



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

Lunch
Menu

Nov
2022

Green
MONDAY

		Tuesday	Wednesday	Thursday	Friday
		1 Nov	2 Nov	3 Nov	4 Nov
Fruit/ Soup	=	Fresh Fruit 生果	Minestrone Soup 意式雜菜湯	Fresh Fruit 生果	Apricot Kernel & Watercress soup 南北杏西洋菜湯
Meal A	=	Grilled Pork Loin with Garlic Gravy 蒜蓉豬柳	Pan Fried Fish Fillet with Tartar Sauce 香煎魚柳配他他 汁飯	Steamed Sliced Pork with Garlic & Tofu 蒜香肉片蒸豆腐	Stew Chicken in Oyster Sauce with Mushroom 蠔油冬菇炆雞 
Meal B	=	Stir-fried Lotus Root, Assorted Mushrooms and Bean Curds 蓮藕野菌炒豆乾	Vegetables & Egg Fried Rice 菜粒蛋炒飯	Omelette with Chinese Long Beans 豆角煎蛋	Stew Pork Diced with Mixed Mushroom Cucumber & Red Rice 青瓜雜菌肉粒
Grains	=	Fusilli 螺絲粉	-	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



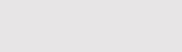
Fish Alert
含魚類



Peanut Alert
含花生



Tree Nuts Alert
含堅果
Wheat Alert
含小麥



Shellfish Alert
含貝殼類海鮮



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	Monday 7 Nov	Tuesday 8 Nov	Wednesday 9 Nov	Thursday 10 Nov	Friday 11 Nov
Fruit/ Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	Monk Fruit & Dried Bak Choy Soup 羅漢果白菜乾湯	Fresh Fruit 生果	味噌豆腐湯 
Meal A	Teriyaki Mushroom 照燒素菇	Bolognese Spaghetti 肉醬意粉	Sweet & Sour Pork 咕嚕肉	Pan Fried Fish Fillet with Pumpkin Sauce 香煎魚柳配南瓜 汁	Creamy Cheese Bake Fish Fillet 芝士白汁 焗魚柳   
Meal B	Japanese Veggie Curry 日式野菜咖哩	Moroccan Vegetable Tagine 摩洛哥燴雜菜	Egg Foo Young 芙蓉蛋	Baked Caprese & Eggplant 茄醬羅勒 水牛芝士焗茄子	Scrambled Egg with Tomato and Minced Pork 蕃茄炒蛋肉碎
Grains	Brown Rice 糙米飯	Pasta 意粉	Rice 白飯	Rice 白飯	Rice 白飯



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	Monday 14 Nov	Tuesday 12 Nov	Wednesday 13 Nov	Thursday 14 Nov	Friday 15 Nov
Fruit/ Soup	Miso Soup 日式味噌湯	Fresh Fruit 生果	Tomato & Egg Drop Soup 蕃茄蛋花湯	Fresh Fruit 生果	Chayote Melon Soup with Pork 合掌瓜豬肉湯
Meal A	Fried Mixed Vegetables with Korean Style 韓式炒雜菜	Beef Stroganoff 俄式燴牛肉	Stew Chicken in Oyster Sauce with Mushroom 蠔油冬菇炆雞	Lemongrass Pork Chop 香茅豬扒	Malaysian Fish Curry (Mild) 馬來西亞咖哩魚
Meal B	Scrambled Tomato & Egg 蕃茄炒蛋	Mac and Cheese 芝士粟米通粉	Steamed Egg with Vermicelli 粉絲蒸蛋	Stir-fried Long Beans with Garlic & Mustard Pickles 蒜香欖菜炒四季 豆	Sauteed Sliced Pork & Broccoli with Egg Drop Sauce 滑蛋肉片 扒西蘭花
Grains	Rice 白飯	Fusilli 螺絲粉	Red Rice 紅米飯	Rice 白飯	Rice 白飯



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	Monday 21 Nov	Tuesday 22 Nov	Wednesday 23 Nov	Thursday 24 Nov	Friday 25 Nov
Fruit/ Soup	Sweet Corn & Mushroom Soup 粟米蘑菇湯	Fresh Fruit 生果	Monk Fruit & Dried Bak Choy Soup 羅漢果白菜乾湯	Fresh Fruit 生果	Tomato & Potato Soup 蕃茄薯仔湯
Meal A	Baked Chicken with Tomato Sauce & Mozzarella 水牛芝士焗素雞扒 配蕃茄汁	Stir-fried Celery, Black Fungus and Chicken 西芹雲耳炒雞柳	Japanese Onion Miso Pork 日式洋蔥味噌豚肉	Fried Eggs with BBQ Pork 叉燒炒蛋	Soy Sauce Chicken Wing 豉油皇雞翼
Meal B	Baked Broccoli & Cauliflower in Portuguese Sauce 葡汁焗雙花	Braised Bean Curd Sheet, Tofu and Wintermelon 枝竹豆腐炆冬瓜	Braised Mushrooms & Japanese Egg Tofu 雙菇扒玉子豆腐	Yaki Udon with Bean Sprouts & Assorted Mushrooms 日式芽菜野菌	Stir-fried Lotus Roots, Assorted Mushroom & Pork 蓮藕雜菇炒肉片
Grains	Pasta 意粉	Red Rice 紅米飯	Brown Rice 糙米飯	Rice 白飯	Rice 白飯



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	Green MONDAY	Tuesday	Wednesday	
	28 Nov	29 Nov	30 Nov	
Fruit / Soup	Tomato & Potato Soup 蕃茄薯仔湯	Fresh Fruit 生果	Apple & White Fungus Soup 蘋果雪耳湯	
Meal A	Sautéed Tri- Pepper, Potato & Mushroom 蜜椒薯仔爆雜菇 粒	Shredded Chicken in Mushroom Sauce 蘑菇汁雞絲	Sweet & Sour Fish 糖醋魚柳	
Meal B	Scrambled Tomato & Egg 蕃茄炒蛋	Italian Style Eggplants 意式燒茄子	Steamed Eggplants with Garlic and Vermicelli 金銀蒜粉絲蒸茄 子	
Grains	Rice 白飯	Fusilli 螺絲粉	Red Rice 紅米飯	



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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!



 GREEN 綠燈	<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>
 AMBER 黃燈	<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>
 RED 紅燈	<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>