檬香草烤雞	Vietnamese Style Lemongrass Pork Chop 越式香茅豬扒	Deep-Fried Fish Fillet with Sweet Corn Sauce 粟米魚柳
	Main B	Baby Cabbage & Tofu in Broth 上湯豆腐娃娃菜	Herb Baked Cherry Tomato, Chickpea & Cauliflower 意式香草焗車厘茄 鷹咀豆伴椰菜花	Baked Herbed Vegetable 香草焗雜菜	Pumpkin Mixed Vegetable Stew 南瓜汁燴四蔬
	Grains	Vermicelli 米粉	Rice 白飯	Red Rice 紅米飯	Pasta 意粉



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