



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

# SCHOOL MENU



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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/oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的穀物 例如：米飯、粉麵、焗食等 2. Fatty cut of meat & poultry 脂肪份比較高及肥的肉類 3. Full fat milk or cheese 全脂的奶類 4. Processed or preserved meat, egg and vegetables 加工或醃製的類、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/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、椰油 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及夾心餅 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.

# Tea Menu November 2023

Monday

Tuesday

Wednesday

Thursday

	Monday	Tuesday	Wednesday	Thursday
			1 Nov	2 Nov
Main			Pineapple Bun 菠蘿飽   	
Beverage			Horlicks 好立克 	
	6 Nov	7 Nov	8 Nov	9 Nov
Main		Barbecued Pork Bun 叉燒包  	Mini Ham and Pineapple Pizza 迷你菠蘿火腿薄餅  	Chocolate Muffin 朱古力鬆餅   
Beverage		Ovaltine 阿華田 	Fruit Juice 果汁	Low Fat Milk 低脂奶 
	13 Nov	14 Nov	15 Nov	16 Nov
Main	Sweetcorn Cup 粒粒粟米杯	English Raisin Scone 英式提子鬆餅   	Pan-fried Pork Bun 生煎包  	Chocolate Cookies 朱古力曲奇餅   
Beverage	Soy Milk 豆漿 	Fruit Juice 果汁	Chinese Tea 中國茶	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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Wednesday

Thursday

	20 Nov	21 Nov	22 Nov	23 Nov
Main	<b>Curry Fish Ball</b> 咖喱魚蛋 	<b>Mini Hog Dog</b> 迷你熱狗 	<b>Steamed Cabbage and Pork Buns</b> 菜肉包 	<b>Siu Mai</b> 魚肉燒賣 
Beverage	Fruit Juice 果汁	Ovaltine 阿華田 	Chinese Tea 中國茶	Horlicks 好立克 
	27 Nov	28 Nov	29 Nov	30 Nov
Main	<b>Blueberry Danish</b> 藍莓酥 	<b>Pork Chop Bun</b> 香煎豬扒飽 	<b>Tuna Sandwich</b> 吞拿魚三文治 	<b>Barbecued Pork Bun</b> 叉燒包 
Beverage	Horlicks 好立克 	Fruit Juice 果汁	Ovaltine 阿華田 	Chinese Tea 中國茶



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