



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

SCHOOL MENU



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

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營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 健康之選 Choose at least 3 times per week 每星期至少3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜五穀物 2. Lean protein with fat trim-med 低脂肪或低脂的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康烹調方法例如：蒸、燉、焗、烤	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每星期1-2次 1. Grains with small amount of added fat/oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的穀物 例如：白飯、炒麵、焗肉卷 2. Fatty cut of meat & poultry 脂肪含量較高的肉類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and vegetables 加工肉類、蛋類及蔬菜食品 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	EAT LESS 少選為佳 No more than 1 time per week 每星期不超過1次 1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat (fat/oil, lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物脂肪或飽和性脂肪的食品 例如：牛油、忌廉、椰子油、椰油 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及夾心餅 4. Sugar sweetened beverages 含糖份的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份食品 例如：鹹魚、鹹蛋



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聲明：儘管我們已採取一切措施確保廚房內的交叉污染最小化，但可能會出現我們無法控制的情況，並可能改變所提供過敏原信息的準確性。因此，我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。
 DISCLAIMER: Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights.

Breakfast Menu September 2023

Tuesday

Wednesday

Thursday

Friday

	1 Sept			
	5 Sept	6 Sept	7 Sept	8 Sept
Main	Dim Sum 中式點心 	Pork Burger Patty 豬柳漢堡	Scrambled Egg 炒蛋 	Tuna Sandwich 吞拿魚三文治 
Side	Mushroom & Shredded Chicken Congee 香菇雞絲粥	English Muffin 英式鬆餅 	Assorted Veggie, Beef & Rice Vermicelli in Soup 雜菜牛肉湯米	Corn Flakes 粟米片
Beverage	Low Fat Milk 低脂奶 	Soy Milk 豆漿 	Chinese Tea 中國茶	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



All meals are nut-free
所有食物均不含堅果



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



Wheat Alert
含小麥



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Thursday

Friday

	12 Sept	13 Sept	14 Sept	15 Sept
Main	Luncheon Meat 午餐肉	Pan-Fried Fish Fillet 煎魚柳  	Bacon 煙肉	Ham 火腿
Side	Shredded Chicken, Pickled Veggie & Rice Vermicelli in Soup 榨菜雞絲米粉  	Pancake 熱香餅   	Shredded Chicken Macaroni Soup With Seasonal Vegetables 時菜雞絲湯通粉 	Tomato & Shredded Pork with Rice Vermicelli in Soup 鮮茄肉絲湯米粉 
Beverage	Soy Milk 豆漿 	Ovaltine 阿華田 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 
	19 Sept	20 Sept	21 Sept	22 Sept
Main	Boiled Egg 焗蛋 	Dim Sum 中式點心    	Pan-fried Pork Chop 煎豬扒	Sausage 香腸
Side	Sweet Corn & Minced Pork Congee 粟米肉碎粥	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉  	Roasted Potatoes 焗薯粒	Green Veg & Beef Balls with Rice Noodles in Soup 青菜牛丸湯米線
Beverage	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Ovaltine 阿華田 	Low Fat Milk 低脂奶 



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	26 Sept	27 Sept	28 Sept	29 Sept
Main	Egg Salad Sandwich 蛋沙律三文治  	Grilled Chicken 烤雞扒	Sweet Corn 粟米	Dim Sum 中式點心    
Side	Oatmeal 麥片  	Hash Browns 薯餅	Satay Meat with Ho Fan in Soup 沙嗲肉片湯河粉   	Country Style Fried Vermicelli 家鄉炒米粉  
Beverage	Ovaltine 阿華田 	Low Fat Milk 低脂奶 	Horlicks 好立克 	Chinese Tea 中國茶



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