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

Chartwells

green monday

Lunch Menu September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	30 Aug	31 Aug	01 Sep	02 Sep	03 Sep
Soup/ Fruit			Lotus Root with Pork Bone Soup 蓮藕豬骨湯	Fresh Fruit 生果	-
Main A			Sweet & Sour Fish 糖醋魚柳	Chicken A La King 白汁雞皇	-
Main B			Chinese Zucchini with Black Bean Sauce 豉椒炒翠玉瓜	Portuguese Mixed Vegetable Stew 葡汁燴四蔬	-
Grains			Rice 白飯	Rice 白飯	-

	Green Monday 06 Sep	07 Sep	08 Sep	09 Sep	10 Sep
Soup	Sugar Cane, Imperatae & Carrot Soup 茅根竹庶甘筍湯	Fresh Fruit 生果	Seaweed, Pork Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Fresh Fruit 生果	-
Main A	Shanghai Vegan Fried Noodle (Less Oil) 素上海粗炒(少油)	Bolognese Spaghetti 肉醬意粉	Steamed Pork Patty with Salted Egg 鹹蛋蒸肉餅	Portuguese Chicken (Coconut Free) 葡汁滑雞球(不含椰汁)	-
Main B	Steamed Baby Cabbage, Garlic, Vermicelli with Salted & Preserved Eggs 金銀蒜粉絲蒸娃娃菜	Sautéed Seasoned Vegetables 清炒時蔬	Braised Winter Melon with Mushroom 野菌扒冬瓜	Mixed Vegetable in Tomato Sauce 茄汁燴雜菜	-
Grains	Fried Noodles 炒麵	Pasta 意粉	Rice 白飯	Rice 白飯	-

EAT MORE 健康之選, 適合經常食用 These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY 請適宜地食用 Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS 建議少選擇為佳 Don't have too much of these. Just treat ourselves every so often.

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu

素食 Vegetarian Choice | 含有蛋類 Egg Alert | 含有奶類 Dairy Alert | 含有魚類 Fish Alert | 含有貝殼類海鮮 Shellfish Alert | Sustainable Seafood

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Lunch Menu September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 13 Sep	14 Sep	15 Sep	16 Sep	17 Sep
Soup/ Fruit	Tomato & Egg Drop Soup 蕃茄蛋花湯	Fresh Fruit 生果	Apricot Kernel& Watercress soup 南北杏西洋菜湯	Fresh Fruit 生果	-
Main A	Steamed Egg with Shiitake Mushroom 日式香菇蒸水蛋	Japanese Style Beef 日式牛肉	Taiwanese Minced Pork & Tofu 台式肉燥豆腐	Mild Curry Chicken 淡咖喱雞球	-
Main B	Stir-fried Chinese Zucchini with Black Fungus 雲耳炒翠肉瓜	Mixed Vegetable with Garlic & Butter 蒜蓉牛油雜菜	Stir-fried Celery with Bell Pepper 彩椒炒西芹	Japanese Style Stir-fried Mixed Vegetable 日式炒雜菜	-
Grains	Red Rice 紅米飯	Rice 白飯	Rice 白飯	Pasta 意粉	-

	Green Monday 20 Sep	21 Sep	22 Sep	23 Sep	24 Sep
Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	-	The Day Following Mid-Autumn Festival	Fresh Fruit 生果	-
Main A	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋	-		Fish Fillet in Sweet Corn Sauce 粟米汁魚柳	-
Main B	Sautéed Broccoli 清炒西蘭花	-		Braised Eggplant, White Radish & Bean Curd Sheet 枝竹蘿蔔炆茄子	-
Grains	Rice 白飯	-		Brown Rice 糙米飯	-

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Lunch Menu September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 27 Sep	28 Sep	29 Sep	30 Sep	01 Oct
Soup	Monk Fruit & Dried Bak Choy Soup 羅漢果白菜乾湯	Fresh Fruit 生果	Arrowroot & Pork Bone Soup 粉葛赤小豆豬骨湯	-	National Day
Main A	Italian Style Vegan Meat Ball 意式素肉丸	Shredded Chicken in Mushroom Sauce with Penne 蘑菇汁雞絲長通粉	Braised Chicken with Potato 薯仔炆雞球	-	
Main B	Braised Hairy Gourd & Chinese Mushroom 冬菇扒節瓜	Baked Herbed Vegetable 香草焗雜菜	Stir-fried Angled Luffa with Black Fungus 雲耳炒勝瓜	-	
Grains	Rice 白飯	Penne 長通粉	Rice 白飯	-	

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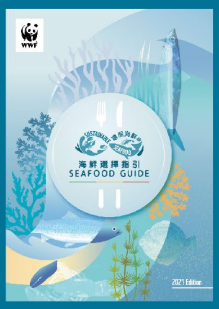
Sustainable Seafood 環保海鮮

Seafood with this icon has been chosen according to the recommendation from WWF-Hong Kong's Seafood Guide.
Learn more: https://wwfhk.awsassets.panda.org/downloads/seafood_guide_web_eng.pdf

本標誌的菜式根據世界自然基金會香港分會的《海鮮選擇指引》選用環保海鮮。
了解更多：https://wwfhk.awsassets.panda.org/downloads/seafood_guide_web_chi.pdf



WWF is partnering with Compass Group (Chartwells) to tackle one of the major issues facing our oceans today: destructive fishing and aquaculture practices. Fish play a critical role in healthy ocean ecosystems, but this delicate balance is under threat. Join us to give our seas – and ourselves – a healthier future. Choose sustainable seafood.

世界自然基金會香港分會與金巴斯集團香港(澤慧)合作，解決我們海洋正面臨的主要問題之一：破壞性捕魚和破壞性水產養殖。魚類在健康的海洋生態系統中扮演著一個重要的角色，但是這種脆弱的平衡正受到威脅。為了人類及海洋的未來，請選擇環保海鮮。

https://seafood-guide.wwf.org.hk/en/seafood-guide

EAT WELL ! FEEL GREAT !

Traffic Light Guide that helps you make heathy choices easy!

WHAT'S OUR GRADING CRITERIA FOR ALL LUNCH MEALS? WHAT DOES THE COLOUR REPRESENT? LET'S TAKE A BRIEF LOOK!

GREEN — EAT MORE

- Whole grain or grains with added vegetables
- Lean meat with fat trimmed
- Healthy cooking methods are used, e.g. steaming, poaching, grilling, any method that requires a little oil

FOOD SAMPLE

AMBER — EAT MODERATE

- Grains with added fat and oil (small amount)
- Fatty cut of meat & poultry with skin
- Full fat milk or cheese
- Processed or preserved meat, egg and veggies
- Sauce or gravy with high sugar, salt or fat content
- Cooking methods that requires a slightly higher temperature or a small amount of oil, e.g. stir-frying, roasting

FOOD SAMPLE

RED — EAT LESS

- Grains with added fat and oil
- Full fat cream or coconut cream
- Highly processed meat
- Cooking methods that requires a lot of oil and high heat (e.g. deep fried), or contains an unnecessary amount of sugar or salt

FOOD SAMPLE

Want to know more?
Scan this QR code for our reference document from the Centre for Health Protection or simply visit the EatSmart Website https://school.eatsmart.gov.hk/ for more information

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