










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

# Breakfast Menu

Dec  
2022

			Thursday 1 Dec	Friday 2 Dec
Main			Dim Sum 中式點心    	Pineapple Bun 港式菠蘿包 
Side			Fried Rice Vermicelli 豉油皇香菇炒 米粉 (少油) 	Oatmeal 牛奶燕麥片  
Beverage			Soy Milk 豆漿	Low Fat Milk 低脂奶 
	Tuesday 6 Dec	Wednesday 7 Dec	Thursday 8 Dec	Friday 9 Dec
Main	Ham 火腿	Sweet Corn 粟米	Fried Noodle with Supreme Soy Sauce 豉油皇炒麵  	Grilled Chicken 烤雞扒
Side	Shredded Pork & Marconi in Tomato Soup 雜菜肉絲 湯通粉 	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲 湯米粉	Minced Pork Congee with Preserved Egg 皮蛋瘦肉粥	Baked Bean 焗豆 Roasted Potatoes 焗薯粒
Beverage	Ovaltine 阿華田 	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 



Eat More  
適宜

Eat Moderately  
限量

Eat Less  
少量



Vegetarian  
素食



Sustainable  
Seafood  
可持續海鮮



Egg Alert  
含蛋類



Dairy Alert  
含奶類



Soy Alert  
含大豆



Fish Alert  
含魚類



Shellfish Alert  
含貝殼類海鮮



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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# Breakfast Menu

DEC  
2022

	Tuesday	Wednesday	Thursday	Friday
	13 Dec	14 Dec	15 Dec	16 Dec
Main	Pan-fried Pork Chop 煎豬扒	Dim Sum 中式點心    	Ham 火腿	Scrambled Egg 炒蛋 
Side	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉  	Sweet Corn & Minced Pork Congee 粟米肉碎粥	Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲米線
Beverage	Soy Milk 豆漿	Chinese Tea 中國茶	Horlicks 好立克 	Ovaltine 阿華田 
	Tuesday	Wednesday	Thursday	Friday
	20 Dec	21 Dec	22 Dec	23 Dec
Main	Grilled Chicken 烤雞扒	Bacon 煙肉	Sausage 香腸 Scrambled Egg 炒蛋 	Dim Sum 中式點心    
Side	Fried Rice Vermicelli 豉油皇香菇炒米粉 (少油) 	Ham & Spaghetti In Soup 火腿絲湯意粉 	Oatmeal 牛奶燕麥片  	Mushroom & Shredded Chicken Congee 香菇雞絲粥
Beverage	Soy Milk 豆漿	Chinese Tea 中國茶	Horlicks 好立克 	Ovaltine 阿華田 



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Vegetarian  
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Fish Alert  
含魚類



Shellfish Alert  
含貝殼類海鮮



Peanut Alert  
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Tree Nuts Alert  
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Wheat Alert  
含小麥





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## 營養紅綠燈 Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐！



	<b>EAT MORE</b> 健康之選 👍👍👍	Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物	Lean protein with fat trimmed 脂肪比例較低的蛋白質	Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康少油的烹調方法 例如：蒸、慢煮、烤、焗
	<b>EAT MODERATE</b> 適宜之選 👍	Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta 添加少量油的穀物 例如：炒飯、炒麵、焗意粉	Fatty cut of meat & poultry with skin 脂肪比例較高及連皮的肉類  Full fat milk or cheese 全脂奶品類	Processed or preserved meat, egg and veggies 加工或醃製肉類、蛋類及蔬菜食品  Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁
	<b>EAT LESS</b> 少選為佳 👎	Deep-fried foods 油炸食品  Sugar-sweetened beverages 添加糖分的飲品	Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性脂肪或植物性飽和脂肪 例如：豬油、牛油、忌廉、椰子油、椰漿	Contains trans fat e.g. processed/premade pastries 含反式脂肪 例如：預先製作及包裝的烘焙食物  Preserved foods with extremely high salt content e.g. salted fish and salted eggs 鹽分極高的食品 例如：鹹魚、鹹蛋