



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

Lunch
Menu

Mar
2023

	Green MONDAY	Tuesday	Wednesday 1 Mar	Thursday 2 Mar	Friday 3 Mar
Fruit / Soup			Russian Borsht Fish Chowder Soup 周打魚湯 	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨 湯
Meal A			Beef Stroganoff 俄式牛柳絲 	Bolognese Spaghetti 肉醬意粉 	Bell Pepper, Potato & Diced Pork 蜜椒薯仔 豬肉粒
Meal B 			Stir-fried Mixed Vegetables with Garlic 蒜蓉炒雜菜	Stir Fried Broccoli 清炒西蘭花	Garlic Cabbage 蒜蓉椰菜
Grains			Rice 白飯	Pasta 意粉 	Red Rice 紅米飯



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



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	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	6 Mar	7 Mar	8 Mar	9 Mar	10 Mar
Fruit / Soup	Minestrone 雜菜湯	Fresh Fruit 生果	Monk Fruit & Dried Bak Choy Soup 羅漢果白菜乾 湯	Fresh Fruit 生果	Cream of Corn 粟米忌廉湯
Meal A	Sautéed Tri- Pepper, Potato & Chicken 蜜椒薯仔 爆素雞 ✓	Lemongrass Pork Chop 香茅豬扒	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳 🥚🐟🐠	Fresh Tomato Sliced Pork 鮮茄肉片	Portuguese Chicken 葡國雞
Meal B ✓	Stir-fried Mixed Vegetables with Garlic 蒜蓉炒雜菜 🌱	Stir Fried Broccoli 清炒西蘭花	Boiled Cabbage Heart 白灼菜心	Fuzzy Melon With Dried Shrimp And Vermicelli 節瓜粉絲	Garlic Cabbage 蒜蓉椰菜
Grains	Rice 白飯	Pasta 意粉 🌾	Rice 白飯	Red Rice 紅米飯	Brown Rice 糙米飯



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	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	13 Mar	14 Mar	15 Mar	16 Mar	17 Mar
Fruit / Soup	Cream of Corn 粟米忌廉湯	Fresh Fruit 生果	Cream of Mushroom 雜菌濃湯 	Fresh Fruit 生果	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯
Meal A	Braised Corn Pumpkin and Veggie Meat Ball 粟米南瓜燴素肉丸 	Roasted Pork Loin with Mushroom Sauce 蘑菇汁燒豬柳 	Fish with Herb & Lemon with Spaghetti 香草檸檬魚柳 	Steamed Pork Patty & Mushroom 香菇蒸肉餅	Mixed Pepper, Pineapple and Beef with Rice 洋蔥菠蘿雜椒燴牛肉
Meal B	Broccoli 西蘭花 	Corn Kernels 粟米粒	Cauliflower Cheese Baked 芝士椰菜花 	Stir Fried Lotus & Mushroom with Dried Bean Curd 蓮藕香菇炒豆乾 	Stir-fried Mushrooms & Cabbage 雜菌炒椰菜
Grains	Red Rice 紅米飯	Mashed Potato 薯蓉 	Rice 白飯	Rice 白飯	Brown Rice 糙米飯



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	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	20 Mar	21 Mar	22 Mar	23 Mar	24 Mar
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果	Cream of Mushroom 雜菌濃湯 	Fresh Fruit 生果	Monk Fruit & Dried Bak Choy Soup 羅漢果白菜乾 湯
Meal A	Stir-fried Tomato & Egg 鮮茄炒蛋	Taiwanese Minced Pork with Rice 台式肉燥飯 	Herbs Beef and Pumpkin 南瓜香草燴牛肉	Pan Fried Chicken in Mushroom Sauce 蘑菇汁雞球 	Onion Pork Chop 洋蔥豬扒
Meal B 	Baked Herbed Vegetable & Red Kidney Beans 香草焗紅腰豆 雜菜	Shitake & Hairy Gourd 冬菇節瓜	Garlic Cabbage 蒜蓉椰菜	Broccoli 西蘭花	Boiled Bay Choi 白灼白菜
Grains	Red Rice 紅米飯	Rice 白飯	Brown Rice 糙米飯	Pasta 意粉 	Rice 白飯



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	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	27 Mar	28 Mar	29 Mar	30 Mar	31 Mar
Fruit / Soup	Miso Tofu Soup 味噌豆腐湯  	Fresh Fruit 生果	Tomato & Potato Soup 蕃茄薯仔湯	Fresh Fruit 生果	Sweet Corn & Carrot Soup 粟米甘筍湯
<u>Meal</u> A	Sautéed Veg Chicken in Sweet & Sour Sauce 甜酸汁燴素雞  	Diced Pork in Creamy Corn Sauce 粟米肉粒	Sweet & Sour Fish 糖醋魚柳    	Steamed Mince Pork, Water Chestnut & Mushroom 馬蹄冬菇蒸肉餅	Fresh Tomato Chicken 鮮茄雞球
<u>Meal</u> B 	Broccoli 西蘭花	Vietnamese Mixed Vegetables 越式什菜	Boiled Bay Choi 白灼白菜	Fuzzy Melon With Dried Shrimp And Vermicelli 節瓜粉絲	Steamed Baby Cabbage, Garlic, Vermicelli with Salted & Preserved Eggs 金銀蒜粉絲蒸娃 娃菜 
Grains	Rice 白飯	Fusilli 螺絲粉	Rice 白飯	Red Rice 紅米飯	Rice 白飯



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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>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>