












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

Dinner Menu

Jan
2023

	Monday	Tuesday	Wednesday	Thursday
	2 Jan	3 Jan	4 Jan	5 Jan
Soup	Public Holiday	Cream of Pumpkin 南瓜忌廉湯	Sweet Corn & Minced Chicken Soup 粟米雞蓉湯	Hairy Gourd & Pork Soup 節瓜肉片湯
Meal A		Pork Goulash 匈牙利燴豬肉	Roasted Chicken Breast with Thyme and Lemon 百里香檸檬烤雞胸	Steamed Fish with Soy Sauce 豉汁蒸魚   
Meal B		Steamed Egg with Shiitake Mushroom 日式冬菇蒸蛋  	Spaghetti Bolognese 肉醬意粉 	Japanese Onion Miso Eggplant 日式洋蔥味噌茄子 
Vegetables 		Braised Assorted Veg in Tomato Sauce 茄汁燴雜菜	Japanese Veggie Fry 日式炒野菜	Carrot & Turnip 甘筍蘿蔔
Grains		Brown Rice 糙米飯	Pasta 意粉 	Red Rice 紅米飯
Fruit		Fresh Fruit 生果	Fresh Fruit 生果	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 9 Jan	Tuesday 10 Jan	Wednesday 11 Jan	Thursday 12 Jan
Soup	Old Cucumber & Sweet Corn Soup 老黃瓜粟米湯	Onion Soup 洋蔥湯	Tomato Soup 蕃茄蓉湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯
Meal A	Black Pepper Potato & Beef 黑椒薯仔牛肉	Baked Fish Fillet with Cheese 芝士焗魚柳	Japanese Curry Pork 日式咖哩豬柳	Stir-fried Spaghetti with Tri-pepper & Shredded Beef 彩椒牛柳絲意粉
Meal B	Stir-fried Sliced Fish with Cabbage 椰菜炒魚片	Stir-fried Lotus Roots, Assorted Mushroom & Pork 蓮藕雜菇炒肉片	Korean Style Pork Bulgogi & Vegetable 韓式泡菜炒豬肉	Sauteed Sliced Pork & Broccoli with Egg Drop Sauce 滑蛋肉片扒西蘭花
Vegetables	Broccoli & Carrots 西蘭花 & 甘筍	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Roasted Vegetables 焗雜菜	Stir Fried Mixed & Spinach 雜菌炒菠菜
Grains	Brown Rice 糙米飯	Rice 白飯	Red Rice 紅米飯	Pasta 意粉
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Wheat Alert
含小麥



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	Monday	Tuesday	Wednesday	Thursday
	16 Jan	17 Jan	18 Jan	19 Jan
Soup	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲 豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米豬骨湯	Seafood Chowder Soup 周打海鮮湯   
Meal A	Fish Fillet with Sweet Corn Sauce 粟米魚柳  	British Beef Stew 英式燴牛肉	Steamed Pork Patty & Mushroom 香菇蒸肉餅 	Portuguese Chicken 葡國雞 
Meal B 	Minced Beef Tomato with Pasta 番茄免治牛肉	Chicken & Assorted Mushrooms 日式野菌雞肉 	Stir-fried Fish with Chinese Zucchini 翠玉瓜炒魚片  	Shredded Chicken in Mushroom Sauce with Penne 蘑菇汁雞絲 長通粉 
Vegetables 	Baby Cabbage in Broth 上湯娃娃菜	Baked Pumpkin 焗南瓜	Japanese Mixed Veg 日式雜菜	Coleslaw 甘荀椰菜沙律
Grains	Red Rice 紅米飯	Pasta 意粉 	Rice 白飯	Penne 長通粉 
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!



	EAT MORE 健康之選 GREEN 綠燈	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
	EAT MODERATE 適宜之選 AMBER 黃燈	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	Processed or preserved meat, egg and veggies 加工或醃製肉類、蛋類及蔬菜食品
	EAT LESS 少選為佳 RED 紅燈	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
				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