



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

SCHOOL MENU



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分享你的意見

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 每天至少吃3次或以上 1. Whole grain or grains with added vegetables 全穀類食物/硬果五穀物 2. Lean protein with fat trim-med 低脂肪肉/低脂的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康/淨潔的烹調方法 例如: 蒸/燉/焗/煎	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每天吃1-2次 1. Grains with small amount of added fat/oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的食物 例如: 炒麵/薯條/焗肉餅 2. Fatty cut of meat & poultry 脂肪肉/雞皮肉 3. Full fat milk or cheese 全脂奶/起司 4. Processed or preserved meat, egg and vegetables 加工肉類/罐頭肉/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肉汁	EAT LESS 少選為佳 No more than 1 time per week 每星期不超過1次 1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat (fat, lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物脂肪或飽和性脂肪的食品 例如: 牛油/牛油/椰子油/椰油 3. Contains trans fat e.g. processed/pre-made pastries 含有反式脂肪 例如: 酥餅/餅乾及白麵的糕點食品 4. Sugar sweetened beverages 含糖份的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份食品 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.

	Tuesday 4 Mar	Wednesday 5 Mar	Thursday 6 Mar	Friday 7 Mar
Main	Egg Salad Sandwich 碎蛋三文治   	Hash Browns 薯餅	Jam Toast 果醬多士  	Dim Sum 中式點心      
Side	Corn Flakes 粟米片	Ham & Macaroni in Soup 火腿絲湯通粉  	Grilled Chicken and Scrambled Egg 烤雞扒加炒蛋 	Country Style Fried Vermicelli 家鄉炒米粉  
Beverage	Skim Milk 脫脂奶 	Ovaltine 阿華田  	Horlicks 好立克   	Soy Milk 豆漿 
	11 Mar	12 Mar	13 Mar	14 Mar
Main	Boiled Egg 焗蛋 	Dim Sum 中式點心      	Bacon 煙肉	Pan-Fried Pork Chop 煎豬扒  
Side	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉  	Sweet Corn & Minced Pork Congee 粟米肉碎粥	Green Veg & Pork Meatballs with Rice Noodle in Soup 青菜豬肉丸湯米粉  	Pancake 熱香餅    
Beverage	Soy Milk 豆漿 	Chinese Tea 中國茶	Skim Milk 脫脂奶 	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 Mar	Wednesday 19 Mar	Thursday 20 Mar	Friday 21 Mar
Main	Sausage 香腸	Dim Sum 中式點心 	Grilled Chicken 烤雞扒	Pork Patty 豬柳
Side	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯通粉 	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 	English Muffin 英式鬆餅 
Beverage	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Soy Milk 豆漿 	Ovaltine 阿華田 
	25 Mar	26 Mar	27 Mar	28 Mar
Main	Luncheon Meat 午餐肉	Ham 火腿	Dim Sum 中式點心 	Fried Fish Fillet 炸魚柳 
Side	Assorted Veggie, Beef & Macaroni in Soup 雜菜牛肉通粉 	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉 	Mushroom & Shredded Chicken Congee 香菇雞絲粥	Udon with Sliced Pork in Tomato Sauce 蕃茄肉片烏冬 
Beverage	Ovaltine 阿華田 	Soy Milk 豆漿 	Chinese Tea 中國茶	Horlicks 好立克 



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