




	Monday	Tuesday	Wednesday	Thursday
			31/8	1/9
Soup			Seafood Chowder Soup 周打海鮮湯	Apple & White Fungus Pork Bone Soup 蘋果雪耳豬骨湯
Main A			Pan Fried Fish Fillet with Herbed Creamy Sauce 香煎魚柳配香草忌廉汁	Stew Chicken in Oyster Sauce with Mushroom 蠔油冬菇炆雞
Main B			Portuguese Chicken with Carrot Rice (Coconut Milk Free) 葡國雞配甘筍飯	Diced Pork in Sweet Corn & Egg Sauce with Rice 粟米肉粒飯
Vegetables 			Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Japanese Stir-fried Veggie 日式野菜
Grains			Rice 白飯	Red Rice 紅米飯
Other			Fresh Fruit 生果	Fresh Fruit 生果

EAT MORE
健康之選，適合經常食用
These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY
請適宜地食用
Best eaten in moderation. These foods are still important for a balanced diet.

EAT LESS
建議少選擇為佳
Don't have too much of these. Just treat ourselves every so often.



素食
Vegetarian Choice



含有蛋類
Egg Alert



含有奶類
Dairy Alert



含有魚類
Fish Alert



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Shellfish Alert

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



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



Dinner Menu Sept 2022

	Monday	Tuesday	Wednesday	Thursday
	5/9	6/9	7/9	8/9
Soup	Pumpkin Cream Soup 南瓜忌廉湯	Chayote with Pork Bone Soup 合掌瓜豬骨湯	Lotus & Octopus Pork Bone Soup 蓮藕章魚豬骨湯	Arrouroot & Pork Bone Soup 粉葛赤小豆豬骨湯
Main A	Pan-fried Pork Chop in Mushroom Sauce 白菌汁豬排	Taiwanese Three Cup Chicken 三杯雞	Steamed Fish Fillet in Black Bean Sauce 蒜蓉豆豉蒸魚	HK Style Beef in Egg Drop Sauce 滑蛋牛肉
Main B	Baked with Mushroom & Shredded Chicken 焗芝士蘑菇雞絲	Steamed Sliced Pork with Garlic & Tofu 蒜香肉片蒸豆腐	Taiwanese Style Braised Minced Pork 台式魯肉	Stir-fried Sliced Pork with Cabbage 椰菜炒肉片
Vegetables	Steamed Baby Cabbage, Garlic, Vermicelli with Salted & Preserved Eggs 金銀蒜粉絲蒸娃娃菜	Stir-fried Mixed Vegetables with Garlic 蒜蓉炒雜菜	Baked Vegetables 焗四蔬	Broccoli & Carrots 西蘭花 & 甘筍
Grains	Pasta 意粉	Brown Rice 糙米飯	Red Rice 紅米飯	Rice 白飯
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	Monday	Tuesday	Wednesday	Thursday
	12/9	13/9	14/9	15/9
Soup	Russian Borsht Fish Chowder Soup 周打魚湯  	Sweet Corn & Minced Chicken Soup 粟米雞蓉湯	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Tomato & Egg Drop Soup 蕃茄蛋花湯 
Main A	Japanese Onion Miso Pork 日式洋蔥味噌豚肉	Baked Chicken with Tomato Sauce & Mozzarella 水牛芝士焗雞扒 配蕃茄汁	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Pan-fried Fish Fillet with Pumpkin Sauce 南瓜汁煎魚柳 
Main B	Stew Pork Diced with Mixed Mushroom Cucumber & Red Rice 青瓜雜菌肉粒	Fried Spaghetti with Salami & Sweet Pepper 沙樂美腸 雜椒炒意粉	Diced Chicken with Sweetcorn Egg Drop Sauce 滑蛋粟米雞球 	Stir-fried Chicken with Cucumber & Celery 翠肉瓜雜椒炒雞柳
Vegables	Mixed Vegetable with Garlic & Butter 蒜蓉牛油雜菜	Garlic Cabbage 蒜蓉椰菜	Shitake & Hairy Gourd 冬菇節瓜	Stir-fried Vegetables 清炒雜菜
Grains	Rice 白飯	Pasta 炒意粉	Red Rice 紅米飯	Brown Rice 糙米飯
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	Monday	Tuesday	Wednesday	Thursday
	19/9	20/9	21/9	22/9
Soup	Onion Soup 洋蔥湯	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯	Minestrone 雜菜湯	Bacon & Cauliflower Soup 煙肉椰菜湯 
Main A	British Beef Stew 英式燴牛肉	Bell Pepper, Potato & Diced Pork 蜜椒薯仔豬肉粒	Roasted Chicken with Rosemary 迷迭香烤雞	Spaghetti Bolognaise with Fried Egg 肉醬煎蛋
Main B	南瓜忌廉汁蘑菇 燴豬肉 Creamy Pumpkin Sauce with Mushroom Stew Pork	Stir-fried Fish with Cabbage 椰菜炒魚片 	番茄紅蔥燴牛肉 Tomato & Shallot Stew Beef with	Meatless Meatballs with Sweet & Sour Sauce 咕嚕素肉丸 
Vegetables 	Sautéed Mixed Vegetables 清炒時蔬	Sautéed Broccoli with Garlic 蒜蓉炒西蘭花	Roasted Vegetable 焗雜菜	Carrot & Sweet Corn 甘筍粟米
Grains	Rice 白飯	Brown Rice 糙米飯	Red Rice 紅米飯	Pasta 意粉
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果

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Dinner Menu (Month) (Year)

	Monday	Tuesday	Wednesday	Thursday
	26/9	27/9	28/9	29/9
Soup	Creamy Broccoli Soup 西蘭花蓉湯	Chinese Herbs & Pork Bone Soup 清保涼豬骨湯	Papaya w/ Snow Fungus Pork Soup 木瓜雪耳豬骨湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯
Main A	Mixed Pepper, Pineapple and Beef with Rice 洋蔥菠蘿雜椒燴牛肉	Steamed Chicken (Skinless), Chinese Mushroom & Black Fungus with Rice 冬菇雲耳蒸雞(去皮)配飯	Sweet & Sour Fish 糖醋魚柳 	Korean Kimchi Pork 韓式泡菜豬肉
Main B	Chicken & Assorted Mushrooms 日式野菌雞肉	Stir Fried Sliced Pork with Bok Choy 白菜仔炒肉片	Sautéed Chicken with Tomato & Scrambled Egg with Rice 鮮茄滑蛋炒雞柳 	Sauteed Fish with Broccoli 西蘭花炒魚柳 
Vegetables 	Stir-fried Cabbage 炒椰菜	Stir-fried Green Bean with Black Bean Sauce 豆豉炒四季豆	Boiled Bay Choi 白灼白菜	Pumpkin & Assorted Mushrooms 南瓜雜菌
Grains	Rice 白飯	Pasta 意粉	Brown Rice 糙米飯	Red Rice 紅米飯
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果

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