



	Tuesday	Wednesday	Thursday	Friday
	1 Nov	2 Nov	3 Nov	4 Nov
Main	Scrambled Egg 炒蛋 	Pan-fried Pork Chop 煎豬扒	Luncheon Meat 午餐肉	Sausage 香腸
Side	English Muffin 英式鬆餅 	Corn Flakes 粟米片 	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉 	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉 
Beverage	Low Fat Milk 低脂奶 	Ovaltine 阿華田 	Soy Milk 豆漿	Low Fat Milk 低脂奶 
	Tuesday	Wednesday	Thursday	Friday
	8 Nov	9 Nov	10 Nov	11 Nov
Main	Ham 火腿	Sweet Corn 粟米	Dim Sum 中式點心 	Grilled Chicken 烤雞扒
Side	Mixed Vegetable & Meatballs with Vermicelli in Soup 時菜肉丸湯米粉	Minced Chicken & Capsrooms with Marconi in Soup 草菇雞蓉湯通粉 	Mushroom & Shredded Chicken Congee 香菇雞絲粥 	Pancake 熱香餅 
Beverage	Ovaltine 阿華田 	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	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



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

# Breakfast Menu

Nov  
2022

	Tuesday	Wednesday	Thursday	Friday
	15 Nov	16 Nov	17 Nov	18 Nov
Main	Pan-Fried Fish Fillet 煎魚柳  	Fried Noodle with Supreme Soy Sauce 豉油皇炒麵  	Sausage 香腸	Apple & Potato Salad 蘋果薯仔沙律 
Side	Mixed Veggie & Sweetcorn with Macaroni in Soup 雜菜粟米湯通粉 	Sweet Corn & Minced Pork Congee 粟米肉碎粥	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉	Ham & Cheese Sandwich 芝士火腿三文治  
Beverage	Soy Milk 豆漿	Chinese Tea 中國茶	Horlicks 好立克 	Ovaltine 阿華田 
	Tuesday	Wednesday	Thursday	Friday
	22 Nov	23 Nov	24 Nov	25 Nov
Main	Ham 火腿	Dim Sum 中式點心    	Grilled Tomato 烤番茄 Scrambled Egg 炒蛋 	Boiled Egg 焗蛋 
Side	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉 	Pumpkin & Minced Pork Congee 南瓜肉碎粥	Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲銀針粉
Beverage	Ovaltine 阿華田 	Chinese Tea 中國茶	Ovaltine 阿華田 	Soy Milk 豆漿



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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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果







Wheat Alert  
含小麥



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# Breakfast Menu

Nov  
2022

	Tuesday	Wednesday		
	29 Nov	30 Nov		
Main	Grilled Chicken 烤雞扒	Luncheon Meat 午餐肉		
Side	Mixed Veggie & Sweetcorn with Marconi in Soup 雜菜粟米湯通粉 	Stir Fried Vermicelli 炒米粉 		
Beverage	Low Fat Milk 低脂奶 	Ovaltine 阿華田 		



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Fish Alert  
含魚類



Shellfish Alert  
含貝殼類海鮮



Peanut Alert  
含花生



Tree Nuts Alert  
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Wheat Alert  
含小麥



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## 營養紅綠燈 Traffic Light Guide

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



 GREEN 綠燈	<b>EAT MORE</b> 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
 AMBER 黃燈	<b>EAT MODERATE</b> 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
 RED 紅燈	<b>EAT LESS</b> 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