








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

# Lunch Menu

Dec  
2022

Green  
MONDAY

	Tuesday	Wednesday	Thursday	Friday
			1 Dec	2 Dec
Fruit / Soup			Fresh Fruit 生果	Pumpkin Cream Soup 南瓜忌廉湯
Meal A			Chicken with White Sauce 白汁雞皇	Mediterranean Fish Stew with Mashed Potato 地中海燴魚柳  
Meal B 			Stir-fried Mixed Vegetables & Bean Curd with Garlic 蒜蓉豆乾炒雜菜  	Baked Herbed Vegetable 香草焗雜菜
Grains			Red Rice 紅米飯	Pasta 意粉 



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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DEC  
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	Monday 5 Dec	Tuesday 6 Dec	Wednesday 7 Dec	Thursday 8 Dec	Friday 9 Dec
Fruit / Soup	Cream of Corn 粟米忌廉湯 	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯	Fresh Fruit 生果	Sweet Corn & Carrot Pork Bone Soup 粟米紅蘿蔔豬骨湯
Meal A	Veggie Chicken In Portuguese Sauce 葡汁素雞	Stew Chicken in Oyster Sauce with Mushroom 蠔油冬菇炆雞 	Stir Fried Pepper Beef with Spaghetti 黑椒牛肉意粉 	Hungarian Pork Goulash with Mashed Potato 匈牙利燉豬肉	Diced Chicken with Pineapple 菠蘿炒雞粒
Meal B 	Mushroom Stroganoff 俄式燴蘑菇 	Scrambled Tomato & Egg 蕃茄炒蛋 	Ratatouille 普羅旺斯燉菜	Vegetarian Spaghetti 意式雜菜 	Sautéed Broccoli with Garlic 蒜蓉炒西蘭花
Grains	Red Rice 紅米飯	Rice 白飯	Pasta 意粉 	Mashed Potato 薯蓉 	Brown Rice 糙米飯



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DEC 2022



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	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	12 Dec	13 Dec	14 Dec	15 Dec	16 Dec
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果	Russian Borsht Fish Chowder Soup 周打魚湯 	Fresh Fruit 生果	Monk Fruit & Dried Bak Choy Soup 羅漢果白菜乾湯
Meal A	Vegetarian Stir Fried Vermicelli in Singaporean Style 素星洲炒米粉 	Steamed Shitake Mushroom & Chicken 北菇蒸雞 	Spaghetti Bolognese 肉醬意粉	Hawaiian Fried Rice 夏威夷菠蘿火腿炒飯 	Steamed Fish Fillet with Spring Onion & Rice 薑蔥蒸魚柳
Meal B 	Japanese Veggie Curry with Rice 日式野菜咖哩 	Steamed Tofu with Garlic and Vermicelli 金銀蒜粉絲豆腐 	Portuguese Style Vegetables 葡汁焗時蔬 	Vegetable & Red Kidney Bean 素西班牙紅腰豆雜菜 	Thai Style Stir-fried Mixed Vegetables 泰式炒雜菜
Grains	Vermicelli 米粉	Red Rice 紅米飯	Pasta 意粉 	Fried Rice 炒飯	Brown Rice 糙米飯



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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！



	<p><b>EAT MORE</b> 健康之選</p> <p>👍👍👍</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>
	<p><b>EAT MODERATE</b> 適宜之選</p> <p>👍</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>
	<p><b>EAT LESS</b> 少選為佳</p> <p>👎</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>