

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

SCHOOL MENU







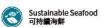


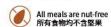
Monday Tuesday Wednesday Thursday Friday 1 Dec Fruit / Soup Main Grains

































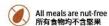
	MONDAY	Tuesday	Wednesday	Thursday	Fun Friday
	4 Dec	5 Dec	6 Dec	7 Dec	8 Dec
Fruit/Soup	Miso Tofu Soup 味噌豆腐湯	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果	Borscht Soup 羅宋湯
Main	Scrambled Eggs with Tomatoes 鮮茄炒蛋	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳	Vietnamese Style Lemongrass Pork Chop 越式香茅豬扒	Chicken A La King 白汁雞皇	Hawaiian Pizza 夏威夷薄餅
	Stir Fried Veggie BBQ Pork with Green Bean 豆角炒素叉燒 V & V	Boiled Bay Choi 白灼白菜	Baby Cabbage in Broth 上湯娃娃菜	Broccoli with Garlic 蒜香西蘭花	Chicken Nuggets 雞寶
Grains	Red Rice 紅米飯	Rice 白飯	'Rice 白飯	Pasta 意粉	Sweet Corn 粟米粒













Dairy Alert 含奶類

Soy Alert 含大豆

















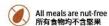
	MONDAY	Tuesday	Wednesday	Thursday	Friday
	11 Dec	12 Dec	13 Dec	14 Dec	15 Dec
Fruit / Soup		Fresh Fruit 生果	Cream of Mushroom 雜菌濃湯	Fresh Fruit 生果	
Main		Sausages Bolognese Spaghetti 腸仔肉醬意粉	Crispy Chicken Wings with Mixed Herbs & Smoked Garvin Ham Slices 香草雞翼 & 煙加文火腿	Taiwanese Minced Pork 台式肉燥	
		Garlic Baby Pak Choy 蒜蓉白菜仔	Fried Potato Wedges 炸薯角	Sauteed Beef Slices with Choy Sum 菜芯炒牛肉	
Grains		/	Broccoli & Sweet Corn 西蘭花 及 粟米粒 & Dessert 甜品	Rice 白飯	





























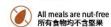


































Green

Lunch Menu December 2023

Tuesday Wednesday Thursday MONDAY 25 Dec 26 Dec 27 Dec 28 Dec 29 Dec Fruit / Soup Main Grains































