



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
<ol style="list-style-type: none">Whole grain or grains with added vegetables 全穀或雜糧(例如糙米、五穀粉)Lean protein with fat trimmed 低脂肉類 例如雞、鴨、魚、肉類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、燉、焗、煎	<ol style="list-style-type: none">Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snacks 添加少量脂肪的穀物 例如：炒麵、炒粉、焗肉餅Fatty cut of meat & po, like pork belly 脂肪較高的肉類及皮肉類Full fat milk or cheese 全脂奶及乳酪Processed or preserved meat, egg and vegetables 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肉汁	<ol style="list-style-type: none">Deep fat or foods 油炸食品Added animal fats or saturated fats like lard, butter, cream, coconut oil, coconut cream, etc. 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、椰油Contains trans fat e.g. processed/premade pastries 夾心餅乾、牛油、酥餅、派及 自製的酥餅食品Sugar sweetened beverages 含糖飲料及飲品Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分或高鹽的食料 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 December 2023

Tuesday

Wednesday

Thursday

Friday

1 Dec				
Main				Hash Browns 薯餅
Side				Satay Beef with Rice Noodle in Soup 沙嗲牛肉湯米粉  
Beverage				Soy Milk 豆漿 
5 Dec				
Main	Dim Sum 中式點心    	Grilled Chicken 烤雞扒	Sausage 香腸	Pork Patty 豬柳
Side	Sweet Corn & Shredded Chicken Congee 粟米雞絲粥	Pancake 熱香餅   	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯通粉 	English Muffin 英式鬆餅 
Beverage	Chinese Tea 中國茶	Ovaltine 阿華田 	Horlicks 好立克 	Low Fat Milk 低脂奶 
6 Dec				
7 Dec				
8 Dec				



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 December 2023

Tuesday

Wednesday

Thursday

Friday

	12 Dec	13 Dec	14 Dec	15 Dec
Main		Pan-Fried Pork Chop 煎豬扒	Steamed Rice-Flour Roll 腸粉	Hash Browns 薯餅
Side		Shredded Pork with Rice Noodle in Soup 娃娃菜肉絲銀針粉  	Pumpkin & Minced Pork Congee 南瓜肉碎粥	Ham & Spaghetti in Soup 火腿絲湯意粉  
Beverage		Ovaltine 阿華田 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 
	19 Dec	20 Dec	21 Dec	22 Dec
Main				
Side				
Beverage				



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Breakfast Menu December 2023

Tuesday

Wednesday

Thursday

26 Dec

27 Dec

28 Dec

29 Dec

Main

Side

Beverage



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限量

Eat Less
少量



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