

超過120款餐款

Back to school



恆常餐款!

依照衛生署的《小學生午膳營養指引》中，不提供「強烈不鼓勵食品」，運用天然香料與食材提味

活力午餐有參與「學校午膳減鹽計劃」的供應商，承諾本學年每月提供 80% 減鈉餐供學生選擇

	A: 甜粟素枝竹 配紅米飯	B: 日式親子丼滑蛋嫩雞 (去皮)藜麥飯	C: 粟米汁魚柳(可能含微骨) 配糙米飯	D: 意大利肉醬(豬及牛) 配意粉(椰菜)
核心重點	素食餐	日式有營養	可持續海鮮	皇牌肉醬
營養重點	→ 植物性大豆異黃酮(枝竹)搭配高纖紅米 → 提供抗氧化防護，輕負擔好消化	→ 去皮雞肉降低飽和脂肪搭配藜麥 → 提供成長發育必備的完整蛋白質	→ 富含Omega-3不飽和脂肪酸(DHA/EPA)，有助腦部及視力發育 → 搭配維生素B群與糙米複合碳水，提供長效精神續航力	→ 自家製多菜蕃茄醬含脂溶性茄紅素，低糖高抗氧化 → 選用瘦豬及牛肉，低脂高蛋白，美味無負擔
血糖穩定	✓✓✓ 紅米飯	✓✓✓ 藜麥飯	✓✓✓ 糙米飯	✓✓ 利用蔬菜原有的天然甜味代替精緻糖 以多款自家蔬菜打底代替精緻糖，搭配椰菜與意粉，消化平緩不飆糖。

*以上為真實餐款

口味!

- ✓ 活力午餐營養師把關
- ✓ 減鹽不減美味，兼顧健康與孩子口味
- ✓ 定期到校講座：推廣學童減少「鈉」攝取，養成清淡健康的飲食習慣

營養!

穀物類

蔬菜類

肉、魚、蛋及代替品

「3:2:1」最標準改善偏食與多元營養

活力午餐營養師:趙凱婷

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OVER 120 MEAL
OPTIONS

Back to school

Regular Menu Options!!



IN ACCORDANCE WITH THE DEPARTMENT OF HEALTH'S 'NUTRITIONAL GUIDELINES' ON LUNCH FOR PRIMARY SCHOOL STUDENTS, 'STRONGLY DISCOURAGED FOOD ITEMS' ARE NOT PROVIDED, AND NATURAL SPICES AND FRESH INGREDIENTS ARE USED TO ENHANCE FLAVOR.

AS A PARTICIPANT IN THE SCHOOL LUNCH SALT REDUCTION SCHEME, LUNCHEON STAR COMMITS TO PROVIDING 80% REDUCED-SODIUM MEAL OPTIONS FOR STUDENTS EVERY MONTH THROUGHOUT THIS ACADEMIC YEAR.

	A: Bean Curd Stick in Corn Sauce w/ Red Brown Rice	B: Japanese Oyakodon (Chicken & Egg Quinoa Rice)	C: Fish Fillet in Corn Sauce w/ Brown Rice	D: Italian Bolognese Spaghetti (Beef & Pork) (Cabbage)
Core Highlight	Vegan Meal	Japanese Nutritious Meal	Sustainable Seafood	Signature Meat Sauce
Nutritional Highlights	→ Plant-based soy isoflavones (dried bean curd stick) paired with high-fiber red Brown Rice. → Provides antioxidant protection; light and easy to digest.	→ Skinless chicken reduces saturated fat, paired with quinoa. → Provides complete protein essential for growth and development.	→ Rich in Omega-3 unsaturated fatty acids (DHA/EPA), supporting brain and vision development. >> → Paired with Vitamin B complex and complex carbohydrates from brown rice to provide long-lasting mental stamina.	→ Homemade vegetable-rich tomato sauce contains fat-soluble lycopene, low in sugar and high in antioxidants. → Selected lean pork and beef offer low-fat, high-protein nutrition that is delicious without burden.
Blood Sugar Stability	Red Brown Rice	Quinoa Rice	Brown Rice	Uses the natural sweetness from vegetables instead of refined sugar. Uses a base of various vegetables instead of refined sugar, paired with cabbage and spaghetti for steady digestion without blood sugar spikes.

*以上為真實餐款

*THE ABOVE ARE ACTUAL MENU OPTIONS

Flavor!

- MONITORED BY LUNCHEON STAR NUTRITIONISTS
- REDUCED SALT WITHOUT SACRIFICING FLAVOR, BALANCING NUTRITION WITH CHILDREN'S TASTE PREFERENCES
- REGULAR SCHOOL TALKS: PROMOTING REDUCED "SODIUM" INTAKE AMONG STUDENTS TO FOSTER LIGHT, HEALTHY EATING HABITS

Nutrition!

GRAINS

VEGETABLES

MEAT, FISH, EGG
AND
ALTERNATIVES

[3: 2: 1] MOST STANDARD RATIO
IMPROVE PICKY EATING &
DIVERSIFIED NUTRITION