













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

Tea Menu

Mar
2023

	Monday	Tuesday	Wednesday	Thursday
			1 Mar	2 Mar
Main			Chinese Dumplings 中式餃子  	Chocolate Croissant 朱古力牛角包   
Beverage			Soy Milk 豆漿 	Chinese Tea 中國茶

	Monday	Tuesday	Wednesday	Thursday
	6 Mar	7 Mar	8 Mar	9 Mar
Main	Mini Hog dog 迷你熱狗 	Mini English Raisin Scone 迷你英式提子鬆餅   	Pan-fried Pork Bun 生煎包  	Sweetcorn Cup 粒粒粟米杯
Beverage	Light Chinese Tea 淡中國茶	Ovaltine 阿華田 	Soy Milk 豆漿 	Chinese Tea 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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	Monday	Tuesday	Wednesday	Thursday
	13 Mar	14 Mar	15 Mar	16 Mar
Main	Banana Muffin 香蕉鬆餅 	Mini Tuna Sandwich 迷你吞拿魚三文治 	Siu Mai 魚肉燒賣 	Oatmeal Raisin Cookies 燕麥葡萄乾餅乾
Beverage	Fruit Juice 果汁	Ovaltine 阿華田 	Low Fat Milk 低脂奶 	Light Chinese Tea 淡中國茶

	Monday	Tuesday	Wednesday	Thursday
	20 Mar	21 Mar	22 Mar	23 Mar
Main	Homemade Mini Chocolate Muffin 迷你朱古力鬆餅 	Japanese Dumplings 日式餃子 	Curry Fish Ball 咖喱魚蛋 	Sausage Roll 腸仔卷
Beverage	Horlicks 好立克 	Low Fat Milk 低脂奶 	Soy Milk 豆漿 	Chinese Tea 中國茶



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2023

	Monday	Tuesday	Wednesday	
	27 Mar	28 Mar	29 Mar	
Main	Egg Mayo Salad Sandwich 蛋沙律三文治   	Mini Ham and Pineapple Pizza 迷你菠蘿火腿薄餅  	Tuna on Crackers 吞拿魚梳打餅    	
Beverage	Soy Milk 豆漿 	Low Fat Milk 低脂奶 	Low Fat Milk 低脂奶 	



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素食



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Shellfish Alert
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Tree Nuts Alert
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Wheat Alert
含小麥



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Chartwells
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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	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
 AMBER 黃燈	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
 RED 紅燈	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