















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

# Breakfast Menu

**MAY  
2023**

	Tuesday	Wednesday	Thursday	Friday
	2 May	3 May	4 May	5 May
Main		Luncheon Meat 午餐肉	Tuna Sandwich 吞拿魚三文治    	Dim Sum 中式點心    
Side		Pickled Vegetable Pork Rice Noodles 榨菜肉絲米粉	Milk Oatmeal 牛奶燕麥片  	Country Style Fried Vermicelli 家鄉炒米粉
Beverage		Soy Milk 豆漿 	Ovaltine 阿華田 	Chinese Tea 中國茶

	Tuesday	Wednesday	Thursday	Friday
	9 May	10 May	11 May	12 May
Main	Sweet Corn 粟米	Grilled Chicken 烤雞扒	Pork Patty 豬柳漢堡	Dim Sum 中式點心    
Side	Rice Noodles with Sliced Pork in Satay Sauce 沙嗲肉片河粉  	Hash Browns 薯餅	English Muffin 英式鬆餅 	Sweet Corn & Shredded Chicken Congee 粟米雞絲粥
Beverage	Horlicks 好立克 	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














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# Breakfast Menu

**MAY  
2023**

	Tuesday	Wednesday	Thursday	Friday
	16 May	17 May	18 May	19 May
Main	Boiled Egg 烔蛋 	Sausage 香腸		
Side	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉  	Macaroni Soup with Ham 火腿絲湯通粉 		
Beverage	Chinese Tea 中國茶	Low Fat Milk 低脂奶 		

	Tuesday	Wednesday	Thursday	Friday
	23 May	24 May	25 May	26 May
Main	Sausage 香腸	Dim Sum 中式點心    	Ham & Cheese Sandwich 芝士火腿三文治  	Buddha's Birthday
Side	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯通粉 	Assorted Veggie, Beef & Rice Vermicelli in Soup 雜菜牛肉湯米	Oatmeal 麥片  	
Beverage	Ovaltine 阿華田 	Soy Milk 豆漿 	Chinese Tea 中國茶	



**Eat More**  
適宜  
**Eat Moderately**  
限量  
**Eat Less**  
少量



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Sustainable  
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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

MAY  
2023

	Tuesday	Wednesday		
	30 May	31 May		
Main	Staff Development Day			
Side				
Beverage				



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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YOUR  
THOUGHTS**  
分享你的意見



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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	<p><b>EAT MORE</b> 健康之選</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>
 AMBER 黃燈	<p><b>EAT MODERATE</b> 適宜之選</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 &amp; 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>
 RED 紅燈	<p><b>EAT LESS</b> 少選為佳</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>