



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



Breakfast Menu October 2021

	Tuesday	Wednesday	Thursday	Friday
	05 Oct	06 Oct	07 Oct	08 Oct
Main 主菜	Sausage 香腸	Grilled Chicken 烤雞扒	Bacon 煙肉	
Grains 澱粉質	Mixed Veggie & Sweetcorn with Marconi in Soup 雜菜粟米湯通粉 ✔	Pancake 熱香餅 ✔ ☹️ ⚪️	Roasted Potatoes 焗薯粒 ✔ Baked Beans 茄汁豆 ✔	
Beverage 飲品	Low Fat Milk 低脂奶	Ovaltine 阿華田 ☹️	Soy Milk 豆漿	
	12 Oct	13 Oct	14 Oct	15 Oct
Main 主菜	Ham 火腿	Scrambled Egg 炒蛋 ⚪️		
Grains 澱粉質	Sweet Corn 粟米 ✔	Sauteed Mushrooms 炒蘑菇 ✔		
Grains 澱粉質	Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉	English Muffin 英式鬆餅 ✔ ☹️ ⚪️		
Beverage 飲品	Ovaltine 阿華田 ☹️	Low Fat Milk 低脂奶 ☹️		



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



請適宜地食用
Best eaten in moderation.
These food are still important
for a balanced diet.



建議少選擇為佳
Don't have too much of these.
Just treat ourselves
every so often.



素食
Vegetarian
Choice



含有
蛋類
Egg Alert



含有
奶類
Dairy Alert



含有
魚類
Fish Alert



含有
貝殼類海鮮
Shellfish Alert



Sustainable
Seafood

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



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Breakfast Menu October 2021

	Tuesday	Wednesday	Thursday	Friday
	19 Oct	20 Oct	21 Oct	22 Oct
Main 主菜	Ham 火腿	Dim Sum 中式點心  	Boiled Egg 焗蛋 	Apple & Potato Salad 蘋果薯仔沙律 
Grains 澱粉質	Shredded Pork & Marconi in Tomato Soup 鮮茄肉絲湯通粉	Sweet Corn & Minced Pork Congee 粟米肉碎粥 	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉	Ham & Cheese Sandwich 芝士火腿三文治  
Beverage 飲品	Soy Milk 豆漿	Chinese Tea 中國茶	Horlicks 好立克 	Ovaltine 阿華田 
	26 Oct	27 Oct	28 Oct	29 Oct
Main 主菜	Pan-fried Pork Chop 煎豬扒	Dim Sum 中式點心  	Grilled Tomato 烤番茄 	Ham 火腿
Grains 澱粉質	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉 	Pumpkin & Minced Pork Congee 南瓜肉碎粥	Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲 銀針粉
Beverage 飲品	Ovaltine 阿華田 	Chinese Tea 中國茶	Ovaltine 阿華田 	Soy Milk 豆漿



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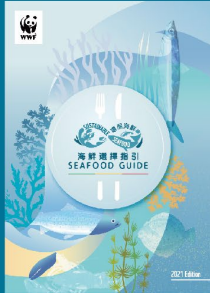
Sustainable Seafood 環保海鮮

Seafood with this icon has been chosen according to the recommendation from WWF-Hong Kong's Seafood Guide.

Learn more: https://wwfhk.awsassets.panda.org/downloads/seafood_guide_web_eng.pdf

本標誌的菜式根據世界自然基金會香港分會的《海鮮選擇指引》選用環保海鮮。

了解更多: https://wwfhk.awsassets.panda.org/downloads/seafood_guide_web_chi.pdf



WWF is partnering with Compass Group (Chartwells) to tackle one of the major issues facing our oceans today: destructive fishing and aquaculture practices. Fish play a critical role in healthy ocean ecosystems, but this delicate balance is under threat. Join us to give our seas - and ourselves - a healthier future. Choose sustainable seafood.

世界自然基金會香港分會與金巴斯集團香港(滙豐)合作,解決我們海洋正面臨的主要問題之一:破壞性捕魚和破壞性水產養殖。魚類在健康的海洋生態系統中扮演著一個重要的角色,但是這種脆弱的平衡正受到威脅。為了人類及海洋的未來,請選擇環保海鮮。



<https://seafood-guide.wwf.org.hk/en/seafood-guide>



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for our monthly Wellbeing e-newsletter

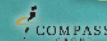


<http://cepurl.com/2sDXG9>



SUBSCRIBE NOW and get some health and wellness inspiration direct to your inbox every month!

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- ✓ Bringing you tips and facts about topics like: Eating Seasonal, Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!



EAT WELL ! FEEL GREAT !



Traffic Light Guide that helps you make healthy choices easy!

WHAT'S OUR GRADING CRITERIA FOR ALL LUNCH MEALS? WHAT DOES THE COLOUR REPRESENT? LET'S TAKE A BRIEF LOOK!

EAT MORE
適宜

GREEN
EAT MORE

- Whole grain or grains with added vegetables
- Lean meat with fat trimmed
- Healthy cooking methods are used, e.g. steaming, poaching, grilling, any method that requires a little oil

FOOD SAMPLE

EAT MODERATE
適量

AMBER
EAT MODERATE

- Grains with added fat and oil (small amount)
- Fatty cut of meat & poultry with skin
- Full fat milk or cheese
- Processed or preserved meat, egg and veggies
- Sauce or gravy with high sugar, salt or fat content
- Cooking methods that requires a slightly higher temperature or a small amount of oil, e.g. stir-frying, roasting

FOOD SAMPLE

EAT LESS
適少

RED
EAT LESS

- Grains with added fat and oil
- Full fat cream or coconut cream
- Highly processed meat
- Cooking methods that requires a lot of oil and high heat (e.g. deep fried), or contains an unnecessary amount of sugar or salt

FOOD SAMPLE



Want to know more?

Scan this QR code for our reference document from the Centre for Health Protection or simply visit the EatSmart Website: <https://school.eatsmart.gov.hk/> for more information

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