



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

Dinner
Menu

Nov
2022

	Monday	Tuesday	Wednesday	Thursday
	1 Nov	2 Nov	3 Nov	4 Nov
Soup	Thai coconut with mushroom and mince meat soup 泰式椰子草菇肉碎湯  	White Radish, Carrot & Sweet Corn Soup 青紅蘿蔔粟米湯	Onion Soup 洋蔥湯	Tomato Soup 蕃茄蓉湯
Meal A	Lemongrass Pork Chop 香茅豬扒 	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨 	Pan-fried Fish Fillet with Pumpkin Sauce 南瓜汁煎魚柳  	Fried Eggs with BBQ Pork 叉燒炒蛋 
Meal B	Stir-fried Celery, Black Fungus and Chicken 西芹雲耳炒雞柳 	Stir-fried Fresh Tomato with Chicken 鮮茄炒雞柳	Roasted Chicken with Rosemary 迷迭香烤雞	Stir Fried Lotus & Mushroom with Bean Curd 蓮藕香菇炒豆乾 
Vegetables	Stir-fried Mixed Vegetables with Garlic 蒜蓉炒雜菜 	Boiled Long Cabbage 白灼紹菜	Coleslaw 甘荀椰菜沙律	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲
Grains	Rice 白飯	Rice 白飯	Pasta 意粉 	Brown Rice 糙米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果





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	7 Nov	8 Nov	9 Nov	10 Nov
Soup	Chayote melon with Pork Soup 合掌瓜豬肉湯	Sweet Corn & Carrot Soup 粟米甘筍湯	Cream of Mushroom 雜菌濃湯	Miso Tofu Soup 味噌豆腐湯
Meal A	Baked Fish Fillet with Cheese 芝士焗魚柳	HK Style Swiss Chicken 瑞士雞球	British Beef Stew 英式燴牛肉	Korean Kimchi Pork 韓式泡菜豬肉
Meal B	Steamed Eggs with Glass Noodles & Minced Pork 粉絲肉碎蒸蛋	Stir-fried Sliced Pork with Cabbage 椰菜炒肉片	Chicken & Mushroom Stew 蘑菇燴雞	Japanese Stir-fried Udon with Vegetable Mix 日式雜菜炒烏冬
Vegetables	Broccoli & Carrots 西蘭花 & 甘筍	Garlic Cabbage 蒜蓉椰菜	Roasted Vegetables 焗雜菜	Garlic Cabbage 蒜蓉椰菜
Grains	Brown Rice 糙米飯	Brown Rice 糙米飯	Mashed Potato 薯蓉	-
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



