


















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

Breakfast Menu

Mar
2023

	Tuesday	Wednesday	Thursday	Friday
		1 Mar	2 Mar	3 Mar
Main		Sausage 香腸	Pan-Fried Fish Fillet 煎魚柳  	Bacon 煙肉
Side		Green Veg & Beef Ball with Rice Noodle in Soup 青菜牛丸湯米線	Grilled Tomato 烤番茄 Scrambled Egg 炒蛋 	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 	Ovaltine 阿華田 	Low Fat Milk 低脂奶 

	Tuesday	Wednesday	Thursday	Friday
	7 Mar	8 Mar	9 Mar	10 Mar
Main	Dim Sum 中式點心    	Boiled Egg 焗蛋 	Scrambled Egg 炒蛋 	Grilled Chicken 烤雞扒
Side	Mushroom & Shredded Chicken Congee 香菇雞絲粥	Shredded Chicken, Pickled Veggie & Rice Vermicelli in Soup 榨菜雞絲米粉	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲 銀針粉	Baked Bean 焗豆 Roasted Potatoes 焗薯粒
Beverage	Chinese Tea 中國茶	Low Fat Milk 低脂奶 	Ovaltine 阿華田 	Soy Milk 豆漿 



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

Mar
2023

	Tuesday	Wednesday	Thursday	Friday
	14 Mar	15 Mar	16 Mar	17 Mar
Main	Boiled Egg 焗蛋 	Sausage 香腸	Ham 火腿	Dim Sum 中式點心
Side	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	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉 	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉
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
	21 Mar	22 Mar	23 Mar	24 Mar
Main	Grilled Chicken 烤雞扒	Bacon 煙肉	Boiled Egg 焗蛋 	Dim Sum 中式點心
Side	Roasted Potatoes 焗薯粒	Ham & Spaghetti In Soup 火腿絲湯意粉 	Oatmeal 牛奶燕麥片 	Mushroom & Shredded Chicken Congee 香菇雞絲粥
Beverage	Low Fat Milk 低脂奶 	Ovaltine 阿華田 	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



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

Breakfast Menu

Mar
2023

	Tuesday 28 Mar	Wednesday 29 Mar	Thursday 30 Mar	Friday 31 Mar
Main	Pan-fried Pork Chop 煎豬扒 Baked Beans 茄汁豆	Sausage 香腸	Luncheon Meat 午餐肉	Scrambled Egg 炒蛋 
Side	Roasted Potatoes 焗薯粒	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉 	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉 
Beverage	Chinese Tea 中國茶	Ovaltine 阿華田 	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



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



Chartwells
EAT · LEARN · LIVE

訂閱
每月營養資訊

Sign up for our monthly wellbeing e-newsletter!
<http://eepuri.com/dsDXG9>

立刻登記 每月帶給你更多健康和養生靈感！

Subscribe now and get some health and wellness inspiration direct to your inbox every month!

✔ 接收由我們的營養師團隊製作的最新營養資訊
Receive the latest news on health & wellbeing trends supported by the Compass's Nutrition team.

✔ 帶給你有關時令蔬果、健康與你、親子家庭、廚樂無窮等主題的知識！
Bringing you tips and facts about topics like: Eating Seasonal, Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!

Chartwells
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！



	<p>EAT MORE 健康之選</p> <p>👍👍👍</p>	<p>Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物</p>	<p>Lean protein with fat trimmed 脂肪比例較低的蛋白質</p>	<p>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</p>
	<p>EAT MODERATE 適宜之選</p> <p>👍</p>	<p>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</p>	<p>Fatty cut of meat & poultry with skin 脂肪比例較高及連皮的肉類</p> <p>Full fat milk or cheese 全脂奶品類</p>	<p>Processed or preserved meat, egg and veggies 加工或醃製肉類、蛋類及蔬菜食品</p> <p>Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁</p>
	<p>EAT LESS 少選為佳</p> <p>👎</p>	<p>Deep-fried foods 油炸食品</p> <p>Sugar-sweetened beverages 添加糖分的飲品</p>	<p>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</p>	<p>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</p> <p>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</p>