



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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營養紅綠燈

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TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<p>EAT MORE 健康之選</p> <p>Choose at least 3 times per week 每星期至少3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類或添加蔬菜之穀物 Lean protein with fat trim-med 低脂肪或低脂的蛋白質 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 	<p>EAT MODERATE 適宜之選</p> <p>Limit to 1-2 times per week 每星期1-2次</p> <ol style="list-style-type: none"> 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：白飯、炒麵、焗食等 Fatty cut of meat & poultry with skin 脂肪含量較高及帶皮的肉類 Full fat milk or cheese 全脂的奶類 Processed or preserved meat, egg and vegetables 加工或經製的類、蛋類及蔬菜食品 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁 	<p>EAT LESS 少選為佳</p> <p>No more than 1 time per week 每星期不超過1次</p> <ol style="list-style-type: none"> Deep fat foods 油炸食品 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：黃油、牛油、忌廉、椰子油、椰漿 Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食品：預製餅皮及白麵包的鬆餅等物 Sugar sweetened beverages 非正糖飲品或飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分或高防腐劑食品：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

	1 Apr	2 Apr	3 Apr	
Main				
Beverage				
	7 Apr	8 Apr	9 Apr	10 Apr
Main	Egg Salad Sandwich 蛋沙律三文治 	Japanese Dumplings 日式餃子 	Curry Fish Ball 咖喱魚蛋 	Barbecue Pork Bun 叉燒包 
Beverage	Horlicks 好立克 	Ribena 利賓納	Fruit Juice 果汁	Horlicks 好立克 
	14 Apr	15 Apr	16 Apr	17 Apr
Main	Siu Mai 魚肉燒賣 			
Beverage	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

Internal



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Monday

Tuesday

Wednesday

Thursday

21 Apr

22 Apr

23 Apr

24 Apr

Main

Beverage

28 Apr

29 Apr

30 Apr

Main

Chocolate Cookies
朱古力曲奇餅



Pineapple Bun
菠蘿包



Mini Hot Dog
迷你熱狗



Beverage

Horlicks
好立克



Ribena
利賓納

Fruit Juice
果汁



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
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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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