








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

# Breakfast Menu

Feb  
2023

	Tuesday	Wednesday	Thursday	Friday
		1 Feb	2 Feb	3 Feb
Main			Sausage 香腸	Luncheon Meat 午餐肉
Side			Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉 	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉  
Beverage			Ovaltine 阿華田 	Soy Milk 豆漿 

	Tuesday	Wednesday	Thursday	Friday
	7 Feb	8 Feb	9 Feb	10 Feb
Main	Pork Burger Patty 豬柳漢堡 Pan Fried Assorted Mushroom 炒雜菌	Dim Sum 中式點心    	Grilled Tomato 烤番茄	Grilled Chicken 烤雞扒
Side	English Muffin 英式鬆餅 	Mushroom & Shredded Chicken Congee 香菇雞絲粥	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉	Hash Browns 薯餅
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














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2023

	Tuesday	Wednesday	Thursday	Friday
	14 Feb	15 Feb	16 Feb	17 Feb
Main	Pan-Fried Fish Fillet 煎魚柳  	Dim Sum 中式點心    	Scrambled Egg 炒蛋 	Sweet Corn 粟米
Side	Pancake 熱香餅   	Country Style Fried Vermicelli 家鄉炒米粉 	Assorted Veggie, Beef & Rice Vermicelli In Soup 雜菜牛肉湯米	BBQ Pork with Ho Fan in Soup 叉燒湯河粉  
Beverage	Ovaltine 阿華田 	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 

	Tuesday	Wednesday	Thursday	Friday
	21 Feb	22 Feb	23 Feb	24 Feb
Main	Boiled Egg 焗蛋 	Dim Sum 中式點心    	Tuna Sandwich 吞拿魚三文治   	Luncheon Meat 午餐肉
Side	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲銀針粉	Pumpkin & Minced Pork Congee 南瓜肉碎粥	Corn Flakes 粟米片 	Shredded Chicken, Pickled Veggie & Rice Vermicelli in Soup 榨菜雞絲米粉
Beverage	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Ovaltine 阿華田 	Soy Milk 豆漿 



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適宜

Eat Moderately  
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少量



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Seafood  
可持續海鮮



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含蛋類



Dairy Alert  
含奶類



Soy Alert  
含大豆



Fish Alert  
含魚類



Shellfish Alert  
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Peanut Alert  
含花生



Tree Nuts Alert  
含堅果




Wheat Alert  
含小麥



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# Breakfast Menu

Feb  
2023

	Tuesday	Wednesday	Thursday	Friday
	28 Feb			
Main	Bacon 煙肉			
Side	Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉			
Beverage	Ovaltine 阿華田 			



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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！



	<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
	<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
	<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