



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

# Dinner Menu

Feb  
2023

	Monday	Tuesday	Wednesday	Thursday
			1 Feb	2 Feb
Soup			Fresh Fruit 生果	Minestrone Soup 意式雜菜湯
Meal A			HK Style Swiss Chicken 瑞士雞球  	Vietnamese Style Lemongrass Pork Chop with Rice 越式香茅豬扒
Meal B			Stir-fried Fish with Chinese Zucchini 翠玉瓜雲耳 炒魚片  	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳   
Vegetables 			Japanese Veggie Curry 日式野菜咖喱	Shitake & Hairy Gourd 冬菇節瓜
Grains			Red Rice 紅米飯	Rice 白飯
Fruit			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  
含貝類海鮮



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



	Monday	Tuesday	Wednesday	Thursday
	6 Feb	7 Feb	8 Feb	9 Feb
Soup	Sugar Cane, Imperatae & Sweet Corn Soup 竹蔗茅根粟米湯	Fresh Fruit 生果	Cream of Mushroom 雜菌濃湯 	Fresh Fruit 生果
Meal A	Baked Fresh Tomato & Fish 鮮茄焗魚柳 	Curry Beef & Potato 咖喱薯仔牛肉 	Soy Sause Chicken Wing 滷水雞翼 	Portuguese Chicken (Coconut Free) 葡汁滑雞球 (不含椰汁) 
Meal B	Sauteed Sliced Pork & Broccoli with Egg Drop Sauce 滑蛋肉片 扒西蘭花 	Sautéed Long Beans with Garlic & Minced Pork 蒜香肉鬆四季豆	Bolognese Spaghetti 肉醬意粉 	Japanese Onion Miso Pork 日式洋蔥 味噌豚肉 
Vegetables 	Broccoli & Carrots 西蘭花 & 甘筍	Roasted Vegetables 焗雜菜	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Stir Fried Lotus & Mushroom 蓮藕炒香菇
Grains	Rice 白飯	Rice 白飯	Pasta 意粉 	Brown Rice 糙米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	13 Feb	14 Feb	15 Feb	16 Feb
Soup	Onion Soup 洋蔥湯	Fresh Fruit 生果	Tomato Soup 蕃茄蓉湯	Fresh Fruit 生果
Meal A	Fish Fillet Pasta in Creamy Pumpkin Sauce 忌廉南瓜汁魚柳   	Diced Chicken with Pineapple 菠蘿炒雞粒  	Roasted Pork Loin in Apple Sauce 法式烤豬柳 佐蘋果醬	Beef Stroganoff 俄式牛肉蘑菇汁 
Meal B	Roasted Honey Mustard Chicken 蜜糖芥末烤雞	Minced Pork and Eggplant 茄子肉燥  	Herbs with Chicken 法式香草燴雞球	Herbed Roast Fish Fillet with Tomato 鮮茄香草烤魚柳  
Vegetables 	Roasted Pumpkin and Vegetable 焗南瓜時蔬	Stir Fried Assorted Mushroom with Broccoli in Garlic and Brown Rice 蒜香西蘭花 炒雜菌	Roasted Zucchini and Cherry Tomato 焗翠玉瓜車厘茄	Ratatouille 普羅旺斯炖菜
Grains	Red Rice 紅米飯	Brown Rice 糙米飯	Washed Potato 薯蓉 	Fusilli 螺絲粉 
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	Monday 20 Feb	Tuesday 21 Feb	Wednesday 22 Feb	Thursday 23 Feb
Soup	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆 豬骨湯	Borscht Soup 羅宋湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯
Meal A	Lettuce, Minced Beef Fried Rice 生炒牛肉飯	Pork Goulash 匈牙利燴豬肉	Thai Green Curry Chicken 泰式青咖哩雞	Steamed Fish & Preserved Veg 梅菜蒸魚柳
Meal B	Stir Fried Chicken with Celery 西芹炒雞柳	Shredded Chicken in Mushroom Sauce 蘑菇汁雞絲	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Stew Pork Diced with Mixed Mushroom & Cucumber 青瓜雜菌肉粒
Vegetables	Salted Eggs and Preserved Eggs Seasonal Vegetable 金銀蛋浸時蔬	Herb Baked Cherry Tomato & Cauliflower 意式香草焗車厘茄 伴椰菜花	Stir-fried Cauliflower & Broccoli 清炒雙花	Stir-fried Romaine Lettuce with Garlic 蒜蓉油麥菜
Grains	Fried Rice 炒飯	Pasta 意粉	Brown Rice 糙米飯	Red Rice 紅米飯
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
	27 Feb	28 Feb		
Soup	Minestrone Soup 意式雜菜湯	Seafood Chowder Soup 周打海鮮湯 		
Meal A	Vietnamese Style Lemongrass Pork Chop with Rice 越式香茅豬扒	Pork Adobo 菲式燴豬柳 		
Meal B 	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳 	Italian Garlic Tuna 意式蒜香吞拿魚 		
Vegetables 	Shitake & Hairy Gourd 冬菇節瓜	Herb Baked Cherry Tomato & Cauliflower 意式香草焗車厘茄 伴椰菜花		
Grains	Rice 白飯	Pasta 意粉 		
Fruit	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！



	<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