



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

SCHOOL MENU



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

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SHARE YOUR THOUGHTS

分享你的意見




營養紅綠燈

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TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<p>EAT MORE 健康之選</p> <p>Choose at least 3 times per week 每日至少選擇3次或以上</p> <ol style="list-style-type: none"> Whole grain or puffed with added vegetables 全穀類麥粉/碎麥/燕麥粉 Lean proteins with fat trimmings 低脂肪肉類/雞塊/雞柳 Healthy cooking methods e.g. steam, poach, grill, bake, with very little oil 健康烹調方法: 蒸、焗、煎、炒、焗 	<p>EAT MODERATE 適宜之選</p> <p>Limit to 1-2 times per week 每日選擇1-2次</p> <ol style="list-style-type: none"> Meats with small amount of added fat/oil e.g. fried rice, fried noodle, baked corn 添加少量油的肉類 例如: 炒麵、炒粉、焗肉卷 Fatty cut of meat & poultry with skin 脂肪含量較高的肉類/雞皮 Full fat milk or cheese 全脂奶/乳酪 Processed or preserved meat, egg and vegetables 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肉汁 	<p>EAT LESS 少選為佳</p> <p>No more than 1 time per week 每星期選擇少於1次</p> <ol style="list-style-type: none"> Deep fried foods 油炸食品 Added animal fats or saturated fat e.g. lard, butter, cream, coconut oil, lard, cream, etc. 添加了動物脂肪或飽和性脂肪的脂肪 例如: 豬油、牛油、忌廉、椰子油、煉乳 Contains trans fat e.g. processed/pre-made pastries, biscuits, etc. 含有反脂肪 例如: 酥皮、餅乾及自製的時鮮食品 Sugar sweetened beverages 含糖的汽水飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分食品/肉類 例如: 鹹魚、鹹蛋



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COMPASS | HK
2024

聲明: 儘管我們已採取一切措施確保廚房內的交叉污染最小化, 但可能會出現我們無法控制的情況, 並可能改變所提供過敏原信息的準確性。因此, 我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。
DISCLAIMER: Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights.

Breakfast Menu

Jan 2025

Tuesday

Wednesday

Thursday

Friday

	7 Jan	8 Jan	9 Jan	10 Jan
Side	Hash Browns 薯餅	Dim Sum 中式點心 	Jam Toast 果醬多士 	Pork Patty 豬柳
Main	Ham & Macaroni in Soup 火腿絲湯通粉 	Sweet Corn & Minced Pork Congee 粟米肉碎粥 	Grilled Chicken 烤雞扒	Pancake 熱香餅 
Beverage	Ovaltine 阿華田 	Horlicks 好立克 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 
	14 Jan	15 Jan	16 Jan	17 Jan
Side	Sweet Corn 粟米	Dim Sum 中式點心 	Sausage 香腸	Butter Toast 牛油多士 
Main	Rice Noodles with Sliced Pork in Tomato Sauce 蕃茄肉片米粉 	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉 	Shredded Pork with Rice Noodles in Soup 娃娃菜肉絲銀針粉 	Fried Fish Fillet and Scrambled Eggs 炸魚柳加炒蛋 
Beverage	Ribena 利賓納	Chinese Tea 中國茶	Soy Milk 豆漿 	Orange juice 橙汁



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



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Breakfast Menu

Jan 2025

Tuesday

Wednesday

Thursday

Friday

	21 Jan	22 Jan	23 Jan	24 Jan
Side	Steamed Cabbage and Pork Buns 菜肉包   	Hash Browns 薯餅	Jam Toast 果醬多士  	Ham 火腿 
Main	Country Style Fried Vermicelli 家鄉炒米粉  	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉  	Grilled Pork Chop 煎豬扒	Green Veg & Beef Ball with Rice Noodle in Soup 青菜牛丸湯米粉  
Beverage	Chinese Tea 中國茶	Soy Milk 豆漿 	Horlicks 好立克   	Ovaltine 阿華田  
	28 Jan	29 Jan	30 Jan	31 Jan
Side				
Main				
Beverage				



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