



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

# Dinner Menu

DEC  
2022

				Thursday
				1 Dec
Soup				Minestrone 雜菜湯
<u>Meal</u> A				Mild Curry Chicken 淡咖喱雞
<u>Meal</u> B ✓				Mac & Cheese Bake 芝士焗通粉
Vegetables ✓				Garlic Cabbage 蒜蓉椰菜
Grains				Macaroni 通粉
Fruit				Fresh Fruit 生果



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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	Monday	Tuesday	Wednesday	Thursday
	5 Dec	6 Dec	7 Dec	8 Dec
Soup	合掌瓜豬肉湯	Sweet Corn & Carrot Soup 粟米甘筍湯	Cream of Mushroom 雜菌濃湯	Miso with Tofu Soup 味噌豆腐湯
Meal A	Garlic Chicken Wing 蒜香雞翼	Lemongrass Pork Chop 香茅豬扒	Baked Rosemary Chicken 露絲馬利雞扒	Creamy Cheese Bake Fish Fillet 芝士白汁焗魚柳
Meal B ✓	Sauteed Spring with Minced and Olive Vegetables 欖菜肉鬆四季豆	Strained Fish with Vermicelli & Garlic 金銀蒜粉絲蒸魚柳	Chicken in Tomato & Onion Sauce with Red Rice 鮮茄洋蔥燴雞絲	Japanese Onion Miso Pork 日式洋蔥味噌豚肉
Vegetables ✓	Broccoli & Carrots 西蘭花 & 甘筍	Garlic Cabbage 蒜蓉椰菜	Roasted Vegetables 焗雜菜	Shitake & Hairy Gourd 冬菇節瓜
Grains	Rice 白飯	Brown Rice Pasta 意粉	Mashed Potato 薯蓉	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	Monday	Tuesday	Wednesday	Thursday
	12 Dec	13 Dec	14 Dec	15 Dec
Soup	Old Cucumber, Sweet Corn & Pork Bone Soup 老黃瓜粟米豬 骨湯	Black-Eyed Pea & Pork Bone Soup 眉豆豬骨湯	Mushroom Soup 蘑菇湯	Tomato & Egg Drop Soup 蕃茄蛋花湯
Meal A	Rosemary Lemon Chicken 迷迭香檸檬烤 雞	Deep Fried Fish Fillet with Sweet Corn Sauce 粟米魚柳	Beef Stroganoff 俄式燴牛肉	Bell Pepper, Potato & Diced Pork 蜜椒薯仔豬肉粒
Meal B ✓	Sautéed Tri- Pepper, Potato & Mushroom 蜜椒薯仔爆雜菇 粒	Steamed Sliced Pork with Preserved Vegetables 梅菜蒸肉片	Chicken Cacciatore Spaghetti 意式鮮茄白菌 雞肉	Carbonara 卡邦尼意粉
Vegetables ✓	Broccoli & Carrots 西蘭花 & 甘筍	Garlic Cabbage 蒜蓉椰菜	Roasted Vegetables 焗雜菜	Garlic Cabbage 蒜蓉椰菜
Grains	Brown Rice 糙米飯	Red Rice 紅米飯	Mashed Potato 薯蓉	Brown Rice Pasta 意粉
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	19 Dec	20 Dec	21 Dec	22 Dec
Soup	Tomato & Potato Soup 蕃茄薯仔湯	Lotus & Green Bean with Pork Bone Soup 蓮藕綠豆豬骨湯	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Papaya w/ Snow Fungus Pork Soup 木瓜雪耳豬骨湯
Meal A	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Fillet with Sweet Corn Sauce 粟米魚柳	Pineapple, Onion & Beef 菠蘿洋蔥牛肉	Soy Sauce Chicken Wing 豉油皇雞翼
Meal B ✓	Steamed Egg with Minced Pork 肉鬆蒸水蛋	Braised Fresh Tomato and Chicken (Skinless) with Rice 鮮茄燴雞(去皮)	Stir-fried Lotus Roots, Assorted Mushroom & Pork 蓮藕雜菇炒肉片	Western Fried Rice (Seafood Free) 西炒飯(不含海鮮)
Vegetables ✓	Stir fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Stir-fried Green Bean with Black Bean Sauce 豆豉炒四季豆	Stir Fried Mixed & Spinach 雜菌炒菠菜	Japanese Style Stir-fried Mixed Vegetable 日式炒雜菜
Grains	Pasta 意粉	Red Rice 紅米飯	Mashed Potato 薯蓉	Fried Rice 炒飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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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