



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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營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 健康之選</b> Choose at least 3 times per week 每天至少吃3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜五穀物 2. Lean protein with fat trim-med 低脂肪或低脂的蛋白質 3. 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	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每週吃1-2次 1. 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：白飯、炒麵、焗食粉 2. Fatty cut of meat & poultry 脂肪含量較高的肉類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and vegetables 加工肉類、蛋類及蔬菜食品 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每週吃不超過1次 1. Deep fat foods 油炸食品 2. 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：牛油、牛油、椰子油、椰油 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及白麵的糕點食品 4. Sugar sweetened beverages 含糖份的飲品 5. 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



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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

Wednesday

Thursday

Friday

2 Apr

3 Apr

4 Apr

5 Apr







Main				
Side				
Beverage				

9 Apr

10 Apr

11 Apr

12 Apr

Main	Pork Patty 豬柳			Sweet Corn 粟米
Side	English Muffin 英式鬆餅  			Green Veg & Beef Ball with Rice Noodles in Soup 青菜牛丸湯米線 
Beverage	Skim Milk 脫脂奶 			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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# Breakfast Menu April 2024

Tuesday

Wednesday

Thursday

Friday

	16 Apr	17 Apr	18 Apr	19 Apr
Main	Bacon 煙肉	Boiled Egg 焗蛋	Sausage 香腸	Dim Sum 中式點心
Side	Assorted Veggie, Beef & Rice Vermicelli in Soup 雜菜牛肉湯米	Shredded Pork with Silver Pin Noodle in Soup 娃娃菜肉絲銀針粉	Tomato & Shredded Chicken with Macaroni in Soup 蕃茄雞絲湯通粉	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉
Beverage	Skim Milk 脫脂奶	Ovaltine 阿華田	Horlicks 好立克	Tea 中國茶
	23 Apr	24 Apr	25 Apr	26 Apr
Main	Boiled Egg 焗蛋	Luncheon Meat 午餐肉	Dim Sum 中式點心	Ham 火腿
Side	Sweet Corn & Minced Pork Congee 粟米肉碎粥	Tomato & Shredded Pork with Udon in Soup 蕃茄肉絲湯烏冬	Country Style Fried Rice Vermicelli 家鄉炒米粉	Shredded Chicken, Pickled Veggie & Shanghai Noodles in Soup 榨菜雞絲上海麵
Beverage	Horlicks 好立克	Soy Milk 豆漿	Chinese Tea 中國茶	Skim Milk 脫脂奶



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含蛋類



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Shellfish Alert  
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Wheat Alert  
含小麥





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Tuesday

30 Apr

Main	Grilled Chicken 烤雞扒	
Side	Pancake 熱香餅 	
Beverage	Ovaltine 阿華田 	



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