



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



Lunch Menu December 2021



	Green Monday	Tuesday	Wednesday	Thursday
			1/12	2/12
Soup / Fruit			Pumpkin Cream Soup 南瓜忌廉湯 	Fresh Fruit 生果
Main A			Chicken with White Sauce 白汁雞皇 	Steamed Pork Patty with Pickled Veggie with Rice 梅菜蒸肉餅
Main B			Baked Herbed Vegetable 香草焗雜菜 	Stir-fried Mixed Vegetables & Bean Curd with Garlic 蒜蓉豆乾炒雜菜
Grains			Rice 白飯	Red Rice 紅米飯
	6/12	7/12	8/12	9/12
Soup / Fruit	Cream of Corn 粟米忌廉湯 	Fresh Fruit 生果	Sweet Corn & Carrot Pork Bone Soup 粟米紅蘿蔔豬骨湯	Fresh Fruit 生果
Main A	Vegetarian Napoleon Spaghetti 素拿破崙意粉	BBQ Pork 叉燒 	Stir Fried Pepper Beef with Spaghetti 黑椒牛肉炒意粉	Roasted Pork Loin with Mushroom Sauce 蘑菇汁烤豬柳
Main B	Baked Broccoli & Cauliflower in Portuguese Sauce 葡汁焗雙花 	Scrambled Eggs with Tomatoes 鮮茄炒蛋 	Ratatouille with Roasted Potatoes 普羅旺斯燉菜伴薯粒	Garlic Chinese Cabbage 蒜蓉旺菜
Grains	Pasta 意粉	Rice 白飯	-	Brown Rice 糙米飯

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 food 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.



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



green
monday

Lunch Menu December 2021

	Green Monday	Tuesday	Wednesday	Thursday
	13/12	14/12	15/12	16/12
Soup / Fruit	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果	Russian Borsht Fish Chowder Soup 周打魚湯 	Fresh Fruit 生果
Main A	Vegetarian Stir Fried Vermicelli in Singaporean Style 素星洲炒米粉	Pan Fried Chicken in Curry Sauce 咖哩汁雞球	Honey Mustard Roast Pork Chop 蜜糖芥末豬扒	Western Fried Rice (Seafood Free) 西炒飯 (不含海鮮)
Main B	Japanese Veggie Curry with Rice 日式野菜咖哩飯	Steamed Baby Cabbage, Garlic, Vermicelli 金銀蒜粉絲蒸娃娃菜	Braised Assorted Veg in Tomato Sauce 茄汁燴雜菜	Garlic Spaghetti with Spinach & Tomato 蒜香菠菜野菌意粉
Grains	-	Red Rice 紅米飯	Red Rice 紅米飯	-



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請適宜地食用
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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

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