



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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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 全穀類或添加蔬菜五穀物 Lean protein with fat trim-med 低脂肪或低脂的蛋白質 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 	<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 添加少量脂肪的穀物 例如：炒麵、炸醬、焗肉卷 Fatty cut of meat & poultry with skin 脂肪含量較高及帶皮的肉類 Full fat milk or cheese 全脂奶/焗餅 Processed or preserved meat, egg and vegetables 加工或經焗/焗、蛋類及蔬菜食品 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/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：黃油、牛油、忌廉、椰子油、椰漿 Contains trans fat e.g. processed/premade pastries 含有反式脂肪：酥餅、餅乾及牛油 白麵的糕點食品 Sugar sweetened beverages 非正糖飲品/汽水 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分食品/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.

Monday

Tuesday

Wednesday

Thursday

	1 Jan		2 Jan	
Main				
Beverage				
	6 Jan	7 Jan	8 Jan	9 Jan
Main	Pork Chop Bun 香煎豬扒包 	English Raisin Scone 英式提子鬆餅 	Egg Salad Sandwich 蛋沙律三文治 	Steamed Cabbage and Pork Buns 菜肉包 
Beverage	Soy Milk 豆漿 	Ribena 利賓納	Fruit Juice 果汁	Ovaltine 阿華田 
	13 Jan	14 Jan	15 Jan	16 Jan
Main	Japanese Dumplings 日式餃子 	Curry Fish Ball 咖喱魚蛋 	Sweetcorn Cup 粒粒粟米杯	Tuna Sandwich 吞拿魚三文治 
Beverage	Chinese Tea 中國茶	Fruit Juice 果汁	Ribena 利賓納	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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Monday

Tuesday

Wednesday

Thursday

	20 Jan	21 Jan	22 Jan	23 Jan
Main	Ham & Cheese Sandwich 火腿芝士三文治 	Mini Hog dog 迷你熱狗 	Chocolate Cookies 朱古力曲奇餅 	Siu Mai 魚肉燒賣 
Beverage	Horlicks 好立克 	Fruit Juice 果汁 	Low Fat Milk 低脂奶 	Chinese Tea 中國茶 
	27 Jan	28 Jan	29 Jan	30 Jan
Main				
Beverage				



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限量

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Vegetarian
素食



Sustainable Seafood
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All meals are nut-free
所有食物均不含堅果



Egg Alert
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Dairy Alert
含奶類



Soy Alert
含大豆



Fish Alert
含魚類



Shellfish Alert
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Wheat Alert
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