



Lunch Menu Sept 2022

	Monday	Tuesday	Wednesday	Thursday
				1/9
Soup / Fruit				Fresh Fruit 生果
Main A				Tomato Braised Chicken 鮮茄燴雞絲
Main B 				Pumpkin & Assorted Mushrooms in Light Cream 輕奶油南瓜雜菌
Grains				Rice 白飯

	5/9	6/9	7/9	8/9
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 Napoleon Spaghetti 素拿破崙意粉	Steamed Mushroom & Octopus & Pork Patty 冬菇章魚蒸肉餅	Sweet & Sour Chicken 咕嚕雞球	Mild Curry Pork Chop 咖哩豬扒
Main B	Cauliflower and Broccoli & Cheese 芝士雙花	Stir Fried Mixed Mushroom, Bean Curd & Spinach 雜菌豆乾炒菠菜	Stir fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Moroccan Vegetable Tagine 摩洛哥燴雜菜
Grains	Pasta 意粉	Red Rice 紅米飯	Rice 白飯	Brown Rice 糙米飯



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

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



Lunch Menu Sept 2022



	Monday	Tuesday	Wednesday	Thursday
	12/9	13/9	14/9	15/9
Soup / Fruit	-	Fresh Fruit 生果	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨	Fresh Fruit 生果
Main A	-	Steamed Pumpkin & Pork 南瓜蒸肉片	Pan Fried Fish in Tomato Sauce 鮮茄魚柳	Beef Stoganoff 俄式燴牛肉
Main B	--	Steamed Baby Cabbage, Garlic, Vermicelli with Salted & Preserved Eggs 金銀蒜粉絲蒸娃娃菜	Long Bean Omelette 豆角煎蛋 	Cauliflower & Cheese Penne Bake 芝士椰菜花長通粉
Grains	-	Red Rice 紅米飯	Rice 白飯	Penne 長通粉
	19/9	20/9	21/9	22/9
Soup / Fruit	Cream of Mushroom 蘑菇忌廉湯 	Fresh Fruit 生果	Russian Borsht Soup 羅宋湯	Fresh Fruit 生果
Main A	Vegetable Paella 素西班牙海鮮	Steamed Chicken with Mushroom 冬菇蒸滑雞飯	BBQ Roast Pork Loin BBQ 烤豬柳	Stir-fried Beef with Broccoli & Cauliflower 雙花炒牛肉
Main B	Indian Curry Vegetables 印度咖喱雜菜	Scrambled Tomato & Egg 蕃茄炒蛋 	Japanese Veggie & Tofu Curry 日式野菜豆腐咖喱	Steam Egg w/ Pumpkin 南瓜粉絲蒸蛋
Grains	Red Rice 紅米飯	Rice 白飯	Mashed Potato 薯蓉	Brown Rice 糙米飯

EAT MORE
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EAT MODERATELY
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EAT LESS
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Lunch Menu Sept 2022

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	26/9	27/9	28/9	29/9
Soup / Fruit	Miso Soup 日式味噌湯	Fresh Fruit 生果	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果
Main A	Singapore Fried Noodle 素星洲炒米	Lemon Rosemary Chicken 檸檬香草烤雞	Vietnamese Style Lemongrass Pork Chop 越式香茅豬扒	Deep-Fried Fish Fillet with Sweet Corn Sauce 粟米魚柳
Main B	Baby Cabbage & Tofu in Broth 上湯豆腐娃娃菜	Herb Baked Cherry Tomato, Chickpea & Cauliflower 意式香草焗車厘茄鷹咀豆伴椰菜花	Baked Herbed Vegetable 香草焗雜菜	Pumpkin Mixed Vegetable Stew 南瓜汁燴四蔬
Grains	Vermicelli 米粉	Rice 白飯	Red Rice 紅米飯	Pasta 意粉



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