



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

Breakfast Menu

Jan
2023

	Tuesday	Wednesday	Thursday	Friday
	3 Jan	4 Jan	5 Jan	6 Jan
Main	Pan-Fried Fish Fillet 煎魚柳  	Pumpkin & Minced Pork Congee 南瓜肉碎粥	Scrambled Egg 炒蛋 	Mini Pineapple Bun 迷你菠蘿包  
Side	Shredded Pork & Macaroni in Tomato Soup 雜菜肉絲湯通粉 	Fried Noodle with Supreme Soy Sauce 豉油皇炒麵  	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉  	Oatmeal 牛奶燕麥片  
Beverage	Horlicks 好立克 	Chinese Tea 中國茶	Soy Milk 豆漿 	Low Fat Milk 低脂奶 
	Tuesday	Wednesday	Thursday	Friday
	10 Jan	11 Jan	12 Jan	13 Jan
Main	Grilled Chicken 烤雞扒	Dim Sum 中式點心    	Luncheon Meat 午餐肉	Sweet Corn 粟米
Side	Roasted Potatoes 焗薯粒 Baked Beans 茄汁豆	Fried Rice Vermicelli 豉油皇香菇炒米粉 (少油) 	Mixed Vegetable & Shredded Chicken with Fusilli in Soup 時菜雞絲湯螺絲粉 	Mixed Vegetable & Meatballs with Vermicelli in Soup 時菜肉丸湯米粉
Beverage	Ovaltine 阿華田 	Chinese Tea 中國茶	Soy Milk 豆漿 	Low Fat Milk 低脂奶 



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
Seafood
可持續海鮮



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



Peanut Alert
含花生



Tree Nuts Alert
含堅果



Wheat Alert
含小麥



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	Tuesday 17 Jan	Wednesday 18 Jan	Thursday 19 Jan	Friday 20 Jan
Main	Bacon 煙肉	Dim Sum 中式點心 	Ham 火腿	
Side	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜 湯意粉 	Minced Pork Congee with Preserved Egg 皮蛋瘦肉粥 	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉 絲 銀針粉	
Beverage	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Soy Milk 豆漿 	



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EAT · LEARN · LIVE

營養紅綠燈 Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐！



	EAT MORE 健康之選 👍👍👍	Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物	Lean protein with fat trimmed 脂肪比例較低的蛋白質	Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康少油的烹調方法 例如：蒸、慢煮、烤、焗
	EAT MODERATE 適宜之選 👍	Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta 添加少量油的穀物 例如：炒飯、炒麵、焗意粉	Fatty cut of meat & poultry with skin 脂肪比例較高及連皮的肉類 Full fat milk or cheese 全脂奶品類	Processed or preserved meat, egg and veggies 加工或醃製肉類、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芡汁
	EAT LESS 少選為佳 👎	Deep-fried foods 油炸食品 Sugar-sweetened beverages 添加糖分的飲品	Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性脂肪或植物性飽和脂肪 例如：豬油、牛油、忌廉、椰子油、椰漿	Contains trans fat e.g. processed/premade pastries 含反式脂肪 例如：預先製作及包裝的烘焙食物 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 鹽分極高的食品 例如：鹹魚、鹹蛋