



Breakfast Menu May 2022

	Tuesday	Wednesday	Thursday	Friday
	3/5	4/5	5/5	6/5
Main 主菜	-	Pumpkin & Minced Pork Congee 南瓜肉碎粥	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉	Ham & Cheese Sandwich 芝士火腿三文治
Side 配菜	-	Fried Noodle with Supreme Soy Sauce 豉油皇炒麵	Scrambled Egg 炒蛋	Oatmeal 牛奶燕麥片
Beverage 飲品	-	Chinese Tea 中國茶	Soy Milk 豆漿	Low Fat Milk 低脂奶
	10/5	11/5	12/5	13/5
Main 主菜	-	Dim Sum 中式點心	Mixed Vegetable & Shredded Chicken with Fusilli in Soup 時菜雞絲湯螺絲粉	Mixed Vegetable & Meatballs with Vermicelli in Soup 時菜肉丸湯米粉
Side 配菜	-	Fried Rice Vermicelli with Shiitake Mushroom 香菇炒米粉	Luncheon Meat 午餐肉	Sweet Corn 粟米
Beverage 飲品	-	Chinese Tea 中國茶	Soy Milk 豆漿	Low Fat Milk 低脂奶

EAT MORE
健康之選，適合經常食用
These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY
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Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS
建議少選擇為佳
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Breakfast Menu May 2022

	Tuesday	Wednesday	Thursday	Friday
	17/5	18/5	19/5	20/5
Main 主菜	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉	Dim Sum 中式點心  	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲銀針粉	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉
Side 配菜	Bacon 煙肉	Minced Pork Congee with Preserved Egg 皮蛋瘦肉粥	Ham 火腿	Boiled Egg 烩蛋 
Beverage 飲品	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Soy Milk 豆漿	Low Fat Milk 低脂奶 
	24/5	25/5	26/5	27/5
Main 主菜	Pan-fried Pork Chop 煎豬扒	Mixed Veggie & Sweetcorn with Macaroni in Soup 雜菜粟米湯通粉	Dim Sum 中式點心  	Mixed Veggie & Chicken Meat with Vermicelli in Soup 雜菜雞絲湯米粉
Side 配菜	Jam & Toast 果醬多士	Sausage 香腸	Steam Rice Roll 蒸腸粉	Stir-fried Mushroom 炒蘑菇
Beverage 飲品	Ovaltine 阿華田 	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 



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Vegetarian Choice



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Egg Alert



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Dairy Alert



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Shellfish Alert

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	Tuesday	Wednesday	Thursday	Friday
	31/5			
Main 主菜	Grilled Chicken 烤雞扒			
Side 配菜	Mixed Veggie & Sweetcorn with Marconi in Soup 雜菜粟米湯通粉			
Beverage 飲品	Low Fat Milk 低脂奶			



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



Lunch Menu May 2022



	Monday	Tuesday	Wednesday	Thursday
	2/5	3/5	4/5	5/5
Soup / Fruit	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Miso Soup 日式味噌湯	Fresh Fruit 生果
Main A	Portuguese Chicken 葡汁雞皇 	Malaysia Curry Fish with 馬來西亞咖哩魚柳 	Steamed Pork Patty & Lotus Root 蓮藕蒸肉餅	Curry Chicken with Potato 咖哩薯仔雞球
Main B 	Japanese Veggie Curry 日式野菜咖哩	Thai Style Stir-fried Mixed Vegetables 泰式炒雜菜	Scrambled Tomato & Egg 蕃茄炒蛋 	Stir-fried Mixed Vegetables & Bean Curd with Garlic 蒜蓉豆乾炒雜菜
Grains	Rice 白飯	Brown Rice 糙米飯	Red Rice 紅米飯	Rice 白飯
	9/5	10/5	11/5	12/5
Soup / Fruit	Minestrone Soup 意式雜菜湯	Fresh Fruit 生果	Monk Fruit & Dried BakChoy Soup 羅漢果白菜乾湯	Fresh Fruit 生果
Main A	Vegetarian Lasagna 素千層麵 	Creamy Cheese Bake Fish Fillet 芝士白汁焗魚柳 	Chinese Soya Sauces Chicken Wing 滷水雞翼	Stir Fried Pepper Beef with Spaghetti 黑椒牛肉炒意粉
Main B	Baked Mac with Broccoli & Cauliflower in Portuguese Sauce 葡汁焗雙花通粉 	Steamed Egg & Glass Noodles 粉絲蒸蛋 	Chinese Long Bean Omelette 豆角煎蛋 	Pumpkin Mixed Vegetable Stew 南瓜汁燴四蔬
Grains		Rice 白飯	Red Rice 紅米飯	Pasta 意粉

