



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



Breakfast Menu December 2021

	Tuesday	Wednesday	Thursday	Friday
		1/12	2/12	3/12
Main 主菜		Pan-Fried Fish Fillet 煎魚柳 	Dim Sum 中式點心 	Ham & Cheese Sandwich 芝士火腿三文治
Grains 澱粉質		Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉 	Fried Rice Vermicelli 豉油皇香菇炒米粉 (少油) 	Oatmeal 牛奶燕麥片
Beverage 飲品		Ovaltine 阿華田	Soy Milk 豆漿	Low Fat Milk 低脂奶
	7/12	8/12	9/12	10/12
Main 主菜	Ham 火腿	Sweet Corn 粟米 	Fried Noodle with Supreme Soy Sauce 豉油皇炒麵	Grilled Chicken 烤雞扒
Grains 澱粉質	Shredded Pork & Macaroni in Tomato Soup 雜菜肉絲湯通粉	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉	Minced Pork Congee with Preserved Egg 皮蛋瘦肉粥 	Baked Bean 焗豆 Roasted Potatoes 焗薯粒
Beverage 飲品	Ovaltine 阿華田	Low Fat Milk 低脂奶	Chinese Tea 中國茶	Low Fat Milk 低脂奶



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



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



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









含有貝殼類海鮮
Shellfish Alert



Sustainable Seafood

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



	Tuesday	Wednesday	Thursday	Friday
	14/12	15/12	16/12	17/12
Main 主菜	Pan-fried Pork Chop 煎豬扒	Dim Sum 中式點心  	Ham 火腿	Scrambled Egg 炒蛋 
Grains 澱粉質	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉 	Sweet Corn & Minced Pork Congee 粟米肉碎粥	Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲 米線
Beverage 飲品	Soy Milk 豆漿	Chinese Tea 中國茶	Horlicks 好立克 	Ovaltine 阿華田 



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