



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

Tea
Menu

DEC
2022

	Monday	Tuesday	Wednesday	Thursday
				1/12
Main				Tomato & Cheese Sandwich 迷你蕃茄芝士三文治
Beverage				Fruit Juice 果汁

	Monday	Tuesday	Wednesday	Thursday
	5 Dec	6 Dec	7 Dec	8 Dec
Main	Mini Chocolate Muffin 迷你朱古力鬆餅	Mini Tuna Sandwich 迷你吞拿魚三文治	Curry Fish Ball 咖喱魚蛋	Mini Hog dog 迷你熱狗
Beverage	Low Fat Milk 低脂奶	Horlicks 好立克	Fruit Juice 果汁	Light Chinese Tea 淡中國茶



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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Menu

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2022

	Monday	Tuesday	Wednesday	Thursday
	12 Dec	13 Dec	14 Dec	15 Dec
Main	Japanese Dumplings 日式餃子 	Oatmeal Raisin Cookies 燕麥葡萄乾 餅乾 	Mixed Fruit & Potato Salad 雜果薯仔沙律	Mini Butter Muffin 迷你牛油鬆餅 
Beverage	Light Chinese Tea 淡中國茶	Low Fat Milk 低脂奶 	Ovaltine 阿華田 	Low Fat Milk 低脂奶 



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親子家庭、廚樂無窮等主題的知識！
Bringing you tips and facts about topics like: Eating Seasonal,
Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!



營養紅綠燈 Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐！



EAT MORE 健康之選



Whole grain or
grains with added
vegetables
全穀類或添加蔬菜的
穀物

Lean protein with fat
trimmed
脂肪比例較低的蛋白質

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

EAT MODERATE 適宜之選



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

Fatty cut of meat &
poultry with skin
脂肪比例較高及連皮的肉類

Full fat milk or cheese
全脂奶品類

Processed or preserved meat, egg and
veggies
加工或醃製肉類、蛋類及蔬菜食品

Sauce or gravy with high sugar, salt or
fat content
高糖、高鹽及高脂肪的醬汁或芡汁

EAT LESS 少選為佳



Deep-fried foods
油炸食品

Sugar-sweetened
beverages
添加糖分的飲品

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

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

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