



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><b>EAT MORE 適宜</b></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"> <li>Whole grain or grains with added vegetables 全穀類食物(或與菜類)</li> <li>Lean protein with fat trimmed 低脂肪或低脂的蛋白質</li> <li>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、烤</li> </ol>	<p><b>EAT MODERATELY 限量</b></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"> <li>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</li> <li>Fatty cut of meat &amp; poultry with skin 脂肪含量高的肉及皮肉類</li> <li>Full-fat milk or cheese 全脂的奶類</li> <li>Processed or preserved meat, egg and veggies 加工或新製肉類、蛋類及蔬菜類</li> <li>Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或夾汁</li> </ol>	<p><b>EAT LESS 少量</b></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"> <li>Deep-fried foods 油炸食品</li> <li>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</li> <li>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</li> <li>Sugar sweetened beverages 含糖類飲品</li> <li>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</li> </ol>



立即follow我哋嘅平台，  
定期接收最新金巴斯集團(香港)  
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.



Tuesday

Wednesday

Thursday

Friday

1 Nov

Fruit / Soup

Main

Grains

Red & Green Carrot & Pork Bone Soup  
青紅蘿蔔豬骨湯

Honey Garlic Pork Chop with Rice  
蒜香蜜糖烤豬扒



Cabbage & Carrot  
椰菜&紅蘿蔔



Rice  
白飯



**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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# Lunch Menu

# Nov 2024



Tuesday

Wednesday

Thursday



	4 Nov	5 Nov	6 Nov	7 Nov	8 Nov
Fruit / Soup	Cream of Corn 粟米忌廉湯 	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Shank Soup 薏米冬瓜豬脷湯	Fresh Fruit 生果	Miso Soup 日式味噌湯 
Main	Tomato, Sweet Corn & Scrambled Egg 蕃茄粟米炒蛋 	Grilled Pork Chop with Spring Onion Sauce & 蔥油豬扒 	Chinese BBQ Pork 蜜汁叉燒 	Cheese Bolognese 芝士肉醬 	Teriyaki Chicken Burger 照燒雞扒包 
	Stir-fried Zucchini with Black Fungus 雲耳炒節瓜 	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Baby Cabbage in Broth 上湯娃娃菜	Broccoli with Garlic 蒜香西蘭花 	Fried Potato Wedges 炸薯角
Grains	Rice 白飯	Brown Rice 菜飯	Rice 白飯	Fusilli 螺絲粉 	Sweet Corn 粟米粒



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Tuesday

Wednesday

Thursday

Friday

	11 Nov	12 Nov	13 Nov	14 Nov	15 Nov
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯 ✓	Fresh Fruit 生果	Apple with Snow fungus Lean meat Soup 蘋果雪耳瘦肉湯	Fresh Fruit 生果	Tomato & Egg Drop Soup 蕃茄蛋花湯 ○
Main	Stir Fried Noodle with Mushrooms, Vegetables 雜菜野菌炒麵 ✓ ○ Ⓞ Ⓜ	Chicken Lombardy 芝士蘑菇燴雞 Ⓜ Ⓞ	Pork Loin in Tomato Sauce 燒豬柳蕃茄汁 Ⓞ	Spaghetti Carbonara 卡邦尼意粉 Ⓜ Ⓞ Ⓞ	Portuguese Chicken 葡國雞 Ⓞ
	Baby Cabbage in Broth 上湯娃娃菜 ✓	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Stir-Fried Radish with Fillet 白蘿蔔炒魚片 Ⓜ Ⓞ Ⓞ Ⓞ	Stir Fried Broccoli 清炒西蘭花 ✓	Stir-fried Mixed Vegetables 炒雜菜 ✓
Grains	/	Rice 白飯	Rice 白飯	Penne 長通粉 Ⓞ	Red Rice 紅米飯



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Thursday

	18 Nov	19 Nov	20 Nov	21 Nov	22 Nov
Fruit / Soup	Miso Soup 日式味噌湯 	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯 	Fresh Fruit 生果	Minestrone 雜菜湯 
Main	Stir Fried Udon with Mixed Veggies & Eggs 素三絲炒烏冬 	Pineapple Chicken Fried Rice with Pork Floss 肉鬆菠蘿雞肉炒飯 	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅 	HK Style Swiss Chicken Wing 瑞士雞翼 	BBQ Chicken Pizza BBQ 烤雞薄餅 
	Broccoli with Garlic 蒜香西蘭花 	Oyster Mushroom with Radish 秀珍菇炆蘿白 	Chinese Cabbage & Fish Fillets 白菜仔炒魚片 	Baby Bok Choy with Garlic 蒜蓉白菜仔 	French Fries 炸薯條
Grains	/	/	Red Rice 紅米飯	Rice 白飯	Sweet Corn 粟米粒



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Friday

	25 Nov	26 Nov	27 Nov	28 Nov	29 Nov
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯  	Fresh Fruit 生果	Apricot Kernel & Watercress soup 南北杏西洋菜湯	Fresh Fruit 生果	
Main	Silky Tofu in Sweet Corn & Egg Drop Sauce 粟米滑蛋豆腐   	Japanese Miso Glazed Fish Fillet 味噌魚柳    	Honey Garlic Pork Chop with Rice 蒜香蜜糖烤豬扒  	Beef Stroganoff Pasta 俄式蘑菇燴牛肉   	
	Boiled Choy Sum 白灼菜心 	Winter Melon and Spare Ribs 冬瓜炆排骨	Boiled Bay Choi 白灼白菜仔 	Broccoli with Garlic 蒜蓉西蘭花 	
Grains	Rice 白飯	Corn Rice 粟米飯	Red Rice 紅米飯	Pasta 意粉 	



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