



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

Tea  
Menu

Nov  
2022

	Monday	Tuesday	Wednesday	Thursday
		1 Nov	2 Nov	3 Nov
Main		Xiao Long Bao 小籠包 	Sweetcorn Cup 粒粒粟米杯	Mini English Raisin Scone 迷你英式提子 鬆餅 
Beverage		Soy Milk 豆漿 	Ovaltine 阿華田 	Fruit Juice 果汁

	Monday	Tuesday	Wednesday	Thursday
	7 Nov	8 Nov	9 Dec	10 Dec
Main	Mixed Fruit & Potato Salad 雜果薯仔沙律 	Mini Egg Sandwich 迷你雞蛋 三文治 	Siu Mai 魚肉燒賣 	Pan-fried Pork Bun 生煎包 
Beverage	Low Fat Milk 低脂奶 	Horlicks 好立克 	Fruit Juice 果汁	Soy Milk 豆漿 



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
	14 Nov	15 Nov	16 Nov	17 Nov
Main	Curry Fish Ball 咖喱魚蛋 	Mini Hog dog 迷你熱狗 	Low Fat Yoghurt (Fruit Flavor) 低脂水果味乳酪杯 	Banana Cake 香蕉蛋糕 
Beverage	Fruit Juice 果汁	Low Fat Milk 低脂奶 	Ovaltine 阿華田 	Low Fat Milk 低脂奶 

	Monday	Tuesday	Wednesday	Thursday
	21 Nov	22 Nov	23 Nov	24 Nov
Main	Mini Chocolate Muffin 迷你朱古力鬆餅 	Mini Ham and Pineapple Pizza 迷你菠蘿火腿薄餅 	Chinese Egg-fried Rice Roll 中式雞蛋煎腸粉 	Oatmeal Raisin Cookies 燕麥葡萄乾餅乾 
Beverage	Low Fat Milk 低脂奶 	Ovaltine 阿華田 	Soy Milk 豆漿	Low Fat Milk 低脂奶 



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	Monday	Tuesday	Wednesday	
	28 Nov	29 Nov	30 Nov	
Main	Mini Butter Muffin 迷你牛油鬆餅 	Chinese Dumplings 中式餃子 	Tuna on Crackers 吞拿魚梳打餅 	
Beverage	Low Fat Milk 低脂奶 	Soy Milk 豆漿 	Low Fat Milk 低脂奶 	



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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