

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

## SCHOOL MENU









## Jun 2025

	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	2 Jun	3 Јин	4 Jun	5 Jun	6 Jun
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果	Miso Soup 日式味噌湯	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯
Main	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋	Taiwanese Minced Pork, Shitake 台式香菇肉燥	Fish Fillet in Creamy Corn Sauce 粟米魚柳	#K Style Swiss Chicken Wing 瑞士雞翼	Honey Garlic Pork Chop with Rice 蒜香蜜糖烤豬扒
	Boiled Choy Sum 白灼菜心	Stir-fried Chinese Cabbage with Fried Fish Block 白菜仔炒炸魚條	Stir Fried Beef & Kale Seedings 芥蘭苗炒牛肉	Stir Fried Pork with Cucumber 青瓜炒肉片	Cabbage & Carrot 椰菜&紅蘿蔔
Grains	Rice 白飯	Rice 白飯	Rice 白飯	Corn Rice 粟米飯	Rice 白飯













Dairy Alert 含奶類

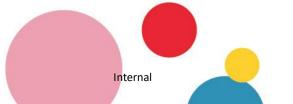
















-0	Green	0
2	MONDAY	

Wednesday Tuesday Thursday 9 Jun 10 Jun 11 Jun 12 Jun 13 Jun Cream of Corn Apricot Kernele Minestrone Fresh Fruit Fresh Fruit Fruit / Soup 粟米忌廉湯 Watercress soup 雜菜湯 生果 生果 南北杏西洋菜湯 Stir-Fried Pork Jowl Steamed Mince Pork. Spaghetti Carbonara Vegetable Bolognaise Hawaiian Pizza with Special Sauce with Fusilli Water Chestnut 雜菜素肉醬 夏威夷薄餅 馬蹄蒸肉餅 卡邦尼螺絲粉 響燒豬頸肉 8 1 Main Chinese Cabbage & Fish Roasted Pumpkin Cauliflower With Garlic Stir-Fried Broccoli Chicken Nuggets Fillets 燒南瓜 蒜香椰菜花 清炒西蘭花 雞寶 白菜炒魚片 Red Rice Rice Rice Sweet Corn Grains 白飯 紅米飯 白飯 粟米粒























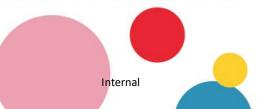
















FUN Friday





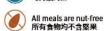
## Jun 2025

		MONDAY	Tuesday	Wednesday	Thursday	Friday
		16 Jun	17 Jun	18 Jun	19 Jun	20 Jun
Frui	it/Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Apple with Pork Shank 蘋果雪耳豬脹湯
	Main	Stir Fried Udon with Mixed Veggies & Eggs 素三絲炒烏冬	Onion Pork Chop 洋蔥豬扒 <mark>多り</mark>	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳	Beef Bolognese with Spaghetti 意式肉醬意粉	Japanese Style Teriyaki Chicken 日式照燒雞扒
		Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Chinese Cabbage with Fried Fish Block 白菜仔炒魚片	Cauliflower With Garlic 蒜香椰菜花	Stir-fried Chicken Tenders with Broccoli 西蘭花炒雞柳	Stir Fried Beef and Choy Sum 菜心炒牛肉
G	grains	1	Rice 白飯	Rice 白飯	/	Rice 白飯













Dairy Alert 含奶類



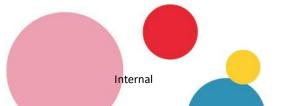
















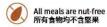
	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	23 Jun	24 Jun	25 Jun	26 Jun	27 Jun
Fruit / Soup	Miso Soup 日式味噌湯	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Shank Soup 薏米冬瓜豬脹湯	Fresh Fruit 生果	Pumpkin Cream Soup 南瓜湯
WA -1:	Vegetables and Egg Fried Rice (Less Oil) 雜菜粒蛋炒飯 (少油)	Grilled Pork Chop with Spring Onion Sauce & 蔥油豬扒	Roasted Chicken Wings with Honey 蜜糖燒雞翼	Fish Fillet with Curry Sauce 甜咖哩汁魚柳	Teriyaki Chicken Burger 照燒雞扒包
Main	Boiled Choy Sum 白灼菜心 •	Baby Cabbage in Broth 上湯娃娃菜	Sauteed Shrimp with Zucchini 蝦仁炒翠玉瓜	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Fried Potato Wedges 炸薯角
Grains	Steamed Bun 饅頭 <mark>忉</mark>	Red Rice 紅米飯	Rice 白飯	Rice 白飯	Sweet Corn 粟米粒















Dairy Alert 含奶類

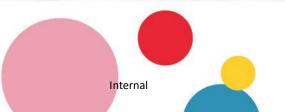
Soy Alert 含大豆

















## Lunch Menu

Jun 2025

Tuesday Wednesday Thursday

30 Jun Cream of Mushroom Fruit / Soup 雜菌濃湯 Ratatouille 普羅旺斯雜燴 **V** Main Baked Vegetarian Meat Ball 燒素肉丸 **VO3** Mashed Potato





Grains











薯蓉