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	16/5	17/5	18/5	19/5
Soup / Fruit	Russian Borscht Soup 羅宋湯	Fresh Fruit 生果	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	Fresh Fruit 生果
Main A	Baked Chicken with Tomato Sauce & Mozzarella 水牛芝士茄醬焗雞扒	Chicken A La King with Rice 白汁雞皇	Western Fried Rice (Seafood Free) 西炒飯 (不含海鮮)	Roasted Pork Loin with Mushroom Sauce 蘑菇汁烤豬柳
Main B	Sweetcorn Mac & Cheese 芝士粟米焗通粉	Vietnamese Style Curry Mixed Vegetables with Rice 越式什菜咖喱	Japanese Mild Vegetable Curry with Steamed Rice 日式野菜咖喱	Moroccan Vegetable Tagine 摩洛哥燴雜菜
Grains	Pasta 通粉	Red Rice 紅米飯	Rice 白飯	Brown Rice 糙米飯

	23/5	24/5	25/5	26/5
Soup / Fruit	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果	Cream of Mushroom 蘑菇忌廉湯	Fresh Fruit 生果
Main A	Italian Style Vegan Meat Ball 鮮意式素肉丸	Shanghainese Fried Noodle with Shredded Pork 上海肉絲粗炒	韓式雞肉雜菜炒粉絲 Korean Chicken & Veggie Japchae Glass Noodles	Chinese BBQ Pork 蜜汁叉燒
Main B	Herb Baked Cherry Tomato & Cauliflower 意式香草焗車厘茄伴椰菜花	Steamed Baby Cabbage & Tofu with Garlic, Vermicelli 金銀蒜粉絲蒸娃娃菜佐豆腐	Baked Herbed Kidney Beans & Vegetable 香草紅腰豆焗雜菜	Japanese Braised Egg-Tofu and Assorted Vegetables 日式扒玉子豆腐伴雜菜
Grains	Pasta 意粉	Red Rice 紅米飯	Brown Rice 糙米飯	Red Rice 紅米飯

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	Monday	Tuesday	Wednesday	Thursday
	30/5	31/5		
Soup / Fruit	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果		
Main A	Roasted Chicken with Garlic & Lemon 蒜香檸檬焗雞扒	Beef Stoganoff 俄式燴牛肉 		
Main B 	Pumpkin & Assorted Mushrooms in Light Cream 輕奶油南瓜雜菌 	Ratatouille 普羅旺斯燉菜		
Grains	Pasta 意粉	Brown Rice 糙米飯		



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Tea Menu May 2022

	Monday	Tuesday	Wednesday	Thursday
	2/5	3/5	4/5	5/5
Main	Corn and Tuna Pizza 吞拿魚粟米薄餅  	Sweetcorn Cup 粒粒粟米杯	Xiao Long Bao 小籠包	Oatmeal Raisin Cookies 燕麥葡萄乾餅乾
Beverage	Low Fat Milk 低脂奶 	Fruit Juice 果汁	Light Chinese Tea 淡中國茶	Ovaltine 阿華田 
	9/5	10/5	11/5	12/5
Main	Mini Hog dog 迷你熱狗  	Mini Banana Muffin 迷你香蕉鬆餅  	Curry Fish Ball 咖喱魚蛋 	Mixed Fruit & Potato Salad 雜果薯仔沙律 
Beverage	Horlicks 好立克 	Low Fat Milk 低脂奶 	Fruit Juice 果汁	Ovaltine 阿華田 
	16/5	17/5	18/5	19/5
Main	Siu Mai 魚肉燒賣 	中式餃子 Chinese Dumpling	Mini English Raisin Scone 迷你英式提子鬆餅  	Mini Ham and Pineapple Pizza 迷你菠蘿火腿薄餅  
Beverage	Horlicks 好立克 	Light Chinese Tea 淡中國茶	Ovaltine 阿華田 	Fruit Juice 果汁
	23/5	24/5	25/1	26/1
Main	Pan-fried Pork Bun 生煎包	Egg Mayo Salad Sandwich 蛋沙律三文治  	Fish and Lettuce 生菜魚肉湯 	Mini Chocolate Muffin 迷你朱古力鬆餅  
Beverage	Ovaltine 阿華田 	Fruit Juice 果汁	Light Chinese Tea 淡中國茶	Low Fat Milk 低脂奶 

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	30/5	31/5		
Main	Sweetcorn Cup 粒粒粟米杯	Tuna on Crackers 吞拿魚梳打餅		
Beverage	Low Fat Milk 低脂奶 	Fruit Juice 果汁		



