



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

SCHOOL MENU



St. Stephen's College
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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 每日至少吃3次或以上	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每週吃1-2次	EAT LESS 少選為佳 No more than 1 time per week 每週最多不超過1次
<ol style="list-style-type: none">Whole grain or grains with added vegetables 全穀類或穀類(例如糙米)Lean protein with at least 10g of fat 低脂蛋白(例如雞胸肉)Healthy cooking methods e.g. steaming, poaching, grilling, baking, with very little oil 健康烹調方法(例如蒸、焗、煎、烤)	<ol style="list-style-type: none">Grains with small amount of added fat/oil e.g. rice, rice, fried noodle, baked snacks 少量添加脂肪的穀類(例如白飯、炒麵、焗肉餅)Fatty cut of meat & poultry with skin 脂肪含量較高的肉類(例如豬扒、雞皮)Full fat milk or cheese 全脂奶/乳酪Processed or preserved meat, egg and vegetables 加工或經處理的肉類、蛋類及蔬菜Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	<ol style="list-style-type: none">Deep fat foods 油炸食品Added animal fats or saturated fat e.g. lard, butter, cream, coconut oil, coconut chips, etc. 添加動物脂肪或飽和脂肪(例如牛油、豬油、鮮奶油、椰子油、椰子片等)Contains trans fat e.g. processed/premade pastries, biscuits, etc. 含有反式脂肪(例如加工/預製的糕點、餅乾等)Sugar sweetened beverages 含糖飲料/飲品Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分食物(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

May 2025

Tuesday

Wednesday

Thursday

Friday

			1 May	2 May
Side				
Main				
Beverage				
	6 May	7 May	8 May	9 May
Side		Ham 火腿 	Jam Toast 果醬多士  	Dim Sum 中式點心      
Main		Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉  	Grilled Chicken and Scrambled Eggs 烤雞扒加炒蛋 	Sweet Corn & Shredded Chicken Congee 粟米雞絲粥
Beverage		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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Tuesday

Wednesday

Thursday

Friday

	13 May	14 May	15 May	16 May
Side	Ham 火腿 	Jam Toast 果醬多士  	Bacon 煙肉	Beef Siu Mai 牛肉燒賣  
Main	Country Style Fried Vermicelli 家鄉炒米粉  	Fried Fish Fillet and Scrambled Eggs 炸魚柳加炒蛋    	Shredded Pork with Rice Noodles in Soup 娃娃菜肉絲銀針粉  	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉  
Beverage	Ovaltine 阿華田  	Orange juice 橙汁	Soy Milk 豆漿 	Chinese Tea 中國茶
	20 May	21 May	22 May	23 May
Side	Pan-Fried Pork Patty 煎豬柳  	Dim Sum 中式點心     		
Main	Pancake 熱香餅    	Pork Congee 瘦肉粥  		
Beverage	Low Fat Milk 低脂奶 	Chinese Tea 中國茶		



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Wheat Alert
含小麥

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Tuesday

Wednesday

Thursday

Friday

	27 May	28 May	29 May	30 May
Side	Boiled Egg 烩蛋 	Ham & Cheese Sandwich 火腿芝士三文治   	Dim Sum 中式點心      	Butter Toast 牛油多士   
Main	Sliced Pork with Macaroni in Soup 雞湯肉片通粉  	Corn Flakes 粟米片	Pumpkin and Shredded Chicken Congee 南瓜雞絲粥	Pork Chop and Scrambled Eggs 豬扒加炒蛋   
Beverage	Horlicks 好立克   	Low Fat Milk 低脂奶 	Soy Milk 豆漿 	Ribena 利賓納



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