

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

SCHOOL MENU









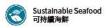
Lunch Menu October 2023

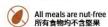
	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Oct	3 Oct	4 Oct	5 Oct	6 Oct
Fruit / Soup		Fresh Fruit 生果	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	
<u>Meal</u> A		Fresh Tomato Pork Loin 鮮茄豬柳	Fish Fillet in Dill White Sauce 香草白汁魚柳	Onion and Chicken 洋蔥雞柳	
<u>Meal</u> B ♂		Steamed Baby Cabbage, with Vermicelli 粉絲蒸娃娃菜	Boiled Bay Choi 白灼白菜	Garlic Cabbage 蒜蓉椰菜	
Grains		Red Rice 紅米飯	Rice 白飯	BrownRi <i>ce</i> 糙米飯	

































Green 🛴

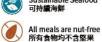
Lunch Menu October 2023

	MONDAY	Tuesday	Wednesday	Thursday	Fun Friday
	9 Oct	10 Oct	11 Oct	12 00+	13 Oct
Fruit / Soup	Cream of Corn 粟米忌廉湯	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	Cream of Mushroom 雜菌濃湯
<u>Meal</u> A	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋	Steamed Mince Pork, Water Chestnut & Mushroom 馬蹄冬菇蒸肉餅	Diced Pork in Creamy Corn Sauce 粟米肉粒	Bolognese Spaghetti 肉醬意粉	Hot Dog 熱狗 多少
<u>Meal</u> B √	Boiled Choi Sum 白灼菜心	Thai Style Stir-fried Mixed Vegetables 泰式炒雜菜	Baby Cabbage with Garlic 蒜蓉娃娃菜	Stir Fried Broccoli 清炒西蘭花	Sweet Corn 粟米粒
Grains	'Rice 白飯	Red Rice 紅米飯	Rice 白飯	Pasta 意粉	Fried Potato Wedges 炸薯角













Dairy Alert 含奶類

Soy Alert 含大豆



















Lunch Menu October 2023

	MONDAY	Tuesday	Wednesday	Thursday	Friday
	16 Oct	17 Oct	18 Oct	19 Oct	20 Oct
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯
<u>Meal</u> A	Vegetarian Stir-fried Vermicelli Rice Noodles 素三絲炒米粉	Hawaiian Pineapple Chicken with Sweet Corn Rice 夏威夷菠蘿燴雞	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳	Taiwanese Minced Pork with Rice 台式肉燥飯	Portuguese Chicken 葡國雞
<u>Meal</u> B √	Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Broccoli 清炒西蘭花	Boiled Bay Choi 白灼白菜	Stir-fried Mixed Vegetables 炒雜菜	Cauliflower with Garlic 蒜香椰菜花
Grains	Vermicelli 米粉	Rice 白飯	Red Rice 紅米飯	Rice 白飯	BrownRice 糙米飯































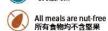
Lunch Menu October 2023

	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	23 Oct	24 Oct	25 Oct	26 Oct	27 Oct
Fruit / Soup		Fresh Fruit 生果	Miso Tofu Soup 味噌豆腐湯	Fresh Fruit 生果	Minestrone 雜菜湯
<u>Meal</u> A		Pork Goulash 匈牙利燴豬肉	Chicken A La King with Rice 白汁雞皇飯	Croatia Beef 克羅地亞牛肉	Sausage & Cheese Burger 芝士豬柳漢堡
<u>Meal</u> B √		Broccoli with Garlic 蒜香西蘭花	Cauliflower with Garlic 蒜香椰菜花	Stir-fried Mixed Vegetables 炒雜菜	Sweet Corn 粟米粒
Grains		Pasta 意粉	Rice 白飯	Brown Rice 糙米飯	Fried Potato Wedges 炸薯角





























Green MONDAY

Lunch Menu October 2023

Tuesday

	30 Oct	31 00+	
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	
<u>Meal</u> A	Baked Penne with Cheese Sauce 芝士焗長通粉	#K Style Swiss Chicken Wing 瑞士雞翼	
<u>Meal</u> B √	Boiled Broccoli 白灼西蘭花	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	
Grains	Penne 長通粉 W	Rice 白飯	



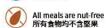






















Fish Alert 含魚類