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Soup	-	Russian Borsht Fish Chowder Soup 周打魚湯  	Sweet Corn & Minced Chicken Soup 粟米雞蓉湯	Hairy Gourd & Pork Soup 節瓜肉片湯
Main A	-	Pan Fried Chicken in Curry Sauce 咖喱汁雞球	Roasted Chicken Breast with Thyme and Lemon 百里香檸檬烤雞胸	Sweet & Sour Fish 糖醋魚柳 
Main B	-	Baked Fish Fillet with Cheese 芝士焗魚柳  	Spaghetti Bolognese 肉醬意粉	Japanese Onion Miso Eggplant 日式洋蔥味噌茄子 
Vegetables 	-	Pumpkin Mixed Vegetable Stew 南瓜汁燴四蔬	Japanese Veggie Curry with Rice 日式野菜咖喱	Carrot & Turnip 甘筍蘿蔔
Grains	-	Brown Rice 糙米飯	Pasta 意粉	Red Rice 紅米飯
Other	-	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	9/5	10/5	11/5	12/5
Soup	-	Onion Soup 洋蔥湯	Tomato Soup 蕃茄蓉湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯
Main A	-	Steamed Shiitake Mushroom & Chicken 冬菇蒸雞	Japanese Curry Pork 日式咖喱豬柳	彩椒牛柳絲意粉 Stir-fried Spaghetti with Tri-pepper & Shredded Beef
Main B	-	Sautéed Tri-Pepper, Potato & Mushroom 蜜椒薯仔爆雜菇粒	Korean Style Pork Bulgogi & Vegetable 韓式泡菜炒豬肉	Sauteed Sliced Pork & Broccoli with Egg Drop Sauce 滑蛋肉片扒西蘭花
Vegetables	-	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Roasted Vegetables 焗雜菜	葡汁雜菜 Assorted Vegetable with Portuguese Sauce
Grains	-	Rice 白飯	Red Rice 紅米飯	Pasta 意粉
Other	-	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Soup	Sugar Cane, Imperatae & Carrot Soup 茅根竹蔗甘筍湯	Sweet Corn Soup 粟米湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯	Cream of Mushroom Soup 雜菌濃湯
Main A	味噌焦糖龍脷柳 Miso-Caramel Glazed Sole	瑪沙那燴豬柳 Pork Tenderloin in Marsala Sauce	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Mild Curry Chicken 淡咖喱雞
Main B	Stir-fried Fresh Tomato with Chicken 鮮茄炒雞柳	Chicken & Mushroom Stew 蘑菇燴雞	Steamed Egg with Minced Pork 肉鬆蒸水蛋	Pan-fried Fish Fillet with Pumpkin Sauce 南瓜汁煎魚柳
Vegetables	Stir-fried Romaine Lettuce with Garlic 蒜蓉油麥菜	Sautéed Mixed Vegetables 清炒時蔬	Boiled Bay Choi 白灼菜芯	Roasted Vegetables 燒雜瓜
Grains	Rice 白飯	Mashed Potato 薯蓉	Brown Rice 糙米飯	Pasta 意粉
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Soup	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米豬骨湯	Seafood Chowder Soup 周打海鮮湯
Main A	Fish Fillet with Sweet Corn Sauce 粟米魚柳	British Beef Stew 英式燴牛肉	Steamed Pork Patty & Mushroom 香菇蒸肉餅	Honey Mustard Roasted Pork Loin 蜜糖芥末焗豬柳
Main B	Minced Beef Tomato with Pasta 番茄免治牛肉	Chicken & Assorted Mushrooms 日式野菌雞肉	Stir-fried Fish with Chinese Zucchini 翠玉瓜炒魚片	Shredded Chicken in Mushroom Sauce 蘑菇汁燴雞絲
Vegetables	Baby Cabbage in Broth 上湯娃娃菜	Baked Pumpkin 焗南瓜	Japanese Mixed Veg 日式雜菜	Coleslaw 甘荀椰菜沙律
Grains	Red Rice 紅米飯	Pasta 意粉	Rice 白飯	Penne 長通粉
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	30/5	31/5		
Soup	合掌瓜豬肉湯	Cream of Pumpkin 南瓜忌廉湯 		
Main A	Sweet & Sour Chicken with Pineapple & Mixed Peppers 咕嚕雞球	Pork Goulash 匈牙利燴豬肉		
Main B	Braised Cap Mushrooms, Tofu & Minced Pork 草菇肉碎扒豆腐	日式冬菇蒸蛋 Steamed Egg with Shiitake Mushroom 		
Vegetables 	Garlic Cabbage 蒜蓉椰菜	Braised Assorted Veg in Tomato Sauce 茄汁燴雜菜		
Grains	Rice 白飯	Brown Rice 糙米飯		
Other	Fresh Fruit 生果	Fresh Fruit 生果		

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