



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

Breakfast Menu

JUN
2023

			Thursday	Friday
			1 Jun	2 Jun
Main			Sausage 香腸	Dim Sum 中式點心
Side			Macaroni Soup with Ham 火腿絲湯通粉 	Country Style Fried Vermicelli 家鄉炒米粉
Beverage			Low Fat Milk 低脂奶 	Chinese Tea 中國茶

	Tuesday	Wednesday	Thursday	Friday
	6 Jun	7 Jun	8 Jun	9 Jun
Main	Sweet Corn 粟米	Pork Patty 豬柳漢堡	Luncheon Meat 午餐肉	Bacon 煙肉
Side	Rice Noodles with Sliced Pork in Satay Sauce 沙嗲肉片河粉 	English Muffin 英式鬆餅 	Pickled Vegetable Pork Rice Noodles 榨菜肉絲米粉 	Shredded Pork & Mushroom with Sliver Needle Noodles in Soup 娃娃菜冬菇肉絲 銀針粉
Beverage	Horlicks 好立克 	Ovaltine 阿華田 	Soy Milk 豆漿 	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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	Tuesday	Wednesday	Thursday	Friday
	13 Jun	14 Jun	15 Jun	16 Jun
Main	Grilled Chicken 烤雞扒	Tuna Sandwich 吞拿魚三文治    	Dim Sum 中式點心    	Boiled Egg 烩蛋 
Side	Hash Browns 薯餅	Milk Oatmeal 牛奶燕麥片  	Sweet Corn & Shredded Chicken Congee 粟米雞絲粥	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉  
Beverage	Low Fat Milk 低脂奶 	Ovaltine 阿華田 	Soy Milk 豆漿 	Chinese Tea 中國茶

	Tuesday	Wednesday	Thursday	Friday
	20 Jun	21 Jun	22 Jun	23 Jun
Main	Sausage 香腸	Pan-fried Pork Chop 煎豬扒	Dragon Boat Festival	
Side	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯通粉 	Assorted Veggie, Beef & Rice Vermicelli in Soup 雜菜牛肉湯米		
Beverage	Ovaltine 阿華田 	Soy Milk 豆漿 		



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2023

	Tuesday	Wednesday	Thursday	Friday
	27 Jun	28 Jun	29 Jun	30 Jun
Main	Boiled Egg 烔蛋 	Grilled Chicken 烤雞扒	Luncheon Meat 午餐肉	Boiled Egg 烔蛋 
Side	Sweet Corn & Minced Pork Congee 粟米肉碎粥	Roasted Potatoes 焗薯粒	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉  	Oatmeal 牛奶燕麥片  
Beverage	Chinese Tea 中國茶	Low Fat Milk 低脂奶 	Soy Milk 豆漿 	Horlicks 好立克 



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THOUGHTS
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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	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