





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

# Tea Menu

Jan  
2023

	Monday	Tuesday	Wednesday	Thursday
	2 Jan	3 Jan	4 Jan	5 Jan
Main	School Holiday	Mini Ham and Pineapple Pizza 迷你菠蘿火腿薄餅  	Sweet corn Cup 粒粒粟米杯	Xiao Long Bao 小籠包  
Beverage		Low Fat Milk 低脂奶 	Fruit Juice 果汁	Light Chinese Tea 淡中國茶

	Monday	Tuesday	Wednesday	Thursday
	9 Jan	10 Jan	11 Jan	12 Jan
Main	Mini Hog dog 迷你熱狗 	Mini Banana Muffin 迷你香蕉鬆餅  	Curry Fish Ball 咖喱魚蛋  	Mixed Fruit & Potato Salad 雜果薯仔沙律
Beverage	Horlicks 好立克 	Low Fat Milk 低脂奶 	Fruit Juice 果汁	Ovaltine 阿華田 



**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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Tea  
Menu

Jan  
2023

	Monday	Tuesday	Wednesday	Thursday
	16 Jan	17 Jan	18 Jan	19 Jan
Main	<p>Siu Mai 魚肉燒賣</p> 	<p>Pan-fried Pork Bun 生煎包</p> 	<p>RaMini English Raisin Scone 迷你英式提子 鬆餅</p> 	<p>Egg Mayo Salad Sandwich 蛋沙律三文治</p> 
Beverage	<p>Horlicks 好立克</p> 	<p>Light Chinese Tea 淡中國茶</p>	<p>Ovaltine 阿華田</p> 	<p>Fruit Juice 果汁</p>



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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	<b>EAT MORE</b> 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
 AMBER 黃燈	<b>EAT MODERATE</b> 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
 RED 紅燈	<b>EAT LESS</b> 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