



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

# SCHOOL MENU



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

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分享你的意見




營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 健康之選</b> Choose at least 3 times per week 每天至少吃3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜五穀物 2. Lean protein with fat trim-med 低脂肪或低脂的蛋白質 3. 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、燉、焗、烤	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每天吃1-2次 1. Grains with small amount of added fat and oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的食物 例如：白飯、炒麵、焗食等 2. Fatty cut of meat & poultry 脂肪含量較高的肉類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and vegetables 加工肉類、蛋類及蔬菜食品 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每星期不超過1次 1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat (fat, lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物脂肪或飽和性脂肪的食品 例如：牛油、牛油、椰子油、椰油 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及白麵的糕點食品 4. Sugar sweetened beverages 含糖份的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份食品 例如：鹹魚、鹹蛋



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聲明：儘管我們已採取一切措施確保廚房內的交叉污染最小化，但可能會出現我們無法控制的情況，並可能改變所提供過敏原信息的準確性。因此，我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。  
DISCLAIMER: Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights.



# Breakfast Menu November 2023

Tuesday

Wednesday

Thursday

Friday

		1 Nov	2 Nov	3 Nov
Main		Dim Sum 中式點心 	Egg Salad Sandwich 碎蛋三文治 Ham 火腿 	
Side		Pumpkin & Minced Pork Congee 南瓜肉碎粥	Corn Flakes 粟米片	
Beverage		Ovaltine 阿華田 	Low Fat Milk 低脂奶 	
	7 Nov	8 Nov	9 Nov	10 Nov
Main	Sausage 香腸	Dim Sum 中式點心 	Pan-Fried Pork Chop 煎豬扒	Boiled Egg 焗蛋
Side	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯通粉 	Sweet Corn & Shredded Chicken Congee 粟米雞絲粥	Pancake 熱香餅 	Satay Beef with Rice Noodles in Soup 沙嗲牛肉湯米粉 
Beverage	Horlicks 好立克 	Soy Milk 豆漿 	Ovaltine 阿華田 	Chinese Tea 中國茶



Eat More  
適宜

Eat Moderately  
限量

Eat Less  
少量



Vegetarian  
素食



Sustainable Seafood  
可持續海鮮



All meals are nut-free  
所有食物均不含堅果



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



Wheat Alert  
含小麥



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	14 Nov	15 Nov	16 Nov	17 Nov
Main	Luncheon Meat 午餐肉	Pork Patty 豬柳漢堡	Boiled Egg 焗蛋	Dim Sum 中式點心
Side	Assorted Veggie, Beef & Rice Noodle in Soup 雜菜牛肉湯米	English Muffin 英式鬆餅	Minced meat and Tomato Macaroni 鮮茄肉碎通粉	Country Style Fried Vermicelli 家鄉炒米粉
Beverage	Chinese Tea 中國茶	Horlicks 好立克	Soy Milk 豆漿	Ovaltine 阿華田
	21 Nov	22 Nov	23 Nov	24 Nov
Main	Sausage 香腸	Boiled Egg 焗蛋	Grilled Chicken 烤雞扒	Ham 火腿
Side	Ham & Spaghetti in Soup 火腿絲湯意粉	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉	Shredded Pork with Rice Noodles in Soup 娃娃菜肉絲銀針粉	Green Veg & Fish Ball with Rice Noodles in Soup 青菜魚蛋湯米粉
Beverage	Low Fat Milk 低脂奶	Soy Milk 豆漿	Chinese Tea 中國茶	Ovaltine 阿華田



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	28 Nov	29 Nov	30 Nov
Main	Boiled Egg 焗蛋 	Dim Sum 中式點心 	Ham 火腿
Side	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉	Supreme Soy Sauce Fried Noodles 豉油皇炒麵 	Green Veg & Beef Ball with Rice Noodle in Soup 青菜牛丸湯米粉 
Beverage	Soy Milk 豆漿 	Chinese Tea 中國茶	Horlicks 好立克 



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