



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

Tea
Menu

MAY
2023

	Monday	Tuesday	Wednesday	Thursday
	1 May	2 May	3 May	4 May
Main	Labour Day	Curry Fish Ball 咖喱魚蛋 	Egg Mayo Salad Sandwich 蛋沙律三文治 	Chocolate Cookies 朱古力曲奇餅 
Beverage		Fruit Juice 果汁	Horlicks 好立克 	Chinese Tea 中國茶

	Monday	Tuesday	Wednesday	Thursday
	8 May	9 May	10 May	11 May
Main	Mini Ham and Pineapple Pizza 迷你菠蘿火腿 薄餅 	Siu Mai 魚肉燒賣 	Pan-fried Pork Bun 生煎包 	Mini Chocolate Cake 迷你朱古力蛋糕 
Beverage	Fruit Juice 果汁	Horlicks 好立克 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 



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
	15 May	16 May	17 May	18 May
Main	Danish Blueberry Mini 藍莓酥   	Japanese Dumplings 日式餃子  		
Beverage	Horlicks 好立克 	Soy Milk 豆漿 		

	Monday	Tuesday	Wednesday	Thursday
	22 May	23 May	24 May	25 May
Main	Mini English Raisin Scone 迷你英式提子 鬆餅   	Chocolate Croissant 朱古力牛角包  	Sweetcorn Cup 粒粒粟米杯	
Beverage	Ovaltine 阿華田 	Chinese Tea 中國茶	Soy Milk 豆漿 	



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Wheat Alert
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Tea
Menu

MAY
2023

	Monday	Tuesday	Wednesday	
	29 May	30 May	31 May	
Main			Raisin Scone 提子鬆餅  	
Beverage			Fruit Juice 果汁	



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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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Chartwells
EAT · LEARN · LIVE

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 👍👍👍	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	EAT MODERATE 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	EAT LESS 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