



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

SCHOOL MENU



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聖士提反書院附屬小學

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營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 健康之選 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 全穀類食物 (例如五穀物) 2. Lean protein with fat trim-med 低脂肪肉類 (例如雞胸肉) 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康的烹調方法 (例如蒸、燉、焗、烤)	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每週吃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 (例如炒麵、炸醬、油條) 2. Fatty cut of meat & poultry (e.g. ribs) 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 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	EAT LESS 少選為佳 No more than 1 time per week 每週吃不超過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、豬油、椰子油、椰油) 3. Contains trans fat (e.g. processed/premade pastries, biscuits, margarine, fast food) 白麩的烘焙食品 4. Sugar sweetened beverages 含糖的飲品 5. Preserved foods with extremely high salt content (e.g. salted fish and salted eggs) 高鹽分食品 (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.

Tuesday

Wednesday

Thursday

Friday

		5 Nov		6 Nov		7 Nov		8 Nov	
Side		Bacon 煙肉	Boiled Egg 焗蛋	Dim Sum 中式點心	Butter Toast 牛油多士				
Main		Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲銀針粉	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉	Fried Fish Fillet and Scrambled Eggs 炸魚柳加炒蛋				
Beverage		Skim Milk 脫脂奶	Chinese Tea 中國茶	Soy Milk 豆漿	Horlicks 好立克				



- 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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	Tuesday 12 Nov	Wednesday 13 Nov	Thursday 14 Nov	Friday 15 Nov
Side	Hash Browns 薯餅	Dim Sum 中式點心	Grilled Chicken 烤雞扒	Luncheon Meat 午餐肉
Main	Ham & Spaghetti in Soup 火腿絲湯意粉	Country Style Fried Rice Vermicelli 家鄉炒米粉	Pancake 熱香餅	Assorted Veggie, Beef & Macaroni in Soup 雜菜牛肉通粉
Beverage	Low Fat Milk 低脂奶	Chinese Tea 中國茶	Ribena 利賓納	Horlicks 好立克
	19 Nov	20 Nov	21 Nov	22 Nov
Side	Sausage 香腸	Dim Sum 中式點心	Scrambled Eggs 炒蛋	Ham 火腿
Main	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉	Sweet Corn & Minced Pork Congee 粟米肉碎粥	Pork Patty Muffin 豬柳鬆餅	Corn Flakes 粟米片
Beverage	Ovaltine 阿華田	Horlicks 好立克	Fruit Juice 果汁	Low Fat Milk 低脂奶



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Tuesday

Wednesday

Thursday

Friday

	26 Nov	27 Nov	28 Nov	29 Nov
Side	Sweet Corn 粟米	Jam Toast 果醬多士  	Luncheon Meat 午餐肉	Ham 火腿  
Main	Rice Noodles with Sliced Pork in Tomato Sauce 蕃茄肉片米粉  	Grilled Chicken and Scrambled Eggs 烤雞扒加炒蛋   	Assorted Veggie, Beef & Macaroni in Soup 雜菜牛肉通粉  	Green Veg & Beef Ball with Rice Noodle in Soup 青菜牛丸湯米粉  
Beverage	Ribena 利寶納	Soy Milk 豆漿 	Chinese Tea 中國茶	Ovaltine 阿華田  



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