Eat More
適宜
Eat Moderately
限量
Eat Less
少量



Vegetarian
素食



Sustainable
Seafood
可持續海鮮



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



Peanut Alert
含花生



Tree Nuts Alert
含堅果



Wheat Alert
含小麥



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	Monday	Tuesday	Wednesday	Thursday
	14 Nov	15 Nov	16 Nov	17 Nov
Soup	Hairy Grouard & Pork Soup 節瓜肉片湯	Minestrone 雜菜湯	Sweet Corn & Minced Chicken Soup 粟米雞蓉湯	White Radish, Carrot & Sweet Corn Soup 青紅蘿蔔粟米湯
Meal A	Stir-fried Assorted Mushrooms & Beef 野菌炒牛肉	Grilled Chicken in Onion Sauce 洋蔥雞扒	Taiwanese Stewed Chicken 三杯雞	Spaghetti Bolognaise with Fried Egg 肉醬煎蛋
Meal B	Sauteed Sliced Pork & Broccoli with Egg Drop Sauce 滑蛋肉片扒西蘭花	Italian Meatball in Marinara Sauce 意式茄醬焗肉丸	Sautéed Long Beans with Garlic & Minced Pork 蒜香肉鬆四季豆	Diced Chicken with Pineapple 菠蘿炒雞粒
Vegetables	Stir-fried Mixed Vegetables 清炒雜菜	Sautéed Broccoli with Garlic 蒜蓉炒西蘭花	Zucchini 翠肉瓜	Roasted Vegetables 焗雜菜
Grains	Red Rice 紅米飯	Pasta 意粉	Brown Rice 糙米飯	ed Rice 紅米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	Monday 21 Nov	Tuesday 22 Nov	Wednesday 23 Nov	Thursday 24 Nov
Soup	Tomato Soup 蕃茄蓉湯	Wintermelon & Pork Soup 冬瓜肉片湯	Cream of Pumpkin 南瓜忌廉湯 	Black-Eyed Pea & Pork Bone Soup 眉豆豬骨湯
Meal A	Mild Curry Pork Chop 咖喱豬扒	Shredded Chicken Fried Rice 生炒牛肉飯 	Roasted Pork Loin with Mushroom Sauce 蘑菇汁烤豬柳	Stir-fried Beef with Green Bean 豆角炒牛肉 
Meal B	Steamed Pork Ribs with Plum 梅子蒸排骨 	Chicken & Assorted Mushrooms 日式野菌雞肉 	Chicken A La King 白汁雞皇  	Stir-fried Lotus Root, Black Fungus & Pork 蓮藕雲耳炒肉片 
Vegetables 	Sautéed Mixed Vegetables 清炒時蔬	Sautéed Broccoli with Garlic 蒜蓉炒西蘭花	Roasted Vegetable 焗雜菜	Stir-fried Romaine Lettuce with Garlic 蒜蓉油麥菜
Grains	Red Rice 紅米飯	-	Pasta 意粉 	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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	Monday 28 Nov	Tuesday 29 Nov	Wednesday 30 Nov	
Soup	Onion Soup 洋蔥湯	Russian Borsht 羅宋湯	Green Radish & Carrot Soup 青紅蘿蔔湯  	
Meal A	Pan Fried Fish with Lemon Dill Sauce 香煎魚柳配檸檬刁草汁   	Steamed Pork Ribs with Bean curd & Black Bean Sauce 豉汁豆卜蒸排骨飯 	Chicken in Portuguese Sauce with Pasta 葡汁雞球意粉 	
Meal B	Roasted Chicken with Rosemary 迷迭香烤雞	Diced Chicken with Sweetcorn Egg Drop Sauce 滑蛋粟米雞球	Pan-fried Fish Fillet in Sweet Corn Sauce 粟米汁香煎魚柳 	
Vegetables 	Broccoli & Carrots 西蘭花 & 甘筍	Carrot & Sweet Corn 甘筍粟米	Stir-fried Mixed Vegetables with Garlic 蒜蓉炒雜菜	
Grains	Mashed Potato 薯蓉	Brown Rice 糙米飯	Red Rice 紅米飯	
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	



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THOUGHTS
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Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!



營養紅綠燈 Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐！



 GREEN 綠燈	EAT MORE 健康之選 👍👍👍	<p>Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物</p>	<p>Lean protein with fat trimmed 脂肪比例較低的蛋白質</p>	<p>Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康少油的烹調方法 例如：蒸、慢煮、烤、焗</p>
 AMBER 黃燈	EAT MODERATE 適宜之選 👍	<p>Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta 添加少量油的穀物 例如：炒飯、炒麵、焗意粉</p>	<p>Fatty cut of meat & poultry with skin 脂肪比例較高及連皮的肉類</p> <p>Full fat milk or cheese 全脂奶品類</p>	<p>Processed or preserved meat, egg and veggies 加工或醃製肉類、蛋類及蔬菜食品</p> <p>Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁</p>
 RED 紅燈	EAT LESS 少選為佳 👎	<p>Deep-fried foods 油炸食品</p> <p>Sugar-sweetened beverages 添加糖分的飲品</p>	<p>Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性脂肪或植物性飽和脂肪 例如：豬油、牛油、忌廉、椰子油、椰漿</p>	<p>Contains trans fat e.g. processed/premade pastries 含反式脂肪 例如：預先製作及包裝的烘焙食物</p> <p>Preserved foods with extremely high salt content e.g. salted fish and salted eggs 鹽分極高的食品 例如：鹹魚、鹹蛋</p>