



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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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>EAT MORE 健康之選</p> <p>Choose at least 3 times per week 每星期至少3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類食物 (例如五穀物) Lean protein with fat trim-med 低脂肪肉類、奶類或蛋類 Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康的烹調方法 (例如：蒸、燉、焗、烤) | <p>EAT MODERATE 適宜之選</p> <p>Limit to 1-2 times per week 每星期1-2次</p> <ol style="list-style-type: none"> 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：米飯、粉麵、焗食) Fatty cut of meat & poultry (e.g. ribs) 脂肪含量較高的肉類 Full fat milk or cheese 全脂奶類 Processed or preserved meat, egg and vegetables 加工肉類、蛋類、菜類 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁 | <p>EAT LESS 少選為佳</p> <p>No more than 1 time per week 每星期不超過1次</p> <ol style="list-style-type: none"> Deep fat foods 油炸食品 Added animal fats or saturated fat (fat, 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、牛油、椰子油、椰油) Contains trans fat (e.g. processed/premade pastries) 含有反式脂肪 (例如：酥餅、餅乾及白麵的糕點等) Sugar sweetened beverages 含糖份的飲品 Preserved foods with extremely high salt content (e.g. salted fish and salted eggs) 高鹽份食物 (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.

| | Monday | Tuesday | Wednesday | Thursday |
|----------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| | 2 Sep | 3 Sep | 4 Sep | 5 Sep |
| Main | Siu Mai 魚肉燒賣  | Sweetcorn Cup 粒粒粟米杯 | Pan-fried Pork Bun 生煎包  | Chocolate Cookies 朱古力曲奇餅  |
| Beverage | Soy Milk 豆漿  | Ribena 利賓納 | Chinese Tea 中國茶 | Fruit Juice 果汁 |
| | 9 Sep | 10 Sep | 11 Sep | 12 Sep |
| Main | Tuna Sandwich 吞拿魚三文治  | Curry Fish Ball 咖喱魚蛋  | Steamed Cabbage and Pork Buns 菜肉包  | Blueberry Danish 藍莓酥  |
| Beverage | Ovaltine 阿華田  | Fruit Juice 果汁 | Ovaltine 阿華田  | Horlicks 好立克  |
| | 16 Sep | 17 Sep | 18 Sep | 19 Sep |
| Main | Japanese Dumplings 日式餃子  | | | Mini Hog dog 迷你熱狗  |
| Beverage | Chinese Tea 中國茶 | | | Fruit Juice 果汁 |



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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Monday

Tuesday

Wednesday

Thursday

| | 23 Sep | 24 Sep | 25 Sep | 26 Sep |
|----------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Main | Pork Chop Bun 香煎豬扒包  | Chocolate Muffin 朱古力鬆餅  | Egg Salad Sandwich 蛋沙律三文治  | English Raisin Scone 英式提子鬆餅  |
| Beverage | Chinese Tea 中國茶 | Low Fat Milk 低脂奶  | Fruit Juice 果汁 | Ribena 利賓納 |
| 30 Sep | | | | |
| Main | Siu Mai 魚肉燒賣  | | | |
| Beverage | Horlicks 好立克  | | | |



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