



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

Lunch
Menu

Feb
2023

	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
			1 Feb	2 Feb	3 Feb
Fruit / Soup			Fresh Fruit 生果	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果
Meal A			Chicken A La King 白汁雞皇 	Fresh Tomato Pork Loin 鮮茄豬柳	Fish Fillet in Dill White Sauce 香草白汁魚柳   
Meal B 			Stir-fried Vegetables 清炒時蔬	Steamed Baby Cabbage, Garlic, Vermicelli with Salted & Preserved Eggs 金銀蛋蒜蓉 粉絲蒸娃娃菜 	Boiled Bay Choi 白灼白菜
Grains			Rice 白飯	Brown Rice 糙米飯	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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	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	6 Feb	7 Feb	8 Feb	9 Feb	10 Feb
Fruit / Soup	Onion Soup 洋蔥湯	Fresh Fruit 生果	Russian Borsht Fish Chowder Soup 周打魚湯   	Fresh Fruit 生果	Mushroom Soup 蘑菇湯
Meal A	Stewed Pumpkin & Meatballs 南瓜炆素肉丸  	Bell Pepper, Potato & Diced Pork 蜜椒薯仔 豬肉粒	Beef Stroganoff 俄式牛柳絲 	Onion and Chicken 洋蔥雞柳	Taiwanese Minced Pork with Rice 台式肉燥飯  
Meal B 	Garlic Cabbage 蒜蓉椰菜 	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋 	Stir-fried Broccoli 清炒西蘭花	Vietnamese Style Mixed Vegetables 越式什菜	Japanese Style Stir-fried Mixed Vegetable & Bean Curd 日式豆乾炒雜菜 
Grains	Mashed Potato 薯蓉 	Red Rice 紅米飯	Brown Rice 糙米飯	Pasta 意粉 	Rice 白飯





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	13 Feb	14 Feb	15 Feb	16 Feb	17 Feb
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	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯
Meal A	Vegetarian Stir Fried Vermicelli Rice Noodles 素三絲炒米粉 🌱	Peking Pork 京都肉排 🍷🌾	Herbs Beef and Pumpkin 南瓜香草 燴牛肉	Portuguese Chicken (Coconut Milk Free) 葡國雞 (不含椰汁) 🥛	Vietnamese Style Lemongrass Pork Chop 越式香茅豬扒
Meal B 🌱	Stir Fried Veggie BBQ Pork with Green Bean 豆角炒素叉燒 🌱	Boiled Cabbage Heart 白灼菜芯	Garlic Cabbage 蒜蓉椰菜	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Stir Fried Broccoli 蒜香炒西蘭花
Grains	Vermicelli 米粉	Rice 白飯	Red Rice 紅米飯	Pasta 意粉 🌾	Rice 白飯



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	20 Feb	21 Feb	22 Feb	23 Feb	24 Feb
Fruit / Soup	Minestrone 雜菜湯	Fresh Fruit 生果	Miso Tofu Soup 味噌豆腐湯  	Fresh Fruit 生果	Cream of Corn 粟米忌廉湯 
Meal A	Sautéed Veg Chicken in Sweet & Sour Sauce 甜酸汁燴素雞  	Diced Pork in Creamy Corn Sauce 粟米肉粒	Taiwanese Minced Pork & Tofu 台式肉燥豆腐  	Steamed Mince Pork, Water Chestnut & Mushroom 馬蹄冬菇蒸肉餅	Teriyaki Chicken Balls 照燒雞球  
Meal B 	Thai Style Stir-fried Mixed Vegetables 泰式炒雜菜	Braised Eggplant, White Radish & Bean Curd Sticks 枝竹蘿蔔炆茄子  	Steamed Baby Cabbage, Garlic, Vermicelli with Salted & Preserved Eggs 金銀蛋蒜蓉 粉絲蒸娃娃菜 	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋 	Mediterranean Style Roasted Assorted Veg. with Herbs 地中海香草 烤雜菜
Grains	Rice 白飯	Red Rice 紅米飯	Rice 白飯	Brown Rice 糙米飯	Rice 白飯



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	27 Feb	28 Feb			
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果			
Meal A	Scrambled Eggs with Tomatoes 鮮茄炒蛋 	Sweet & Sour Fish 糖醋魚柳    			
Meal B 	Vietnamese Style Mixed Vegetables 越式什菜	Braised Hairy Gourd, Chinese Mushroom & Bean Curd Sticks 冬菇枝竹扒節瓜 			
Grains	Rice 白飯	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！



	<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>