




	Monday	Tuesday	Wednesday	Thursday
			1/12	2/12
Soup			Tomato & Potato Soup 蕃茄薯仔湯	Minestrone 雜菜湯
Main A			Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Mild Curry Chicken 淡咖喱雞
Main B			Steamed Egg with Minced Pork 肉鬆蒸水蛋	Mac & Cheese Bake 芝士焗通粉
Vegetables 			Stir fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Garlic Cabbage 蒜蓉椰菜
Grains			Pasta 意粉	Macaroni 通粉
Other			Fresh Fruit 生果	Fresh Fruit 生果



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



	Monday	Tuesday	Wednesday	Thursday
	6/12	7/12	8/12	9/12
Soup	合掌瓜豬肉湯	Sweet Corn & Carrot Soup 粟米甘筍湯	Cream of Mushroom 雜菌濃湯 	味噌豆腐湯
Main A	Garlic Chicken Wing 蒜香雞翼	Lemongrass Pork Chop 香茅豬扒	Baked Rosemary Chicken 露絲馬利雞扒 	Creamy Cheese Bake Fish Fillet 芝士白汁焗魚柳
Main B	Sauteed Spring with Minced and Olive Vegetables 攪菜肉鬆四季豆	Spaghetti Bolognese 肉醬意粉	Sauteed Sliced Pork & Broccoli with Egg Drop Sauce 滑蛋肉片扒西蘭花 	Japanese Onion Miso Pork 日式洋蔥味噌豚肉
Vegetables 	Broccoli & Carrots 西蘭花 & 甘筍	Garlic Cabbage 蒜蓉椰菜	Roasted Vegetables 焗雜菜	Shitake & Hairy Gourd 冬菇節瓜
Grains	Rice 白飯	Brown Rice Pasta 意粉	Mashed Potato 薯蓉	Rice 白飯
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果

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



Dinner Menu December 2021

	Monday	Tuesday	Wednesday	Thursday
	13/12	14/12	15/12	16/12
Soup	Old Cucumber, Sweet Corn & Pork Bone Soup 老黃瓜粟米豬骨湯	Black-Eyed Pea & Pork Bone Soup 眉豆豬骨湯	Mushroom Soup 蘑菇湯	Tomato & Egg Drop Soup 蕃茄蛋花湯
Main A	Rosemary Lemon Chicken 迷迭香檸檬烤雞	Deep Fried Fish Fillet with Sweet Corn Sauce 粟米魚柳	Beef Stroganoff 俄式燴牛肉	Bell Pepper, Potato & Diced Pork 蜜椒薯仔豬肉粒
Main B	Sautéed Tri-Pepper, Potato & Mushroom 蜜椒薯仔爆雜菇粒	Steamed Sliced Pork with Preserved Vegetables 梅菜蒸肉片	Stir-fried Fish with Chinese Zucchini 翠玉瓜雲耳炒魚片	Carbonara 卡邦尼意粉
Vegetables	Broccoli & Carrots 西蘭花 & 甘筍	Garlic Cabbage 蒜蓉椰菜	Roasted Vegetables 焗雜菜	Garlic Cabbage 蒜蓉椰菜
Grains	Brown Rice 糙米飯	Red Rice 紅米飯	Mashed Potato 薯蓉	Brown Rice Pasta 意粉
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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