



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

SCHOOL MENU



chartwells
serving up happy & healthy



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

chartwells

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
EAT MORE 適宜 Choose at least 3 times per week 每週至少選擇3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每週選擇不多於2次	EAT LESS 少量 Limit to 4 times per month 每月選擇不多於4次
1. Whole grain or grains with added vegetables 全穀類食物 (例如粟米粉) 2. Lean protein with fat trimmed 低脂肪或低脂的蛋白質 3. 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、焗	1. