

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

SCHOOL MENU









Lunch Menu May 2024

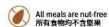
| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------|--------|---------|-----------|--------------------------------------|--------------------------------------|
| | | | | 1 May | 2 May | 3 May |
| | Fruit / Soup | | | | Fresh Fruit 生果 | Bacon & Cauliflower Soup 煙肉椰菜湯 |
| | Main | | | | Bolognese Spaghetti 肉醬意粉 ② (// | Onion Pork Chop 洋蔥豬扒 |
| | | | | | Stir Fried Broccoli 清炒西蘭花 | Baby Cabbage in Broth 上湯娃娃菜 |
| | Grains | | | | Pasta 意粉 | Rice 白飯 |











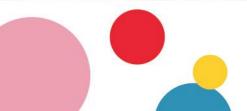






Fish Alert 含魚類











Green

Lunch Menu May 2024

Tuesday

Wednesday

Thursday

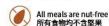
MONDAY 6 May 7 May 8 May 9 May 10 May Winter Melon, Coix Seed, Cream of Corn Egyptian Bean & Pork Fresh Fruit Fruit / Soup 粟米忌廉湯 Bone Soup 生果 冬瓜薏米扁豆 豬骨湯 Scrambled Egg with Beef Fried Rice Baked Chicken with Tomato and Onion (Less Oil) Lemon Sauce 鮮茄洋蔥炒蛋 生炒牛肉飯(少油) 西檸雞扒 Main Japanese Veggie Curry Boiled Choy Sum Garlic Bok Choy 日式野菜甜咖哩 白灼菜心 蒜香白菜仔 Red Rice Rice Grains 白飯 紅米飯

































FUN Friday



Tuesday

Lunch Menu May 2024

Wednesday

| | 13 May | 14 May | 15 May | 16 May | 17 May |
|--------------|---|---|--------|--|--|
| Fruit / Soup | Sweet Corn & Carrot Soup 粟米甘筍湯 | Fresh Fruit 生果 | | Fresh Fruit 生果 | Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯 |
| | Vegetables and Egg Fried Rice (Less Oil) 菜粒蛋炒飯 (少油) | Chicken A La King (with Skim Milk) 白汁雞皇(配脫脂奶) | | #K Style Swiss Chicken Wing 瑞士雞翼 | BBQ Pork with Scrambled Egg 叉燒炒蛋 |
| Main | Stir Fried Baby Cabbage and Fried Gluten 娃娃菜炒炸麵筋 | Garlic Cabbage 蒜蓉椰菜 | | Stir Fried Beef and Baby Bok Choy 白菜仔炒牛肉 | Stir Fried Chicken Fillet and Courgette 翠玉瓜炒雞柳 |
| Grains | Steamed Bun 饅頭 | Pasta 意粉 | | Rice 白飯 | Rice 白飯 |









All meals are nut-free 所有食物均不含堅果









Soy Alert 含大豆











Thursday



Friday



Lunch Menu May 2024

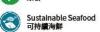
Wednesday

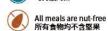
Tuesday

| | 20 May | 21 May | 22 May | 23 May | 24 May |
|--------------|--|---|---|---|--|
| Fruit / Soup | Seaweed & Egg Drop Soup 紫菜蛋花湯 | Fresh Fruit 生果 | Tomato, Potato & Pork Bone Soup 蕃茄薯仔豬骨湯 | Fresh Fruit 生果 | Borscht Soup 羅宋湯 |
| Main | Supreme Soy Sauce Fried Noodles (Less Oil) 豉油皇炒麵(少油) | Braised Chicken with Potato 薯仔炆雞 ②②① | Roasted Fish Fillet with Tomato and Herbs 鮮茄香草烤魚柳 | Stir Fried Beef and Mixed Mushroom 雜菌炒牛柳絲 | Braised Soy Sauce Chicken Legs 醬燒雞下脾 |
| MISTIN | Stir Fried Cabbage and Straw Mushroom 清炒椰菜草菇 | Baby Cabbage in Broth 上湯娃娃菜 | Stir Fried Cauliflower and Sliced Meat 椰菜花炒肉片 | Boiled Lettuce 白灼生菜 | Baked Potato Cubes 焗薯粒 |
| Grains | Twisted Scallion Bun 蔥花卷 | Red Rice 紅米飯 | Rice 白飯 | Rice 白飯 | Siu Mai 魚肉燒賣 |



























Thursday



Fun Friday



Lunch Menu May 2024

Tuesday

| | 27 May | 28 May | 29 May | 30 May | 31 May |
|--------------|---|---|---|--|--|
| Fruit / Soup | Miso Soup 日式味噌湯 | Fresh Fruit 生果 | Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯 | Fresh Fruit 生果 | Minestrone 雜菜湯 |
| Main | Vegetarian Fried Rice Vermicelli (Less Oil) 素三絲炒米粉 (少油) | Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米燒魚柳 | Pork Fillet Goulash 匈牙利燴豬柳 | Taiwanese Minced Pork 台式肉燥 多®少 | Yangzhou Fried Rice (Less Oil) 揚州炒飯 (少油) |
| MAIN | Baby Cabbage in Broth 上湯娃娃菜 | Garlic Broccoli 蒜香西蘭花 | Boiled Bok Choy 白灼白菜 | Stir Fried Beef and Choy Sum 菜心炒牛肉 | Stir Fried Pork and Cabbage 椰菜炒豬肉 |
| Grains | Steamed Bun 饅頭 | Rice 白飯 | Red Rice 紅米飯 | Rice 白飯 | 1 |









