



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

SCHOOL MENU



chartwells
serving up happy & healthy



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SHARE YOUR THOUGHTS

分享你的意見



營養紅綠燈 TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<p>EAT MORE 適宜</p> <p>Choose at least 3 times per week 每星期選擇3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類食物(或與全穀類) Lean protein with fat trimmed 低脂肪或低脂的蛋白質 Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil 健康的烹調方法 例如:蒸、燉、焗、煎 	<p>EAT MODERATELY 限量</p> <p>Limit to 2 times per week 每星期選擇不多於2次</p> <ol style="list-style-type: none"> Grains with or all amount of a solid fat such as oil e.g. fried rice, fried noodle, baked items 含固體脂肪的食物 例如:炒麵、炒粉、焗菜類 Fatty cut of meat & poultry with skin 脂肪含量高的肉及皮肉類 Full-fat milk or cheese 全脂的奶類 Processed or preserved meat, egg and veggies 加工或新製肉類、蛋類及蔬菜類 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或夾汁 	<p>EAT LESS 少量</p> <p>Limit to 4 times per month 每月1次或不多於4次</p> <ol style="list-style-type: none"> Deep-fried foods 油炸食品 Added animal fats or saturated animal fats e.g. lard, butter, cream, coconut oil, coconut milk 添加了動物性脂肪或飽和動物性脂肪的食品 例如:豬油、牛油、忌廉、椰子油、椰漿 Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食品 例如:餅類、餅仔及自製的酥餅類 Sugar sweetened beverages 含糖類飲料的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted veg. 高鹽類食品 例如:鹹魚、鹹菜



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嘅消息及營養資訊啦！

Stay tuned to our social media channels to receive
latest news and regular Nutritional Information
from Compass Group Hong Kong.



COMPASS | HK
GROUP

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.

Lunch Menu November 2023





Monday

Tuesday

Wednesday

Thursday

Friday

		1 Nov	2 Nov	3 Nov
Fruit / Soup		Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果	
Main		Braised Onion & Potato with Chicken 薯仔洋蔥炆雞 	Japanese Style Stir-Fried Udon with Shredded Pork 日式肉絲炒烏冬 	
		Garlic Cabbage 蒜蓉椰菜 	Baby Cabbage in Broth 上湯娃娃菜 	
Grains		Rice 白飯	/	



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限量

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Vegetarian
素食



Sustainable Seafood
可持續海鮮



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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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Green
MONDAY

Tuesday

Wednesday

Thursday

Fun Friday

	6 Nov	7 Nov	8 Nov	9 Nov	10 Nov
Fruit / Soup		Fresh Fruit 生果	Seaweed & Minced meat Soup 紫菜肉碎湯	Fresh Fruit 生果	Minestrone 雜菜湯
Main		Salt & Pepper Pork Chop 椒鹽豬扒 	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳 	Yangzhou Fried Rice 揚州炒飯 	Sausage & Cheese Burger 芝士豬柳漢堡 
		Boiled Cabbage Heart 白灼菜心 	Garlic Cabbage 蒜蓉椰菜 	Chinese Cabbage & Fish Fillets 白菜仔炒魚片 	Fried Potato Wedges 炸薯角
Grains		Rice 白飯	Red Rice 紅米飯	/	Sweet Corn 粟米粒 



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Tuesday

Wednesday

Thursday

Friday

	13 Nov	14 Nov	15 Nov	16 Nov	17 Nov
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	Miso Soup 日式味噌湯  	Fresh Fruit 生果	Tomato & Potato and Pork Bone Soup 蕃茄薯仔豬骨湯
Main	Vegetarian Stir-fried Vermicelli Rice Noodles 素三絲炒米粉    	Japanese Style Teriyaki Chicken 日式照燒雞扒  	Taiwanese Minced Pork with Rice 台式肉燥飯   	Beef Fried Rice 生炒牛肉飯   	Sweet & Sour Chicken 糖醋雞球   
	Baby Cabbage in Broth 上湯娃娃菜 	Broccoli & Carrots 西蘭花 & 甘筍 	Chinese Cabbage & Fish Fillets 白菜仔炒魚片  	Japanese Veggie Curry 日式野菜甜咖哩   	Garlic Cabbage 蒜蓉椰菜 
Grains	Twisted Scallion Bun 蔥花卷 	Rice 白飯	/	/	Rice 白飯



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Green MONDAY

Tuesday

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Fun Friday

	20 Nov	21 Nov	22 Nov	23 Nov	24 Nov
Fruit / Soup	Miso Tofu Soup 味噌豆腐湯  	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Seaweed & Egg Drop Soup 紫菜蛋花湯 
Main	Lo Han Vegetable 羅漢齋   	Onion Pork Chop 洋蔥豬扒  	Portuguese Chicken 葡國雞	Pork Goulash 匈牙利燴豬肉	Hot Dog 熱狗  
	Boiled Bay Choi 白灼白菜 	Braised Fuzzy Melon 炆節瓜脯   	Broccoli Fried Pork 椰菜炒豬肉	Broccoli with Garlic 蒜香西蘭花	Chicken Nuggets 雞寶 
Grains	Rice 白飯	Brown Rice 糙米飯	Rice 白飯	Pasta 意粉 	Sweet Corn 粟米粒



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Wednesday

Thursday

	27 Nov	28 Nov	29 Nov	30 Nov
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	Fresh Fruit 生果
Main	Vegetables and Egg Fried Rice 菜粒蛋炒飯 ✓ ○ ♻️ ♻️	HK Style Swiss Chicken Wing 瑞士雞翼 ♻️ ♻️	BBQ Pork with Scrambled Egg 叉燒炒蛋 ○ ♻️ ♻️	Chicken Tomato Sauce 鮮茄雞絲
	Stir Fried Wheat Gluten with Mixed Vegetables 雜菜炒面根 ✓ ♻️	Sauteed Beef Slices with Baby Pak Choy 白菜仔炒牛肉	Stir-Fried Shredded Pork with Courgette 翠玉瓜炒肉絲	Garlic Cabbage 蒜蓉椰菜 ✓
Grains	Steamed Bun 饅頭 ♻️	Rice 白飯	Rice 白飯	Pasta 意粉 ♻️



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