



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

Tea Menu

JUN
2023

				Thursday
				1 Jun
Main				Chocolate Cookies 朱古力曲奇餅
Beverage				Chinese Tea 中國茶

	Monday	Tuesday	Wednesday	Thursday
	5 Jun	6 Jun	7 Jun	8 Jun
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
	12 Jun	13 Jun	14 Jun	15 Jun
Main	Mini English Raisin Scone 迷你英式提子鬆餅 	Japanese Dumplings 日式餃子 	Egg Mayo Salad Sandwich 蛋沙律三文治 	Curry Fish Ball 咖喱魚蛋 
Beverage	Ovaltine 阿華田 	Soy Milk 豆漿 	Horlicks 好立克 	Fruit Juice 果汁

	Monday	Tuesday	Wednesday	Thursday
	19 Jun	20 Jun	21 Jun	22 Jun
Main	Strawberry Jam Sandwich 士多啤梨果醬三文治 	Mini Blueberry Muffin 迷你藍莓鬆餅 		
Beverage	Ovaltine 阿華田 	Fruit Juice 果汁		Dragon Boat Festival



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	Monday	Tuesday	Wednesday	Thursday
	26 Jun	27 Jun	28 Jun	29 Jun
Main	Banana Muffin 香蕉鬆餅   	Mini Pork chop Bun 香煎豬扒飽  	Chinese Dumplings 中式餃子  	Mini Hog dog 迷你熱狗  
Beverage	Fruit Juice 果汁	Chinese Tea 中國茶	Fruit Juice 果汁	Soy Milk 豆漿 



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Chartwells
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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