



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                全穀類或添加蔬菜的穀物</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 每天吃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、粉麵、焗食粉</li> <li>Fatty cut of meat &amp; poultry with skin                脂肪含量較高的肉類</li> <li>Full fat milk or cheese                全脂奶/奶類</li> <li>Processed or preserved meat, egg and vegetables                加工肉類/肉類、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肉汁</li> </ol>	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每星期不超過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、餅乾及白麵的糕點食品</li> <li>Sugar sweetened beverages                含糖份的飲品</li> <li>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</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.

# Lunch Menu September 2023

Monday

Tuesday

Wednesday

Thursday

Friday

1 Sept

Fruit / Soup

Meal  
A

Meal  
B  
✓

Grains



**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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# Lunch Menu September 2023

Green  
MONDAY

Tuesday

Wednesday

Thursday

Friday

	4 Sept	5 Sept	6 Sept	7 Sept	8 Sept
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯  	Fresh Fruit 生果	Sweet Corn & Carrot Pork Bone Soup 粟米紅蘿蔔豬骨湯 	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯 
Meal A	Vegetarian Stir Fried Vermicelli Rice Noodles 素三絲炒米粉    	Taiwanese Minced Pork Rice with Egg 台式肉燥飯加蛋  	Beef Stroganoff 俄式牛柳絲 	Portuguese Chicken 葡國雞	Vietnamese Style Lemongrass Pork Chop 越式香茅豬扒 
Meal B 	Garlic Cabbage 蒜蓉椰菜	Boiled Baby Bay Choi 白灼白菜仔	Stir-fried Broccoli 清炒西蘭花	Thai Style Stir-fried Mixed Vegetables 泰式炒雜菜 	Boiled Cabbage Heart 白灼菜芯
Grains	Vermicelli 米粉	Rice 白飯	Brown Rice 糙米飯	Pasta 意粉 	Red Rice 紅米飯



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MONDAY

Tuesday

Wednesday

Thursday

Fun Friday

	11 Sept	12 Sept	13 Sept	14 Sept	15 Sept
Fruit / Soup	Cream of Mushroom 雜菌濃湯 	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Minestrone 雜菜湯
Meal A	Scrambled Eggs with Tomatoes 鮮茄炒蛋  	Herbed Roast Pork Loin with Gravy 香草烤豬扒 配燒汁 	Soy Sauce Chicken Wings 豉油皇雞翼  	Diced Pork in Creamy Corn Sauce 粟米肉粒 	Pork Sausage with Cheese Hamburger 芝士豬柳漢堡  
Meal B 	Stir Fried Veggie BBQ Pork with Green Bean 豆角炒素叉燒  	Japanese Mild Vegetable Curry 日式野菜咖喱  	Baby Cabbage in Broth 上湯娃娃菜	Garlic Cabbage 蒜蓉椰菜	Sweet Corn 粟米
Grains	Rice 白飯	Rice 白飯	Brown Rice 糙米飯	Pasta 意粉 	Baked Potato Cubes 薯粒



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# Lunch Menu September 2023



Tuesday

Wednesday

Thursday

Friday

	18 Sept	19 Sept	20 Sept	21 Sept	22 Sept
Fruit / Soup	Miso Tofu Soup 味噌豆腐湯 	Fresh Fruit 生果	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	Fresh Fruit 生果	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯
Meal A	Japanese Style Stir Fried Udon with Vegetables & Shredded Eggs 日式素炒烏冬 	Herbed Roast Fish Fillet with Tomato 鮮茄香草烤魚柳 	Salt and Pepper Pork Chops 椒鹽豬扒 	Bolognese Spaghetti 肉醬意粉 	Japanese Style Pork Ginger Sauté 豚肉生薑燒 
Meal B	Stir-fried Broccoli 清炒西蘭花 	Potato and Vegetable in Portuguese Sauce 葡汁薯仔時蔬	Japanese Veggie Curry 日式野菜咖哩 	Stir-fried Mixed Vegetables 炒雜菜	Baby Cabbage in Broth 上湯娃娃菜
Grains	Udon 烏冬 	Brown Rice 糙米飯	Rice 白飯	Pasta 意粉 	Red Rice 紅米飯



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# Lunch Menu September 2023



Tuesday

Wednesday

Thursday

	25 Sept	26 Sept	27 Sept	28 Sept	30 Sept
Fruit / Soup	Cream of Corn 粟米忌廉湯  	Fresh Fruit 生果	Winter Melon With Semen Coicis Soup 薏米冬瓜豬肉湯	Borscht Soup 羅宋湯	Fresh Fruit 生果
Meal A	Mixed Vegetables Fried Rice 雜菜粒甘筍炒飯    	Fresh Tomato Pork 鮮茄豬扒	Chicken A La King with Rice 白汁雞皇飯 	HK Style Beef in Egg Drop Sauce 滑蛋牛肉 	Hawaiian Pizza 夏威夷薄餅
Meal B	Cauliflower With Garlic 蒜香椰菜花 	Stir-fried Mixed Vegetables 炒雜菜	Japanese Veggie Curry 日式野菜咖哩  	Stir-fried Vegetables 清炒時蔬	Sweet Corn 粟米粒
Grains	Fried Rice 炒飯   	Pasta 意粉 	Rice 白飯	Rice 白飯	Potato Cude 薯粒



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