

# SCHOOL MENU



新加坡国际学校(香港)  
SINGAPORE INTERNATIONAL SCHOOL (HONG KONG)  
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# 營養紅綠燈

# TRAFFIC LIGHT GUIDE



## GREEN 綠燈

### EAT MORE 適宜



Choose at least  
3 times per week  
每星期選擇3次或以上

1. Whole grain or grains with added vegetables  
全穀類或添加蔬菜的穀物
2. Lean protein with fat trimmed  
脂肪比例較低的蛋白質
3. 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 MODERATELY 限量



Limit to 2 times  
per week  
每星期選擇不多於2次

1. 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
2. Fatty cut of meat & poultry with skin  
脂肪比例較高及連皮的肉類
3. Full fat milk or cheese  
全脂奶品類
4. Processed or preserved meat, egg and veggies  
加工或醃製肉類、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芡汁



## RED 紅燈

















### EAT LESS 少量



Limit to 4 times  
per month  
每月選擇不多於4次

1. Deep-fried foods  
油炸食品
2. Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut milk  
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
3. 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
4. Sugar-sweetened beverages  
添加糖分的飲品
5. 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

# November 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Week 1</u>					01 Nov  Chocolate Sponge Cake & BBQ Chips 巧克力海綿蛋糕及燒烤味薯片  Apple 苹果
	04 Nov	05 Nov	06 Nov	07 Nov	08 Nov
<u>Week 2</u>	Hungarian Babgulyas Mushroom & Bean Goulash with Spaghetti 匈牙利炖菜配意粉  Apple 苹果	Italian Beef lasagne 意式牛肉千层面  Orange 橙	Strawberry Jam Sandwich 草莓果酱三文治  Pear 梨	Tomato & Pork Meat with Rice 鲜茄猪肉片配饭 Mixed Fresh Fruit 杂果	Hot Dog 香肠热狗包  Orange 橙
	11 Nov	12 Nov	13 Nov	14 Nov	15 Nov
<u>Week 3</u>	Margarita Pizza 玛格丽特披萨  Dragon Fruit 火龙果	Diced Pork and Corn in Egg Sauce with Rice 滑蛋粟米肉粒配饭  Cantaloupe 哈密瓜	Oatmeal with Soy Milk 豆奶麦皮  Mixed Fresh Fruit 杂果	Stir fried Spaghetti with Black Pepper & Beef 港式牛柳炒意粉  Orange 橙	Chicken Fusilli in Tomato Soup 番茄鸡肉螺丝粉  Apple 苹果
	18 Nov	19 Nov	20 Nov	21 Nov	22 Nov
<u>Week 4</u>	Butter With Corn 牛油玉米  Dragon Fruit 火龙果	Spaghetti Bolognese 肉酱意粉  Cantaloupe 哈密瓜	Chicken and Carrot Congee 甘筍鸡肉粥 Pear 梨	Mixed Rice with Mince Beef & Cauliflower 椰菜花牛肉碎拌饭 Watermelon 西瓜	PTC (Selected Students) No Lessons for all PYP Students
	25 Nov	26 Nov	27 Nov	28 Nov	29 Nov
<u>Week 5</u>	Cornflakes with Soymilk 玉米片配鲜豆浆  Mixed Fresh Fruit 杂果	Low fat Corn & Chicken Mixed Rice 低脂玉米鸡肉拌饭  Apple 苹果	Hainanese Chicken with Rice 海南鸡配饭  Orange 橙	Mince Pork and Pumpkin Congee 南瓜肉碎粥 Cantaloupe 哈密瓜	Mixed Bean & BBQ Pork Mixed Rice 叉烧杂豆拌饭  Dragon Fruit 火龙果



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