



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

# SCHOOL MENU



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serving up happy & healthy

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

分享你的意見




營養紅綠燈

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## 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 每日至少吃3次或以上</p> <ol style="list-style-type: none"> <li>Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物</li> <li>Lean protein with oil trim med 低脂肪與低飽和脂肪的蛋白質</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 每日只吃1-2次</p> <ol style="list-style-type: none"> <li>Grains with small amount of added fat and oil e.g. fried rice, fried noodle, baked snacks 添加少量脂肪的穀物 例如：炒飯、炒麵、焗食粉</li> <li>Fatty cut of meat &amp; poultry with skin 脂肪含量較高肉及雞皮的肉類</li> <li>Full fat milk or cheese 全脂奶類</li> <li>Processed or preserved meat, egg and veggies 加工或處理肉類、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 每星期最多吃1次</p> <ol style="list-style-type: none"> <li>Deep-fact foods 油炸食品</li> <li>Added animal fats or saturated oil fat e.g. lard, lard, 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：豬油、牛油、忌廉、椰子油、椰漿</li> <li>Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食品 例如：酥餅、餅干及預製食品</li> <li>Sugar sweetened beverages 含糖汽水飲品</li> <li>Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分食品 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 3 Dec	Wednesday 4 Dec	Thursday 5 Dec	Friday 6 Dec
Side	Hash Browns 薯餅	Scrambled Eggs 炒蛋	Butter Toast 牛油多士	Sausage 香腸
Main	Ham & Macaroni in Soup 火腿絲湯通粉	Pork Patty Muffin 豬柳鬆餅	Fried Fish Fillet and Baked Beans 炸魚柳加茄汁豆	Rice Noodles with Sliced Pork in Tomato Sauce 蕃茄肉片米粉
Beverage	Low Fat Milk 低脂奶	Horlicks 好立克	Ribena 利賓納	Chinese Tea 中國茶
	10 Dec	11 Dec	12 Dec	13 Dec
Side	Dim Sum 中式點心	Grilled Chicken 烤雞扒	Bacon 煙肉	
Main	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉	Shredded Pork with Rice Noodles in Soup 娃娃菜肉絲銀針粉	Assorted Veggie, Beef & Macaroni in Soup 雜菜牛肉通粉	
Beverage	Ovaltine 阿華田	Soy Milk 豆漿	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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Tuesday

Wednesday

Thursday

Friday

	17 Dec	18 Dec	19 Dec	20 Dec
Side	Dim Sum 中式點心 	Ham 火腿 	Grilled Chicken 烤雞扒	Scrambled Eggs 炒蛋 
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 	Pancake 熱香餅 	Country Style Fried Rice Vermicelli 家鄉炒米粉 
Beverage	Soy Milk 豆漿 	Skim Milk 脫脂奶 	Ribena 利賓納	Chinese Tea 中國茶
	24 Dec	25 Dec	26 Dec	27 Dec
Side				
Main				
Beverage				



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Tuesday

Wednesday

Thursday

Friday

31 Dec

Side

Main

Beverage



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