



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

# SCHOOL MENU



St. Stephen's College Preparatory School  
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## SHARE YOUR THOUGHTS


分享你的意見




營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<p><b>EAT MORE 健康之選</b></p> <p>Choose at least 3 times per week 每天至少吃3次或以上</p> <ol style="list-style-type: none"> <li>Whole grain or grains with added vegetables 全穀類或添加蔬菜食物</li> <li>Lean protein with fat trim-med 低脂肪或低脂的蛋白質</li> <li>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、燉、焗、烤</li> </ol>	<p><b>EAT MODERATE 適宜之選</b></p> <p>Limit to 1-2 times per week 每天吃1-2次</p> <ol style="list-style-type: none"> <li>Grains with small amount of added fat/oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的食物 例如：白飯、炒麵、焗食等</li> <li>Fatty cut of meat &amp; poultry 脂肪份比較高及肥的肉類</li> <li>Full fat milk or cheese 全脂的奶類</li> <li>Processed or preserved meat, egg and vegetables 加工或醃製肉類、蛋類及蔬菜食品</li> <li>Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或灰汁</li> </ol>	<p><b>EAT LESS 少選為佳</b></p> <p>No more than 1 time per week 每星期不超過1次</p> <ol style="list-style-type: none"> <li>Deep fat foods 油炸食品</li> <li>Added animal fats or saturated fat (fat/oil, lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性脂肪或飽和性脂肪的食品 例如：牛油、牛油、椰子油、椰油</li> <li>Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及自製的糕點食品</li> <li>Sugar sweetened beverages 含糖份的飲品</li> <li>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</li> </ol>



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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.

	Tuesday 1 Oct	Wednesday 2 Oct	Thursday 3 Oct	Friday 4 Oct
Side			Sweet Corn 粟米	
Main			Beef & Macaroni in Chicken Soup 牛肉通粉(雞湯) 	
Beverage			Ribena 利賓納	
	8 Oct	9 Oct	10 Oct	11 Oct
Side	Sausage 香腸 	Dim Sum 中式點心 	Egg Salad Sandwich 碎蛋三文治 	
Main	Rice Noodles with Sliced Pork in Tomato Sauce 蕃茄肉片米粉 	Supreme Soy Sauce Fried Noodles 豉油皇炒麵 	Corn Flakes 粟米片	
Beverage	Ovaltine 阿華田 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 	



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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Tuesday

Wednesday

Thursday

Friday

	15 Oct	16 Oct	17 Oct	18 Oct
Side	Boiled Egg 烩蛋 	Ham 火腿  	Bacon 煙肉	Dim Sum 中式點心      
Main	Sweet Corn & Shredded Chicken Congee 粟米雞絲粥  	Shredded Pork with Salted Vegetables & Rice Vermicelli in Soup 雪菜肉絲湯米粉  	Shredded Pork with Silver Pin Noodle in Soup 娃娃菜肉絲銀針粉  	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉  
Beverage	Soy Milk 豆漿 	Skim Milk 脫脂奶 	Ovaltine 阿華田  	Chinese Tea 中國茶
	22 Oct	23 Oct	24 Oct	25 Oct
Side	Luncheon Meat 午餐肉	Grilled Chicken 烤雞扒  	Dim Sum 中式點心      	Luncheon Meat 午餐肉
Main	Tomato & Shredded Pork with Udon in Soup 蕃茄肉絲湯烏冬  	Pancake 熱香餅    	Country Style Fried Rice Vermicelli 家鄉炒米粉  	Assorted Veggies, Beef & Macaroni in Soup 雜菜牛肉通粉  
Beverage	Soy Milk 豆漿 	Ribena 利賓納	Chinese Tea 中國茶	Horlicks 好立克   



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Tuesday

Wednesday

Thursday

Friday

	29 Oct	30 Oct	31 Oct	
Side	<p>Hash Browns 薯餅</p>	<p>Jam Toast 果醬多士</p> 	<p>Sausage 香腸</p> 	
Main	<p>Ham &amp; Spaghetti in Soup 火腿絲湯意粉</p> 	<p>Fried Fish Fillet and Scrambled Eggs 炸魚柳 加 炒蛋</p> 	<p>Fish Ball &amp; Veggie Vermicelli in Soup 青菜魚蛋米粉</p> 	
Beverage	<p>Low Fat Milk 低脂奶</p> 	<p>Orange juice 橙汁</p>	<p>Ovaltine 阿華田</p> 	



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