



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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## SHARE YOUR THOUGHTS


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 <ol style="list-style-type: none"> <li>Whole grain or grains with added vegetables                全穀類或添加蔬菜五穀物</li> <li>Lean protein with fat trim-med                低脂肪或低脂的蛋白質</li> <li>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</li> </ol>	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每週吃1-2次 <ol style="list-style-type: none"> <li>Grains with small amount of added fat/oil e.g. rice, rice, fried noodle, baked snacks                添加少量脂肪的穀物 例如：炒麵、炒粉、焗食粉</li> <li>Fatty cut of meat &amp; poultry with skin                脂肪比例較高及連皮的肉類</li> <li>Full fat milk or cheese                全脂的奶類</li> <li>Processed or preserved meat, egg and vegetables                加工或經處理的 蛋類及蔬菜食品</li> <li>Sauce or gravy with high sugar, salt or fat content                高糖、高鹽及高脂肪的醬汁或灰汁</li> </ol>	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每週吃不超過1次 <ol style="list-style-type: none"> <li>Deep fat foods                油炸食品</li> <li>Added animal fats or saturated fat (fat/oil, lard, butter, cream, coconut oil, coconut cream, etc.)                添加了動物性脂肪或飽和性脂肪的食品 例如：牛油、忌廉、椰子油、椰漿</li> <li>Contains trans fat e.g. processed/premade pastries                含有反式脂肪 例如：酥餅、夾心餅及白麵包的鬆餅等物</li> <li>Sugar sweetened beverages                非正糖飲品或飲品</li> <li>Preserved foods with extremely high salt content e.g. salted fish and salted eggs                高鹽分食品或食品 例如：鹹魚、鹹蛋</li> </ol>



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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	1 Nov			
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	Dim Sum 中式點心			
Beverage		Skim Milk 脫脂奶	Chinese Tea 中國茶	Soy Milk 豆漿	Horlicks 好立克	Sweet Corn & Shredded Chicken Congee 粟米雞絲粥			
						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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	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 	Dim Sum 中式點心 
Main	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉 	Supreme Soy Sauce Fried Noodles 豉油皇炒麵 	Pork Patty Muffin 豬柳鬆餅 	Sweet Corn & Minced Pork Congee 粟米肉碎粥 
Beverage	Ovaltine 阿華田 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 	Horlicks 好立克 



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Wheat Alert  
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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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