



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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分享你的意見




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 全穀類或添加蔬菜的食物 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 每週吃1-2次 1. Grains with small amount of added fat and oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的食物 例如：米飯、粉麵、焗食等 2. Fatty cut of meat & poultry 脂肪含量較高的肉類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and vegetables 加工肉類、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 每週吃不超過1次 1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat (fat, 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、牛油、椰子油、椰油 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：餅乾、牛油、白麵的糕點食品 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.



Dinner Menu September 2023

Monday

Tuesday

Wednesday

Thursday

	4 Sep	5 Sep	6 Sep	7 Sep
Soup	Borscht Soup 羅宋湯	Cream of Corn 粟米忌廉湯 	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Onion Soup 洋蔥湯
Meal A	Beef Goulash 匈牙利燴牛肉	Stir-fried Fresh Tomato with Chicken 鮮茄炒雞柳 	Black Pepper Potato & Sliced Meat 黑椒薯仔肉片 	Long Bean Omelette 豆角煎雞蛋
Meal B	Chicken Wing with Mixed Herbs & Pork Chop 香草雞翼 & 豬扒 	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨 	Fried Fish Fillets Cucumber & Black Fungus 青瓜雲耳魚片 	Stew Pork Diced with Mixed Mushroom 雜菌肉粒
Vegetables 	Garlic Cauliflower 蒜蓉椰菜花	Sautéed Baby Cabbage with Garlic 清炒蒜蓉娃娃菜	Bay Choi with Garlic 蒜蓉白菜	Garlic Cauliflower 蒜蓉椰菜花
Grains	Rice 白飯	Rice 白飯	Red Rice 紅米飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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

11 Sep

12 Sep

13 Sep

14 Sep

	Monday 11 Sep	Tuesday 12 Sep	Wednesday 13 Sep	Thursday 14 Sep
Soup	Sugar Cane, Imperatae & Sweet Corn Soup 竹蔗茅根粟米湯	Borscht Soup 羅宋湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 	Apricot Kernel & Watercress soup 南北杏西洋菜湯
Meal A	Lettuce, Minced Beef Fried Rice 生炒牛肉飯 	Thai Green Curry Chicken 泰式青咖哩雞 	Pork Goulash 匈牙利燴豬肉	Steamed Fish & Preserved Veg 梅菜蒸魚柳
Meal B	Stir Fried Chicken with Celery and Rice 西芹炒雞柳	Steamed Eggs 蒸水蛋 	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐 	Plant Based Meatball 意式素肉丸
Vegetables 	Salted Eggs and Preserved Eggs Seasonal Vegetable 金銀蛋浸時蔬 	Herb Baked Cherry Tomato & Cauliflower 意式香草焗車厘茄伴椰菜花	Stir-fried Cauliflower & Broccoli 清炒雙花	Baby Cabbage with Garlic 蒜蓉娃娃菜
Grains	Fried Rice 炒飯 	Rice 白飯	Brown Rice 糙米飯	Red Rice 紅米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Thursday

	18 Sep	19 Sep	20 Sep	21 Sep
Soup	Lotus Root with Pork Bone Soup 蓮藕豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯 	Seafood Chowder Soup 周打海鮮湯  	Apple with Pork Bone 蘋果雪耳豬骨湯
Meal A	Grilled Pork Chop with Fennel Gravy 烤豬扒 配茴香燒汁 	Irish Stew with Rice 愛爾蘭燴牛肉	Thai Style Steamed Fish 泰式蒸魚柳  	Pork Adobo 菲式燴豬柳
Meal B	Stir-fried Shredded Pork, Garlic & Chinese Zucchini 蒜蓉翠肉瓜 炒肉絲	Long Bean Omelette 豆角煎蛋 	Garlic Chicken Wing 蒜香雞翼  	Steamed Shiitake, Black Fungus & Chicken 北菇雲耳蒸雞  
Vegetables 	Boiled Cabbage Heart 白灼菜心	Garlic with Cabbage 蒜蓉椰菜	Corn Kernels 粟米粒	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲
Grains	Rice 白飯	Red Rice 紅米飯	Penne 長通粉	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Monday

Tuesday

Wednesday

Thursday

25 Sep

26 Sep

27 Sep

28 Sep

	25 Sep	26 Sep	27 Sep	28 Sep
Soup	Miso Soup 日式味噌湯  	Tomato Soup 蕃茄蓉湯	Cream of Corn 粟米忌廉湯 	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨 
Meal A	Pork Chops With Lemongrass 香茅豬扒	Japanese Curry Chicken 日式咖哩雞  	Herbed Roast Fish Fillet 香草烤魚柳  	Steamed Egg With Dried Shrimp and Glass Noodle 蝦米粉絲蒸水蛋
Meal B	Taiwanese Minced Pork 台式肉燥  	Braised Shredded Pork & Eggplant 茄子燴肉絲  	Creamy Pumpkin Sauce Stew Pork 南瓜忌廉汁 燴豬肉 	Stir-fried Sliced Pork with Cabbage & Dried Bean Curd 豆乾肉片炒椰菜  
Vegetables 	Boiled Bay Choi 白灼白菜	Stir Fried Mixed & Cabbage 雜菌炒椰菜	Stir Fried Lotus & Mushroom with Celery 蓮藕香菇炒西芹	Shitake & Hairy Gourd 冬菇節瓜
Grains	Brown Rice 糙米飯	Rice 白飯	Pasta 意粉 	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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