



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) 添加少量脂肪的食物 (例如：炒麵、薯條、焗肉餅) 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/起司 4. Processed or preserved meat, egg and vegetables 加工肉類/罐頭肉類、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	EAT LESS 少選為佳 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、椰漿) 3. Contains trans fat (e.g. processed/premade pastries, biscuits, margarine, fried food) 白麩的烘焙食品 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) 高鹽份罐頭食品 (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.

Monday

Tuesday

Wednesday

Thursday

	3 Mar	4 Mar	5 Mar	6 Mar
Main	Xiao Long Bao 小籠包  	Chocolate Cookies 朱古力曲奇餅    	Pan-fried Pork Bun 生煎包   	English Raisin Scone 英式提子鬆餅  
Beverage	Chinese Tea 中國茶	Horlicks 好立克   	Soy Milk 豆漿 	Honey Citron Tea 柚子蜜
	10 Mar	11 Mar	12 Mar	13 Mar
Main	Japanese Dumplings 日式餃子  	Curry Fish Ball 咖喱魚蛋     	Barbecue Pork Buns 叉燒包   	Blueberry Danish 藍莓酥  
Beverage	Soy Milk 豆漿 	Fruit Juice 果汁	Chinese Tea 中國茶	Horlicks 好立克   
	17 Mar	18 Mar	19 Mar	20 Mar
Main	Egg Salad Sandwich 蛋沙律三文治   	Mini Hot Dog 迷你熱狗   	Siu Mai 魚肉燒賣   	Pineapple Bun 菠蘿包  
Beverage	Ribena 利賓納	Fruit Juice 果汁	Horlicks 好立克   	Ovaltine 阿華田  



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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Monday

Tuesday

Wednesday

Thursday

	24 Mar	25 Mar	26 Mar	27 Mar
Main	Sweetcorn Cup 粒粒粟米杯	Mini Springroll 迷你春卷	Pork Chop Bun 香煎豬扒包	Coconut Buns 雞尾包
Beverage	Fruit Juice 果汁	Soy Milk 豆漿	Ribena 利賓納	Ovaltine 阿華田
31 Mar				
Main	Ham & Cheese Sandwich 火腿芝士三文治			
Beverage	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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