



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

Lunch  
Menu

MAY  
2023

	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	1 May	2 May	3 May	4 May	5 May
Fruit / Soup	Labour Day	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	Minestrone 雜菜湯
Meal A		Fresh Tomato Pork Loin 鮮茄豬柳  	Beef Stroganoff 俄式牛柳絲 	Onion and Chicken 洋蔥雞柳  	Hot Dog 熱狗
Meal B 		Stir-fried Vegetables 清炒時蔬	Stir-fried Broccoli with Garlic 蒜蓉西蘭花	Mixed Vegetables with Garlic 蒜香什菜	Butter Sweet Corn 粟米
Grains		Red Rice 紅米飯	Brown Rice 糙米飯	Rice 白飯	Baked Potato Cubes 薯粒



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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2023

	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	8 May	9 May	10 May	11 May	12 May
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 🥚	Fresh Fruit 生果	Cream of Mushroom 雜菌濃湯 🍄	Fresh Fruit 生果	Swimming Gala Meal Lunch
Meal A	Vegetarian Stir- fried Vermicelli Rice Noodles 素三絲炒米粉 🌱🍝🌾	Fish Fillet Spaghetti in Vanilla Creamy White Sauce 香草白汁魚柳 配意粉 🍷🐟🍝🌾	Steamed Mince Pork, Water Chestnut & Mushroom 馬蹄冬菇蒸肉餅 🍝🌾	Beef & Mushroom Stroganoff 俄式白菌牛肉	
Meal B 🌱	Stir-fried Veggie BBQ Pork with Green Bean 豆角炒素叉燒 🌱🍝🌾	Cauliflower With Garlic 蒜香椰菜花	Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Broccoli 清炒西蘭花	
Grains	Vermicelli 米粉	Pasta 意粉 🌾	Rice 白飯	Brown Rice 糙米飯	



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	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	15 May	16 May	17 May	18 May	19 May
Fruit / Soup	Miso Tofu Soup 味噌豆腐湯 	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯  	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯
Meal A	Japanese Style Stir Fried Udon with Vegetables & Shredded Eggs 日式素炒烏冬	Moroccan BBQ Chicken with Mash Potato 摩洛哥烤雞	Portuguese Chicken 葡國雞 	Bolognese Spaghetti 肉醬意粉 	Taiwanese Minced Pork with Rice 台式肉燥飯
Meal B 	Japanese Veggie Curry 日式野菜咖哩	BoStir-fried Mixed Vegetables 炒雜菜	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲  	Stir-fried Broccoli 清炒西蘭花	Potato and Vegetable in Portuguese Sauce 葡汁薯仔時蔬 
Grains	Udon 烏冬	Red Rice 紅米飯	Rice 白飯	Pasta 意粉 	Rice 白飯



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	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	22 May	23 May	24 May	25 May	26 May
Fruit / Soup	Minestrone 雜菜湯	Fresh Fruit 生果	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯	Fresh Fruit 生果	Buddha's Birthday
Meal A	Braised Onion & Potato with Veg Chicken 薯仔洋蔥炆素雞 ✓ 2	Herbed Roast Fish Fillet with Tomato 鮮茄香草烤魚 柳	Japanese Style Pork Ginger Sauté with Brown Rice 豚肉生薑燒	Hawaiian Pineapple Chicken with Sweet Corn Rice 夏威夷菠蘿燴雞	
Meal B ✓	Braised Hairy Gourd & Chinese Mushroom 冬菇扒節瓜 2	Ratatouille 普罗旺斯炖 菜	Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Broccoli 清炒西蘭花	
Grains	Red Rice 紅米飯	Pasta 意粉 2	Brown Rice 糙米飯	Rice 白飯	



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	Green MONDAY	Tuesday	Wednesday		
	29 May	30 May	31 May		
Fruit / Soup	Cream of Corn 粟米忌廉湯 	Staff Development Day	Borscht Soup 羅宋湯		
Meal A	Stir-fried Tomato & Egg 鮮茄炒蛋 		Chicken A La King with Rice 白汁雞皇飯 		
Meal B 	Stir-fried Broccoli 清炒西蘭花		Cauliflower with Garlic 蒜香椰菜花		
Grains	Red Rice 紅米飯		Rice 白飯		



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## 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	<b>EAT MORE</b> 健康之選 👍👍👍	Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物	Lean protein with fat trimmed 脂肪比例較低的蛋白質	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
 AMBER 黃燈	<b>EAT MODERATE</b> 適宜之選 👍	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	Fatty cut of meat & poultry with skin 脂肪比例較高及連皮的肉類  Full fat milk or cheese 全脂奶品類	Processed or preserved meat, egg and veggies 加工或醃製肉類、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芡汁
 RED 紅燈	<b>EAT LESS</b> 少選為佳 👎	Deep-fried foods 油炸食品  Sugar-sweetened beverages 添加糖分的飲品	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	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  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