

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

# SCHOOL MENU











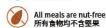
	Monday	Tuesday	Wednesday	Thursday
	2 Oct	3 Oct	4 Oct	5 Oct
Ѕоир		Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆 豬骨湯	Borscht Soup 羅宋湯	
<u>Meal</u> A		Fried PorkRibs W/ Pineapple 菠蘿生炒骨	HK Style Beef in Egg Drop Sauce 滑蛋牛肉 ◯	
<u>Meal</u> B		Carry Beef with Rice 咖哩牛肉飯	Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳	
Vegetables V		Boiled Cabbage Heart 白灼菜心	Garlic Cauliflower 蒜蓉椰菜花	
Grains		Rice 白飯	Red Rice 紅米飯	
Fruit		Fresh Fruit 生果	Fresh Fruit 生果	

































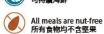
# October 2023

	Monday	Tuesday	Wednesday	Thursday
	9 Oct	10 Oct	11 Oct	12 Oct
Ѕоир	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Seafood Chowder Soup 周打海鮮湯	Papaya w/ Snow Fungus Soup 木瓜雪耳湯
<u>Meal</u> A	Minced Beef Fried Rice 生炒牛肉飯	Pork Goulash 匈牙利燴豬肉	Thai Green Curry Chicken 泰式青咖哩雞	Steamed Fish with Ginger & Green Onioin 薑蔥蒸魚柳
<u>Meal</u> B	Stir Fried Chicken with Celery and Rice 西芹炒雞柳	Chicken Wing with Mixed Herbs 香草雞翼	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Long Bean Omelette 豆角煎蛋
Vegetables •	Baby Cabbage With Garlic 蒜蓉娃娃菜	Stir Fried Broccoli 清炒西蘭花	Stir-fried Cauliflower & Broccoli 清炒雙花	Bay Choi with Garlic 蒜蓉 <b>白</b> 菜
Grains	Fried Rice 炒飯	Pasta 意粉 <b>少</b>	Red Rice 紅米飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果











Dairy Alert 含奶類





















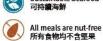
# October 2023

	Monday	Tuesday	Wednesday	Thursday
	16 Oct	17 Oct	18 Oct	19 Oct
Soup	Lotus Root with Pork Bone Soup 蓮藕豬骨湯	Tomato Soup 蕃茄蓉湯	Onion Soup 洋蔥湯	Miso Soup 日式味噌湯 ❷ <b>W</b>
<u>Meal</u> A	Herbed Roast Fish Fillet 香草烤魚柳	Japanese Curry Chicken 日式咖哩雞	Pork Chops with Lemongrass 香茅豬扒	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋
<u>Meal</u> B	Creamy Pumpkin Sauce Stew Pork 南瓜忌廉汁燴豬肉	Scrambled Egg with Tomato and Minced Pork 蕃茄炒蛋肉碎	Beef With Fresh Tomato 鮮茄牛肉	Stir-Fried Shredded Pork with Courgette 翠玉瓜炒肉絲
Vegetables 🕜	Stir-fried Mixed Vegetable 炒什菜	Garlic Cabbage 蒜蓉椰菜	Shitake & Hairy Gourd 冬菇節瓜	Baby Cabbage with Garlic 蒜蓉娃娃菜
Grains	Red Rice 紅米飯	Rice 白飯	Pice 白飯	Brown Rice 糙米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果











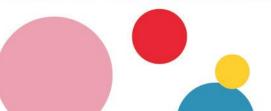
Soy Alert 含大豆

















# October 2023

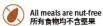
		Monday	Tuesday	Wednesday	Thursday
		23 Oct	24 Oct	25 Oct	26 Oct
Sou	ир		Apple with Pork Bone 蘋果雪耳豬骨湯	Apricot Kernel& Watercress soup 南北杏西洋菜湯	Chinese Old Melon & Red Bean with Pork Bone Soup 老黄瓜赤小豆豬骨湯
<u>Me</u> A			Steamed PorkRib in Soy Sauce 豉汁蒸排骨	Roasted Chicken Chop with Thyme & Lemon 百里香檸檬 烤雞扒	Pork Adobo 菲式燴豬柳
<u>Me</u> B			Beef Stroganoff 俄式牛柳絲	Plant Based Meatball 意式素肉丸 ② V	Stir-fried Fish with Chinese Zucchini 翠玉瓜雲耳炒魚片
Veget	ables		Stir-fried Cauliflower & Broccoli 清炒雙花	Stir-fried Mixed Vegetable 炒什菜	Japanese Veggie Curry 日式野菜咖哩
Gra	ลเทร		Brown Rice 糙米飯	Pasta 意粉	Rice 白飯
Fro	uit		Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



























Tuesday

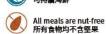
# October 2023

	MONDE	T VIO SULITY
	30 Oct	31 Oct
Soup	Pumpkin Soup 南瓜湯	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯
<u>Meal</u> A	Chicken A La King 白汁雞皇	Fillet with Sweet Corn Sauce 粟米魚柳
<u>Meal</u> B	Stir Fried Pork with Cabbage 椰菜炒肉片	Garlic Pork Chop 蒜香豬扒 ② U
Vegetable	S Baby Cabbage in Broth 上湯娃娃菜	Garlic Cabbage 蒜蓉椰菜
Grains	Rice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果











Monday

















