



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



Dinner Menu October 2021

| | Monday | Tuesday | Wednesday | Thursday |
|------------|---|---|--|----------|
| | 04 Oct | 05 Oct | 06 Oct | 07 Oct |
| Soup | Onion Soup 洋蔥湯 | White Radish, Carrot & Sweet Corn Soup 青紅蘿蔔粟米湯 | Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 | |
| Main A | Pan-fried Fish Fillet with Pumpkin Sauce 南瓜汁煎魚柳 | King Dou Pork 京都骨 | Braised Chicken & Potato with Chu Hou Sauce 柱候雞球薯仔 | |
| Main B | Roasted Chicken with Rosemary 迷迭香燒烤雞 | Streamed Tri-color Egg & Mushroom 三色蘑菇蒸水蛋 | Steamed Sliced Pork with Preserved Vegetables 梅菜蒸肉片 | |
| Vegetables | Garlic Vegetable Mix 蒜蓉雜菜 | Stir-fried Green Bean 炒四季豆 | Stir-fried Hairy Gourd with Vermicelli 節瓜炒粉絲 | |
| Grains | Pasta 意粉 | Red Rice 紅米飯 | Rice 白飯 | |
| Other | Fresh Fruit 生果 | Fresh Fruit 生果 | Fresh Fruit 生果 | |



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



Dinner Menu October 2021

| | Monday | Tuesday | Wednesday | Thursday |
|---|--|--|-----------|----------|
| | 11 Oct | 12 Oct | 13 Oct | 14 Oct |
| Soup | Borscht Soup 羅宋湯 | 合掌瓜豬肉湯 | | |
| Main A | Pan-fried Fish Fillet with Lemon & Dill 檸檬香草煎魚柳   | Steamed Pork Patty & Mushroom 香菇蒸肉餅 | | |
| Main B | Roasted Pork Loin with Mushroom Sauce 蘑菇汁燒豬柳  | Stir-fried Chicken with Celery 西芹炒雞柳 | | |
| Vegetables  | Broccoli & Carrots 西蘭花 & 甘筍 | Garlic Cabbage 蒜蓉椰菜 | | |
| Grains | Pasta 意粉 | Brown Rice 糙米飯 | | |
| Other | Fresh Fruit 生果 | Fresh Fruit 生果 | | |



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|------------|--|--|---|---|
| | 18 Oct | 19 Oct | 20 Oct | 21 Oct |
| Soup | Bacon & Cauliflower Soup 煙肉椰菜湯 | Hairy Grouard & Pork Soup 節瓜肉片湯 | Sweet Corn & Minced Chicken Soup 粟米雞蓉湯 | White Radish, Carrot & Sweet Corn Soup 青紅蘿蔔粟米湯 |
| Main A | HK Style Swiss Chicken Wing 瑞士雞翼 | Thai Style Braised Pineapple & Stew 泰式菠蘿燴牛肉 | Rosemary Roast Pork Loin with Gravy 迷迭香豬柳配燒汁 | Fried Egg with BBQ Pork 叉燒炒蛋 |
| Main B | Mustard Honey Glazed Pork Chop 蜜糖芥末豬扒 | Steamed Fish with Soy Sauce 豉汁蒸魚柳 | Mushroom Stroganoff 俄式燴蘑菇 | Stir Fried Lotus & Mushroom with Bean Curd 蓮藕香菇炒豆乾 |
| Vegetables | Stir-fried Mixed Vegetables 清炒雜菜 | Sautéed Broccoli with Garlic 蒜蓉炒西蘭花 | Zucchini 翠肉瓜 | Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲 |
| Grains | Pasta 意粉 | Red Rice 紅米飯 | Mashed Potato 薯蓉 | Brown Rice 糙米飯 |
| Other | Fresh Fruit 生果 | Fresh Fruit 生果 | Fresh Fruit 生果 | Fresh Fruit 生果 |



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Vegetarian Choice



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Egg Alert



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| | Monday | Tuesday | Wednesday | Thursday |
|------------|---|--|---|--|
| | 25 Oct | 26 Oct | 27 Oct | 28 Oct |
| Soup | Tomato Soup 蕃茄蓉湯  | Wintermelon & Pork Soup 冬瓜肉片湯 | Fish Chowder Soup 周打魚湯 | Black-Eyed Pea & Pork Bone Soup 眉豆豬骨湯 |
| Main A | Portuguese Chicken 葡國雞  | Shredded Chicken Fried Rice 生炒雞絲飯  | Beef Lasagna 牛肉千層麵 | Steamed Chicken with Cloud Fungus 金針雲耳蒸雞  |
| Main B | Braised Lotus Root & Pork Rib 蓮藕炆排骨 | 香蒜彩椒炒意粉   | Chicken A La King 白汁雞皇  | Stir-fried Fish with Celery & Black Fungus 西芹雲耳炒魚片 |
| Vegetables | Sautéed Mixed Vegetables 清炒時蔬  | Carrot & Sweet Corn 甘筍粟米 | Roasted Vegetable 焗雜菜 | Stir-fried Romaine Lettuce with Garlic 蒜蓉油麥菜 |
| Grains | Red Rice 紅米飯 | - | Pasta 意粉 | Brown Rice 糙米飯 |
| Other | Fresh Fruit 生果 | Fresh Fruit 生果 | Fresh Fruit 生果 | Fresh Fruit 生果 |

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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EAT LESS
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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(澤慧)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

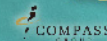


<http://cepurl.com/2sDXG9>



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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!

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

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

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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