



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



Lunch Menu May 2022



	Monday	Tuesday	Wednesday	Thursday
	2/5	3/5	4/5	5/5
Soup / Fruit	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Miso Soup 日式味噌湯	Fresh Fruit 生果
Main A	Portuguese Chicken 葡汁雞皇 	Malaysia Curry Fish with 馬來西亞咖哩魚柳 	Steamed Pork Patty & Lotus Root 蓮藕蒸肉餅	Curry Chicken with Potato 咖哩薯仔雞球
Main B 	Japanese Veggie Curry 日式野菜咖哩	Thai Style Stir-fried Mixed Vegetables 泰式炒雜菜	Scrambled Tomato & Egg 蕃茄炒蛋 	Stir-fried Mixed Vegetables & Bean Curd with Garlic 蒜蓉豆乾炒雜菜
Grains	Rice 白飯	Brown Rice 糙米飯	Red Rice 紅米飯	Rice 白飯
	9/5	10/5	11/5	12/5
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 Lasagna 素千層麵 	Creamy Cheese Bake Fish Fillet 芝士白汁焗魚柳 	Chinese Soya Sauces Chicken Wing 滷水雞翼	Stir Fried Pepper Beef with Spaghetti 黑椒牛肉炒意粉
Main B	Baked Mac with Broccoli & Cauliflower in Portuguese Sauce 葡汁焗雙花通粉 	Steamed Egg & Glass Noodles 粉絲蒸蛋 	Chinese Long Bean Omelette 豆角煎蛋 	Pumpkin Mixed Vegetable Stew 南瓜汁燴四蔬
Grains		Rice 白飯	Red Rice 紅米飯	Pasta 意粉

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.



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



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Lunch Menu May 2022



	Monday	Tuesday	Wednesday	Thursday
	16/5	17/5	18/5	19/5
Soup / Fruit	Russian Borscht Soup 羅宋湯	Fresh Fruit 生果	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	Fresh Fruit 生果
Main A	Baked Chicken with Tomato Sauce & Mozzarella 水牛芝士茄醬焗雞扒	Chicken A La King with Rice 白汁雞皇	Western Fried Rice (Seafood Free) 西炒飯 (不含海鮮)	Roasted Pork Loin with Mushroom Sauce 蘑菇汁烤豬柳
Main B	Sweetcorn Mac & Cheese 芝士粟米焗通粉	Vietnamese Style Curry Mixed Vegetables with Rice 越式什菜咖喱	Japanese Mild Vegetable Curry with Steamed Rice 日式野菜咖喱	Moroccan Vegetable Tagine 摩洛哥燴雜菜
Grains	Pasta 通粉	Red Rice 紅米飯	Rice 白飯	Brown Rice 糙米飯

	23/5	24/5	25/5	26/5
Soup / Fruit	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果	Cream of Mushroom 蘑菇忌廉湯	Fresh Fruit 生果
Main A	Italian Style Vegan Meat Ball 鮮意式素肉丸	Shanghainese Fried Noodle with Shredded Pork 上海肉絲粗炒	韓式雞肉雜菜炒粉絲 Korean Chicken & Veggie Japchae Glass Noodles	Chinese BBQ Pork 蜜汁叉燒
Main B	Herb Baked Cherry Tomato & Cauliflower 意式香草焗車厘茄伴椰菜花	Steamed Baby Cabbage & Tofu with Garlic, Vermicelli 金銀蒜粉絲蒸娃娃菜佐豆腐	Baked Herbed Kidney Beans & Vegetable 香草紅腰豆焗雜菜	Japanese Braised Egg-Tofu and Assorted Vegetables 日式扒玉子豆腐伴雜菜
Grains	Pasta 意粉	Red Rice 紅米飯	Brown Rice 糙米飯	Red Rice 紅米飯

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Lunch Menu May 2022

	Monday	Tuesday	Wednesday	Thursday
	30/5	31/5		
Soup / Fruit	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果		
Main A	Roasted Chicken with Garlic & Lemon 蒜香檸檬焗雞扒	Beef Stoganoff 俄式燴牛肉 		
Main B 	Pumpkin & Assorted Mushrooms in Light Cream 輕奶油南瓜雜菌 	Ratatouille 普羅旺斯燉菜		
Grains	Pasta 意粉	Brown Rice 糙米飯		



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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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