



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
EAT MORE 健康之選 Choose at least 3 times per week 每週至少吃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
- Whole grain or grains with added vegetables 全穀或添加蔬菜的穀類 - Lean protein with "at trim med" 低脂蛋白及低脂肉類 - 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	- Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snacks 添加少量脂肪的穀類例如：炒飯、炒麵、焗食 - Fatty cut of meat & poultry with skin 脂肪較高的肉類及皮類 - Full fat milk or cheese 全脂奶類 - Processed or preserved meat, egg and vegetables 加工或醃製肉類、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	- Deep fat foods 油炸食品 - Added animal fats or saturated fat fat/oil e.g. butter, cream, coconut oil, coconut crisp, etc. 添加了動物脂肪或飽和脂肪的食品例如：牛油、牛油、椰子油、椰油 - Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食品例如：餅乾、派、酥、預製食品 - Sugar sweetened beverages 含糖飲料 - Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分或高鹽的食品例如：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.

Breakfast Menu October 2023

Tuesday

Wednesday

Thursday

Friday

3 Oct		4 Oct	5 Oct	6 Oct
Main		Sweet Corn 粟米	Tuna Sandwich 吞拿魚三文治 	
Side		Macaroni Soup with Ham 火腿絲湯通粉 	Corn Flakes 粟米片	
Beverage		Low Fat Milk 低脂奶 	Ovaltine 阿華田 	
10 Oct		11 Oct	12 Oct	13 Oct
Main	Boiled Egg 烩蛋 	Dim Sum 中式點心 	Pan-Fried Pork Chop 煎豬扒	Sausage 香腸
Side	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲銀針粉	Mushroom & Shredded Chicken Congee 香菇雞絲粥	Pancake 熱香餅 	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯通粉
Beverage	Low Fat Milk 低脂奶 	Soy Milk 豆漿 	Ovaltine 阿華田 	Chinese Tea 中國茶



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 October 2023

Tuesday

Wednesday

Thursday

Friday

	17 Oct	18 Oct	19 Oct	20 Oct
Main	Scrambled Egg 炒蛋 	Boiled Egg 焗蛋 	Pork Patty 豬柳漢堡	Dim Sum 中式點心 
Side	Assorted Veggie, Beef & Rice Vermicelli in Soup 雜菜牛肉湯米	Pumpkin & Minced Pork Congee 南瓜肉碎粥	English Muffin 英式鬆餅 	Country Style Fried Vermicelli 家鄉炒米粉 
Beverage	Chinese Tea 中國茶	Low Fat Milk 低脂奶 	Soy Milk 豆漿 	Ovaltine 阿華田 
	24 Oct	25 Oct	26 Oct	27 Oct
Main		Ham 火腿	Grilled Chicken 烤雞扒	Bacon 煙肉
Side		Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉 	Baked Bean 焗豆 & Roasted Potatoes 焗薯粒	Ham & Spaghetti In Soup 火腿絲湯意粉 
Beverage		Soy Milk 豆漿 	Low Fat Milk 低脂奶 	Ovaltine 阿華田 



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Breakfast Menu October 2023

Tuesday

31 Oct

Main	Sausage 香腸	
Side	Green Veg & Beef Ball with Rice Noodle in Soup 青菜牛丸湯米粉 	
Beverage	Low Fat Milk 低脂奶 	



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