

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

SCHOOL MENU

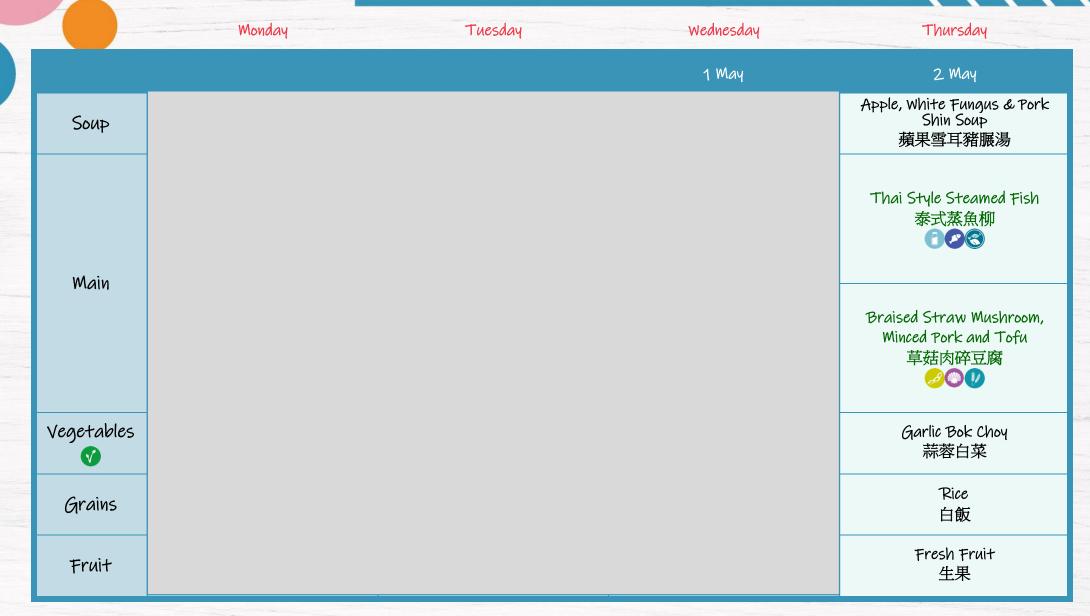








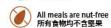
Dinner Menu May 2024













Dairy Alert 含奶類







Shellfish Alert 含貝殼類海鮮











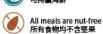


_		Monday	Tuesday	Wednesday	Thursday
		6 May	7 May	8 May	9 May
	Ѕоир	Onion Soup 洋蔥湯	Seafood Chowder Soup 周打海鮮湯	Miso Soup 日式味噌湯	Seaweed, Minced Meat & Egg Drop Soup 紫菜肉碎蛋花湯
	Main	Garlic Pork Chop 蒜香豬扒	BBQ Pork with Scrambled Egg 叉燒炒蛋	Deep Fried Fish Fillet in Sweet Corn Sauce 粟米炸魚塊	Fresh Tomato and Chicken Thigh 鮮茄雞扒
		Beef With Teriyaki Sauce 燒汁牛肉	Stir Fried Sliced Meat and Courgette 翠玉瓜炒肉片	Stir Fried Shredded Pork and Green Beans 四季豆炒肉絲	Stir Fried Cabbage and Fried Fish Block 椰菜炒炸魚條
	Vegetables	Stir Fried Cauliflower and Broccoli 清炒雙花	Garlic Bok Choy 蒜蓉白菜	Boiled Lettuce 白灼生菜	Stir Fried Broccoli 清炒西蘭花
	Grains	Red Rice 紅米飯	Rice 白飯	Pice 白飯	Pasta 意粉 少
	Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果





















Dairy Alert 含奶類









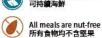
Dinner Menu May 2024

_		Monday	Tuesday	Wednesday	Thursday
		13 May	14 May	15 May	16 May
	Soup	Bacon & Cauliflower Soup 煙肉椰菜湯			Miso Soup 日式味噌湯
	W ain	Steamed PorkRib in Soy Sauce 豉汁蒸排骨			Beef Don 牛肉丼 ② [//
	Main	Chicken Wing with Mixed Herbs 香草雞翼			Chicken Skewers 雞肉串燒
	Vegetables	Shiitake & Hairy Gourd 冬菇節瓜 ② 1/2			Stir Fried Mixed Vegetables 炒雜菜
	Grains	Red Rice 紅米飯			1
	Fruit	Fresh Fruit 生果			Fresh Fruit 生果





























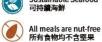
Onner Menu May 2024

	Monday	Tuesday	Wednesday	Thursday
	20 May	21 May	22 May	23 May
Ѕоир	Tomato, Potato & Pork Bone Soup 蕃茄薯仔豬骨湯	Winter Melon, Coix Seed, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆 豬骨湯		
Main -	Steamed Chicken with Black Fungus 雲耳蒸雞	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋		
WIZIN	Long Bean Omelette 豆角煎蛋	Beef Stroganoff 俄式牛柳絲		
Vegetables V	Garlic Bok Choy 蒜蓉白菜	Garlic Cabbage 蒜蓉椰菜		
Grains	Rice 白飯	Rice 白飯		
Fruit	Fresh Fruit 生果	Fresh Fruit 生果		

































		Monday	Tuesday	Wednesday	Thursday
		27 May	28 May	29 May	30 May
	Ѕоир	Apple, White Fungus & Pork Bone Soup 蘋果雪耳豬骨湯	Borscht Soup 羅宋湯	Miso Soup 日式味噌湯 ❷♥	Seaweed, Minced Meat & Egg Drop Soup 紫菜肉碎蛋花湯
	Main	Thai Style Steamed Fish 泰式蒸魚柳	Garlic Pork Chops 蒜香豬扒	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅	Baked Chicken Wings with Black Pepper 焗黑椒雞翼
		Sliced Meat with Fresh Tomato 鮮茄肉片	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Japanese Curry Chicken 日式甜咖哩雞	Stir Fried Sliced Meat and Courgette 翠玉瓜炒肉片
\	/egetables	Shiitake & Hairy Gourd 冬菇節瓜 ②1/2	Garlic Cauliflower 蒜蓉椰菜花	Boiled Lettuce 白灼生菜	Stir Fried Mixed Vegetables 炒雜菜
	Grains	Rice 白飯	Red Rice 紅米飯	Pice 白飯	Rice 白飯
	Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果









