



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

SCHOOL MENU



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營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 健康之選 Choose at least 3 times per week 每週吃3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜之穀物 2. Lean protein with fat trim med 低脂肪肉 肉類的選自禽 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康之烹調方法 例如：蒸、燉、焗、烤	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每週吃1-2次 1. Beans with small amount of added fat and oil e.g. fried rice, fried noodle, baked pasta 豆類之選與少量油 2. Fatty cut of meat & poultry with skin 脂肪之肉類及皮類肉類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and veggies 加工肉類肉類、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灰汁	EAT LESS 少選為佳 No more than 1 time per week 每週吃或少於1次 1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat fat e.g. lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性脂肪或飽和性脂肪的食品 例如：豬油、牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：餅類、餅乾及自製的酥餅類 4. Sugar sweetened beverages 非酒精飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分保藏食品 例如：鹹魚、鹹蛋



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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

Feb 2025

Tuesday

Wednesday

Thursday

Friday

4 Feb

5 Feb

6 Feb

7 Feb

Side				Hash Browns 薯餅
Main				Ham & Macaroni in Soup 火腿絲湯通粉  
Beverage				Skim Milk 脫脂奶 

11 Feb

12 Feb

13 Feb

14 Feb

Side	Dim Sum 中式點心      	Sausage 香腸	Jam Toast 果醬多士  	Ham 火腿 
Main	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉  	Mushroom and Minced Pork Rice Noodles in Soup 香菇肉碎銀針粉  	Grilled Chicken and Scrambled Egg 烤雞扒加炒蛋 	Green Veg & Fish Ball with Rice Noodle in Soup 青菜魚蛋湯米粉   
Beverage	Chinese Tea 中國茶	Soy Milk 豆漿 	Horlicks 好立克   	Ovaltine 阿華田  



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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	Tuesday 18 Feb	Wednesday 19 Feb	Thursday 20 Feb	Friday 21 Feb
Side	Dim Sum 中式點心 	Bacon 煙肉	Sweet Corn 粟米	Egg Salad Sandwich 碎蛋三文治 
Main	Pumpkin and Shredded Chicken Congee 南瓜雞絲粥	Pancake 熱香餅 	Rice Noodles with Sliced Pork in Tomato Sauce 蕃茄肉片米粉 	Corn Flakes 粟米片
Beverage	Chinese Tea 中國茶	Ribena 利賓納	Ovaltine 阿華田 	Low Fat Milk 低脂奶 
	25 Feb	26 Feb	27 Feb	28 Feb
Side	Luncheon Meat 午餐肉	Dim Sum 中式點心 	Boiled Egg 焗蛋 	Bacon 煙肉
Main	Assorted Veggie, Beef & Macaroni in Soup 雜菜牛肉通粉 	Supreme Soy Sauce Fried Noodles 豉油皇炒麵 	Sweet Corn & Shredded Chicken Congee 粟米雞絲粥	Rice Noodles with Sliced Pork in Tomato Sauce 蕃茄肉片米粉 
Beverage	Horlicks 好立克 	Chinese Tea 中國茶	Soy Milk 豆漿 	Ovaltine 阿華田 



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