



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



Tea Menu October 2021

	Monday	Tuesday	Wednesday	Thursday
	04 Oct	05 Oct	06 Oct	07 Oct
Main	Tomato & Cheese Sandwich 迷你蕃茄芝士三文治	Mini Raisin Bread 迷你提子包	Apple & Potato Salad 蘋果薯仔沙律	
Beverage	Low Fat Milk 低脂奶	Ovaltine 阿華田	Fruit Juice 果汁	
	11 Oct	12 Oct	13 Oct	14 Oct
Main	Xiao Long Bao 小籠包	Mini Chocolate Muffin 迷你朱古力鬆餅		
Beverage	Low Fat Milk 低脂奶	Horlicks 好立克		
	18 Oct	19 Oct	20 Oct	21 Oct
Main	Braised Egg (One) 鹵水蛋 (1隻)	Siu Mai 魚肉燒賣	Low Fat Yoghurt (Fruit Flavor) 低脂水果味乳酪杯	Banana Cake 香蕉蛋糕
Beverage	Fruit Juice 果汁	Light Chinese Tea 淡中國茶	Ovaltine 阿華田	Low Fat Milk 低脂奶
	25 Oct	26 Oct	27 Oct	28 Oct
Main	Mini Egg Sandwich 迷你雞蛋三文治	Sweetcorn Cup 粒粒粟米杯	Japanese Dumplings 日式餃子	Curry Fish Balls 咖哩魚蛋
Beverage	Low Fat Milk 低脂奶	Ovaltine 阿華田	Light Chinese Tea 淡中國茶	Low Fat Milk 低脂奶



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



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



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



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

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



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(海慧)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>



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for our monthly Wellbeing e-newsletter



<http://sepur.com/eaDXG9>



SUBSCRIBE NOW and get some health and wellness inspiration direct to your inbox every month!

- ✓ Receive the latest news on health & wellbeing trends supported by the Compass's Nutrition team.
- ✓ Bringing you tips and facts about topics like: Eating Seasonal, Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!



EAT WELL ! FEEL GREAT !



Traffic Light Guide that helps you make healthy 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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