



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

Dinner Menu

MAY
2023

	Monday	Tuesday	Wednesday	Thursday
	1 May	2 May	3 May	4 May
Soup		Minestrone Soup 意式雜菜湯	Cream of Corn 粟米忌廉湯	Carrot & Sweet Corn Soup 甘筍粟米湯
Meal A		HK Style Swiss Chicken Wing 瑞士雞翼	Lemongrass Pork Chop with Rice 香茅豬扒	Fried Pork Ribs w/ Pineapple 菠蘿生炒骨
Meal B		Stir-fried Fish with Chinese Zucchini 翠玉瓜雲耳炒魚片	Steamed Fish Fillet in Black Bean Sauce 豉汁蒸魚柳	Curry Beef with Rice 咖哩牛肉飯
Vegetables		Japanese Veggie Curry 日式野菜咖哩	Shitake & Hairy Gourd 冬菇節瓜	Boiled Cabbage Heart 白灼菜心
Grains		Rice 白飯	Red Rice 紅米飯	Rice 白飯
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	Tuesday	Wednesday	Thursday
	8 May	9 May	10 May	11 May
Soup	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Borscht Soup 羅宋湯	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	Cream of Corn 粟米忌廉湯
Meal A	HK Style Beef in Egg Drop Sauce 滑蛋牛肉	Thai Green Curry Chicken 泰式青咖哩雞	Steamed Fish & Preserved Veg 梅菜蒸魚柳	Roasted Chicken Chop with Thyme & Lemon 百里香檸檬烤雞扒
Meal B	Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Stew Pork Diced with Mixed Mushroom 雜菌肉粒	Plant Based Meatball 意式素肉丸
Vegetables	Baby Cabbage in Broth 上湯娃娃菜	Broccoli & Carrots 西蘭花 & 甘筍	Garlic Cauliflower 蒜蓉椰菜花	Stir-fried Mixed Vegetable 炒什菜
Grains	Rice 白飯	Brown Rice 糙米飯	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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	Monday	Tuesday	Wednesday	Thursday
	15 May	16 May	17 May	18 May
Soup	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 🥚		
Meal A	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋 🥚🍤🍜	Fillet with Sweet Corn Sauce 粟米魚柳 🐟🌽		
Meal B	Stir-fried Sliced Pork with Cabbage & Dried Bean Curd 豆乾肉片炒椰菜 🥬🍲	Garlic Chicken wing 蒜香雞翼 🍗🌿		
Vegetables ✓	Shitake & Hairy Gourd 冬菇節瓜 🍄🥒	Garlic Cabbage 蒜蓉椰菜 🌿🥬		
Grains	Rice 白飯	Rice 白飯		
Fruit	Fresh Fruit 生果	Fresh Fruit 生果		



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	Monday	Tuesday	Wednesday	Thursday
	22 May	23 May	24 May	25 May
Soup	Lotus Root with Pork Bone Soup 蓮藕豬骨湯	Papaya w/ Snow Fungus Soup 木瓜雪耳湯	Corn & Minced Chicken Soup 粟米雞蓉湯	
Meal A	Cajun Chicken Breast 基廚燒雞胸	Steamed Pork Patty & Water Chestnut 馬蹄蒸肉餅 	Japanese Style Steamed Egg 日式蒸水蛋    	
Meal B	Creamy Pumpkin Sauce Stew Pork 南瓜忌廉汁燴豬肉 	Chicken, String Bean & Carrot 四季豆甘筍炒雞絲	Chicken Wing with Mixed Herbs 香草雞翼	
Vegetables 	Stir Fried Lotus & Mushroom with Celery 蓮藕香菇炒西芹	Boiled Choi Sum 白灼菜心	Broccoli with Garlic 蒜蓉西蘭花	
Grains	Rice 白飯	Brown Rice 糙米飯	Rice 白飯	
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	



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	Monday	Tuesday	Wednesday	
	29 May	30 May	31 May	
Soup		Staff Development Day	Miso Soup 日式味噌湯  	
Meal A			Japanese Curry Sliced Pork 日式咖哩肉片  	
Meal B			Stir Fried Zucchini with Fillet 翠肉瓜炒魚片  	
Vegetables 			Stir Fried Cabbage 炒椰菜	
Grains			Rice 白飯	
Fruit			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	EAT MORE 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	EAT MODERATE 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	EAT LESS 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