



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

SCHOOL MENU



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營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 適宜 Choose at least 3 times per week 每日至少選擇3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每週選擇不多於2次	EAT LESS 少量 Limit to 4 times per month 每月選擇不多於4次
<ol style="list-style-type: none">Whole grain or grains with added vegetables 全穀類食品(或加入蔬菜)Lean protein with "at trimmed" 低脂蛋白, 例如: 雞胸肉Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康少油烹調方法 例如: 蒸、燉、焗、烤	<ol style="list-style-type: none">Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked noodle 添加油脂的穀類 例如: 炒麵、炒粉、焗意粉Fatty cut of meat & poultry with skin 脂肪比例較高及皮肉類肉類Full fat milk or cheese 全脂奶類Processed or preserved meat, egg and vegetables 加工或新製肉類、蛋類及蔬菜類Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或羹	<ol style="list-style-type: none">Deep-fried foods 油炸食品Added animal fats or saturated animal fats e.g. lard, butter, cream, coconut oil, coconut milk 添加了動物性脂肪或飽和性脂肪的食品 例如: 豬油、牛油、忌廉、椰子油、椰漿Contains trans fat e.g. processed/premade pastries, biscuits, etc. 含有反式脂肪 例如: 餅干、牛油、忌廉、椰子油、椰漿Sugar sweetened beverages 含糖飲料的飲品Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分食品 例如: 鹹魚、鹹蛋

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latest news and regular Nutritional Information
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E-NEWSLETTER

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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.

Lunch Menu October 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	2 Oct	3 Oct	4 Oct	5 Oct	6 Oct
Fruit / Soup		Fresh Fruit 生果	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	
Meal A		Fresh Tomato Pork Loin 鮮茄豬柳	Fish Fillet in Dill White Sauce 香草白汁魚柳 	Onion and Chicken 洋蔥雞柳 	
Meal B 		Steamed Baby Cabbage, with Vermicelli 粉絲蒸娃娃菜	Boiled Bay Choi 白灼白菜	Garlic Cabbage 蒜蓉椰菜	
Grains		Red Rice 紅米飯	Rice 白飯	Brown Rice 糙米飯	



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



	9 Oct	10 Oct	11 Oct	12 Oct	13 Oct
Fruit / Soup	Cream of Corn 粟米忌廉湯 	Fresh Fruit 生果	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆 豬骨湯	Fresh Fruit 生果	Cream of Mushroom 雜菌濃湯
<u>Meal</u> A	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋 	Steamed Mince Pork, Water Chestnut & Mushroom 馬蹄冬菇蒸肉餅	Diced Pork in Creamy Corn Sauce 粟米肉粒 	Bolognese Spaghetti 肉醬意粉 	Hot Dog 熱狗
<u>Meal</u> B 	Boiled Choi Sum 白灼菜心	Thai Style Stir-fried Mixed Vegetables 泰式炒雜菜	Baby Cabbage with Garlic 蒜蓉娃娃菜	Stir Fried Broccoli 清炒西蘭花	Sweet Corn 粟米粒
Grains	Rice 白飯	Red Rice 紅米飯	Rice 白飯	Pasta 意粉 	Fried Potato Wedges 炸薯角



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Tuesday

Wednesday

Thursday

Friday

	16 Oct	17 Oct	18 Oct	19 Oct	20 Oct
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯
Meal A	Vegetarian Stir-fried Vermicelli Rice Noodles 素三絲炒米粉 	Hawaiian Pineapple Chicken with Sweet Corn Rice 夏威夷菠蘿燴雞	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳 	Taiwanese Minced Pork with Rice 台式肉燥飯 	Portuguese Chicken 葡國雞
Meal B 	Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Broccoli 清炒西蘭花	Boiled Bay Choi 白灼白菜	Stir-fried Mixed Vegetables 炒雜菜	Cauliflower with Garlic 蒜香椰菜花
Grains	Vermicelli 米粉	Rice 白飯	Red Rice 紅米飯	Rice 白飯	Brown Rice 糙米飯



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	Monday 23 Oct	Tuesday 24 Oct	Wednesday 25 Oct	Thursday 26 Oct	Fun Friday 27 Oct
Fruit / Soup		Fresh Fruit 生果	Miso Tofu Soup 味噌豆腐湯  	Fresh Fruit 生果	Minestrone 雜菜湯
Meal A		Pork Goulash 匈牙利燴豬肉	Chicken A La King with Rice 白汁雞皇飯 	Croatia Beef 克羅地亞牛肉	Sausage & Cheese Burger 芝士豬柳漢堡  
Meal B 		Broccoli with Garlic 蒜香西蘭花	Cauliflower with Garlic 蒜香椰菜花	Stir-fried Mixed Vegetables 炒雜菜	Sweet Corn 粟米粒 
Grains		Pasta 意粉 	Rice 白飯	Brown Rice 糙米飯	Fried Potato Wedges 炸薯角



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	30 Oct	31 Oct			
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯 	Fresh Fruit 生果			
Meal A	Baked Penne with Cheese Sauce 芝士焗長通粉 	HK Style Swiss Chicken Wing 瑞士雞翼 			
Meal B 	Boiled Broccoli 白灼西蘭花	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲 			
Grains	Penne 長通粉 	Rice 白飯			



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