



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

Lunch
Menu

Jan
2023

Green
MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Jan	3 Jan	4 Jan	5 Jan	6 Jan
Fruit / Soup	Public Holiday	Fresh Fruit 生果	Miso Soup 日式味噌湯 	Fresh Fruit 生果	Sweet Corn Cream Soup 粟米忌廉湯 
Meal A		Beef Stroganoff 俄式燴牛肉	Steamed Pork Patty & Salty Egg 咸蛋蒸肉餅 	Curry Chicken with Potato 咖哩薯仔雞球	Herbed Roast Fish Fillet with Tomato 鮮茄香草 烤魚柳  
Meal B		Ratatouille 普羅旺斯燉菜	Scrambled Tomato & Egg 蕃茄炒蛋 	Stir-fried Mixed Vegetables & Bean Curd with Garlic 蒜蓉豆乾炒雜菜  	Japanese Pumpkin & Eggplant Curry with Egg 日式南瓜咖哩 配蛋 
Grains		Brown Rice 糙米飯	Red Rice 紅米飯	Rice 白飯	Rice 白飯



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

Lunch Menu

Jan 2023



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	Monday	Tuesday	Wednesday	Thursday	Friday
	9 Jan	10 Jan	11 Jan	12 Jan	13 Jan
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	Monk Fruit & Dried BakChoy Soup 羅漢果白菜乾湯	Fresh Fruit 生果	Mushroom Soup 蘑菇湯
Meal A	Seafood in White Sauce w/ Pasta 白汁海鮮螺絲粉   	Sweet Corn Sauce with Fish Fillet 粟米魚柳   	Stir Fried Pepper Beef with Spaghetti 黑椒牛肉炒意粉 	Chinese Soya Sauce Chicken Wing 鹵水雞翼	Seafood in tomato Sauce 鮮茄海鮮     
Meal B	Moroccan Vegetable Tagine 摩洛哥燴雜菜	Steamed Egg & Glass Noodles 粉絲蒸蛋  	Chinese Long Bean Omelette 豆角煎蛋 	Boiled Bay Choi 白灼白菜	Broccoli & Carrots 西蘭花 & 甘筍
Grains	Fusilli 螺絲粉 	Rice 白飯	Red Rice 紅米飯	Rice 白飯	Rice 白飯



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	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	16 Jan	17 Jan	18 Jan	19 Jan	20 Jan
Fruit / Soup	Russian Borsht Soup 羅宋湯	Fresh Fruit 生果	Sweet Corn & Carrot Pork Bone Soup 粟米紅蘿蔔 豬骨湯	Fresh Fruit 生果	
Meal A	Sweetcorn Mac & Cheese 芝士粟米 焗通粉  	Teriyaki Chicken 照燒雞球	Tomato and Beef Stew 鮮茄牛肉	Roasted Pork Loin with Mushroom Sauce 蘑菇汁 烤豬柳	
Meal B	Garlic Cabbage 蒜蓉椰菜	Baby Cabbage in Broth 上湯娃娃菜	Boiled Bay Choi 白灼白菜仔	Stir-Fried Broccoli & Carrots 清炒西蘭花	
Grains	Pasta 通粉 	Red Rice 紅米飯	Rice 白飯	Brown Rice 糙米飯	



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EAT · LEARN · LIVE



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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>EAT MORE 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>EAT MODERATE 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 & 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>EAT LESS 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>