

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

SCHOOL MENU











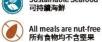
December 2023

	Monday	Tuesday	Wednesday	Thursday
	4 Dec	5 Dec	6 Dec	7 Dec
Soup	Seafood Chowder Soup 周打海鮮湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Apple with Pork Bone 蘋果雪耳豬骨湯	Miso Soup 日式味噌湯
Main	Japanese Curry Chicken 日式甜咖哩雞	Beef Stroganoff 俄式牛柳絲	Thai Style Steamed Fish 泰式蒸魚柳	HK Style Beef in Egg Drop Sauce 滑蛋牛肉
	Stir-fried Fish with Courgette 翠玉瓜炒魚片	Garlic Chicken Chop 蒜香雞扒	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Stir-fried Shredded Pork wit Green Beans 四季豆炒肉絲
Vegetables V	Stir-fried Cauliflower & Broccoli 清炒雙花	Stir Fried Broccoli 清炒西蘭花	Bay Choi with Garlic 蒜蓉 白 菜	Boiled Cabbage Heart 白灼菜心
Grains	Rice 白飯	Pasta 意粉 •••	Rice 白飯	Red Rice 紅米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果
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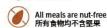
December 2023

4	Monday	Tuesday	Wednesday	Thursday
	11 Dec	12 Dec	13 Dec	14 Dec
Soup		Onion Soup 洋蔥湯	Bacon & Cauliflower Soup 煙肉椰菜湯	
		Steamed PorkRib in Soy Sauce 豉汁蒸排骨	Creamy Cream Corn Chicken 粟米雞粒	
Main		Fresh Tomato& Fish Fillet 鮮茄魚柳	Baked Pork Chop 燒豬扒	
Vegetables •		Shitake & Hairy Gourd 冬菇節瓜	Stir-fried Cauliflower & Broccoli 清炒雙花	
Grains		Red Rice 紅米飯	Rice 白飯	
Fruit		Fresh Fruit 生果	Fresh Fruit 生果	

















Shellfish Alert 含貝殼類海鮮



Wheat Alert









December 2023

