



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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分享你的意見




營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 健康之選</b> Choose at least 3 times per week 每天至少吃3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜五穀物 2. Lean protein with fat trim-med 低脂肪或低脂的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康烹調方法例如：蒸、燉、焗、烤	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每週吃1-2次 1. Grains with small amount of added fat/oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的穀物 例如：白飯、炒麵、焗肉卷 2. Fatty cut of meat & poultry 脂肪份比較高及肥的肉類 3. Full fat milk or cheese 全脂的奶類 4. Processed or preserved meat, egg and vegetables 加工或醃製的類、蛋類及蔬菜食品 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每週吃不超過1次 1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat (fat/oil, lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物脂肪或飽和性脂肪的食品 例如：牛油、牛油、椰子油、椰油 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及白麵的糕點食品 4. Sugar sweetened beverages 含糖份的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份食品 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 May 2024

Tuesday

Wednesday

Thursday

Friday

	1 May	2 May	3 May	
Main			Dim Sum 中式點心	
Side			Pork Congee 瘦肉粥	
Beverage			Ovaltine 阿華田 	
	7 May	8 May	9 May	10 May
Main	Grilled Chicken 烤雞扒	Pork Patty Bun 豬柳漢堡包 	Sausage 香腸 	Dim Sum 中式點心
Side	Toast 多士 	Hash Browns 薯餅	Satay Beef Soup Udon 沙爹牛肉湯烏冬 	Country Style Fried Rice Vermicelli (Less Oil) 家鄉炒米粉 (少油) 
Beverage	Skim Milk 脫脂奶 	Horlicks 好立克 	Ovaltine 阿華田 	Soy Milk 豆漿 



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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Friday

14 May

15 May

16 May

17 May










Main	Boiled Egg 焗蛋 		Dim Sum 中式點心
Side	Shredded Pork and Tomato Soup Macaroni 鮮茄肉絲湯通粉  		Sweet Corn and Minced Meat Congee 粟米肉碎粥
Beverage	Horlicks 好立克   		Ovaltine 阿華田  

21 May

22 May

23 May

24 May

Main	Deep Fried Fish Fillet and Scrambled Egg 炸魚柳加炒蛋   	Dim Sum 中式點心	
Side	Toast 多士  	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉  	
Beverage	Skim Milk 脫脂奶 	Soy Milk 豆漿 	



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	28 May	29 May	30 May	31 May
Main	Sausage 香腸 	Dim Sum 中式點心	Japanese Dumplings 日式餃子  	Boiled Egg and Ham 焗蛋加火腿   
Side	Tomato and Mixed Vegetables Soup Fusilli 番茄雜菜湯螺絲粉  	Pumpkin and Shredded Chicken Congee 南瓜雞絲粥	Green Vegetables and Beef Ball Soup Rice Vermicelli 青菜牛丸湯米粉 	Oatmeal 脫脂牛奶燕麥片  
Beverage	Soy Milk 豆漿 	Chinese Tea 中國茶	Skim Milk 脫脂奶 	Horlicks 好立克   



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