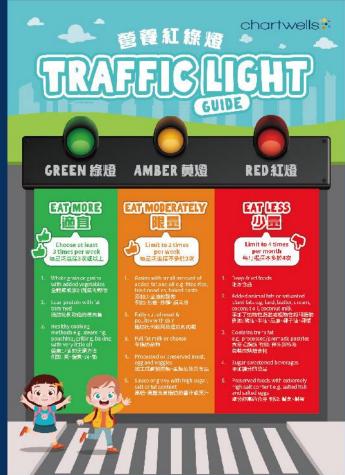


St. Stephen's College Preparatory School 聖士提反書院 附屬小學

SCHOOL MENU









		Monday	Tuesday	Wednesday	Thursday
		2 Jun	3 Јип	4 Jun	5 Jun
	Ѕоир	Minestrone 雜菜湯	Seafood Chowder Soup 周打海鮮湯	Lean Meat with Zucchini Soup 節瓜瘦肉湯	Tomato, Potato & Pork Bone Soup 蕃茄薯仔猪骨湯
	Main	Thai Style Steamed Fish 泰式蒸魚柳	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋	Fresh Tomato and Chicken Thigh 鮮茄雞扒	Black Pepper Potato & Beef 黑椒薯仔牛肉
		Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Stir-fried Fish with Chinese Zucchini and Onion 翠玉瓜洋蔥炒魚片
	Vegetables V	Garlic Bok Choy 蒜蓉白菜	Chinese Cabbage Soup 上湯菜心	Stir Fried Broccoli 清炒西蘭花	Stir-fried Bay Choi 清炒白菜
	Grains	Red Rice 紅米飯	Rice 白飯	Pasta 意粉 •••	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

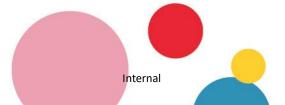
















	Monday	Tuesday	Wednesday	Thursday
	9 Jun	10 Jun	11 Jun	12 Jun
Soup	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Onion Soup 洋蔥湯 多り	Papaya with Snow Fungus Soup 木瓜雪耳湯	Corn & Minced Chicken Soup 粟米雞蓉湯
Main	Salt & Pepper Pork Chop 椒鹽豬扒	Diced Beef Tenderloin Black Pepper 黑椒牛柳粒	Japanese Curry Chicken 日式甜咖哩雞	Vietnamese Lemongrass Porkchop 越式香茅豬扒
WIAIVI	Braised Tofu 紅燒豆腐 ①3000000000000000000000000000000000000	Long Bean Omelette 豆角煎蛋	Steamed Egg with Glass Noodles 粉絲蒸水蛋	Stir-Fried Shrimp with Celery 西芹炒蝦仁
Vegetables	Shiitake & Hairy Gourd 冬菇節瓜 V 🗷 🛡	Garlic Bok Choy 蒜蓉白菜 ✓	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Boiled Lettuce 白灼生菜
Grains	Rice 白飯	Rice 白飯	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









所有食物均不含堅果





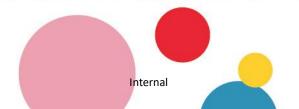
Dairy Alert 含奶類















	Monday	Tuesday	Wednesday	Thursday
	16 Jun	17 Jun	18 Jun	19 Jun
Ѕоир	Miso Soup 日式味噌湯	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯	Tomato Egg Drop and Potato Soup 蕃茄蛋花薯仔湯
Main	Minced Beef Fried Rice (Less Oil) 生炒牛肉飯 (少油)	Fried Pork Ribs with Pineapple 菠蘿生炒骨	Japanese Gyudon (Onion & Shredded Beef) 和風洋蔥牛肉	Thai Green Curry Chicken (with Coconut Milk) 泰式青咖哩雞 (含椰奶)
	Stir-fried Shredded Pork with Hairy Gourds 節瓜炒肉絲	Stir-Fry Beef with Peppers 雙色椒炒牛肉	Chicken Skewers 雞肉串燒	Sliced Pork with Cabbage 椰菜炒肉片
Vegetables •	Japanese Veggie Curry 日式咖哩雜菜	Boiled Lettuce 白灼生菜	Garlic Broccoli 蒜蓉西蘭花	Stir-Fried Zucchini with Black Fungus 節瓜炒雲耳
Grains	/	Rice 白飯	'Rice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果









所有食物均不含堅果





Dairy Alert 含奶類





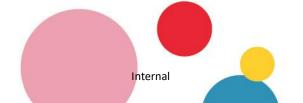


















		Monday	Tuesday	Wednesday	Thursday
		23 Jun	24 Jun	25 Jun	26 Jun
	Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯	Tomato Soup 蕃茄蓉湯	Onion Soup 洋蔥湯	Minestrone 雜菜湯
	Main	Thai Style Steamed Fish 泰式蒸魚柳	Steamed Chicken with Black Fungus and Mushroom 北菇雲耳蒸雞	Beef Stroganoff 俄式牛柳絲	Beef Bolognese with Spaghetti 意式肉醬意粉
		Stir Fried Shredded Pork and Green Beans 四季豆炒肉絲	Stir-fried Fish with Chinese Zucchini and Onion 翠玉瓜洋蔥炒魚片	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲	Grilled Chicken Wings 香烤雞翼
١	/egetables	Boiled Lettuce 白灼生菜	Stir-fried Bay Choi 清炒白菜	Stir Fried Mixed Vegetables 炒雜菜	Potato Grid 薯格
	Grains	Rice 白飯	Brown Ri <i>ce</i> 糙米飯	Rice 白飯	/
	Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fruit Juice & Strawberry Cheesecake 果汁&草莓芝士餅

























