









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



Lunch Menu October 2021

	Green Monday 	Tuesday	Wednesday	Thursday
	04 Oct	05 Oct	06 Oct	07 Oct
Soup / Fruit	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果	Minestrone Soup 意式雜菜湯	
Main A	Mixed Vegetable Curry 咖哩雜菜	Grilled Pork Loin with Garlic Gravy 蒜蓉豬柳	Shredded Chicken in Mushroom Sauce 蘑菇汁雞絲 	
Main B 	Vegetarian Lasagna 素千層麵	Braised Mushrooms & Japanese Egg Tofu 雙菇扒玉子豆腐 	Herb Baked Cherry Tomato & Cauliflower 意式香草焗車厘茄伴椰菜花	
Grains	Red Rice 紅米飯	Brown Rice 糙米飯	Penne 長通粉	

	11 Oct	12 Oct	13 Oct	14 Oct
Soup / Fruit	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果		
Main A	Teriyaki Eggplant 日式照燒茄子	Bolognese Spaghetti 肉醬意粉		
Main B	Pumpkin & Assorted Mushrooms in Light Cream 奶油南瓜雜菌	Portuguese Mixed Vegetable Stew 葡汁燴四蔬 		
Grains	Brown Rice 糙米飯	Pasta 意粉		



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 foods 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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Lunch Menu October 2021



	Green Monday	Tuesday	Wednesday	Thursday
	18 Oct	19 Oct	20 Oct	21 Oct
Soup / Fruit	Miso Soup 日式味噌湯 ⓘ	Fresh Fruit 生果	Tomato & Egg Drop Soup 蕃茄蛋花湯 ⓘ	Fresh Fruit 生果
Main A	Baked Penne with Sweetcorn 芝士粟米焗長通粉	Shredded Chicken in Mushroom Sauce 蘑菇汁雞絲 ⓘ	Taiwanese Minced Pork & Tofu 台式肉燥豆腐	Chicken & Ham in Creamy Sauce With Penne 火腿雞絲 白汁長通粉 ⓘ
Main B ✓	Scrambled Tomato & Egg 蕃茄炒蛋 ⓘ	Mixed Vegetables with Garlic Butter 蒜香牛油雜菜 ⓘ	Japanese Stir-fried Assorted Vegetables 日式炒雜菜	Baked Herbed Vegetable 香草焗雜菜
Grains	Penne 長通粉	Rice 白飯	Red Rice 紅米飯	Penne 長通粉

	25 Oct	26 Oct	27 Oct	28 Oct
Soup / Fruit	Cream of Mushroom 蘑菇忌廉湯	Fresh Fruit 生果	Monk Fruit & Dried Bak Choy Soup 羅漢果白菜乾湯	Fresh Fruit 生果
Main A	Baked Penne with Sweetcorn 芝士粟米焗長通粉	Stir-fried Minced Beef with Onion & Potato 洋蔥薯仔炒牛肉碎	Stir-fried Snow Peas and Chicken 蜜豆炒雞柳	Bolognese Spaghetti 肉醬意粉
Main B	Stir-fried Chinese Zucchini with Black Fungus 雲耳炒翠肉瓜	Japanese Vegetable Curry 日式雜菜咖哩	Braised Mushrooms & Japanese Egg Tofu 雙菇扒玉子豆腐	Pumpkin Mixed Vegetable Stew 南瓜汁燴四蔬
Grains	Brown Rice 糙米飯	Red Rice 紅米飯	Red Rice 紅米飯	Pasta 意粉

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



EAT LESS
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



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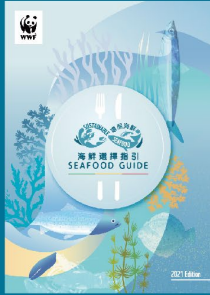
Sustainable
Seafood
環保海鮮
環保海鮮

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!

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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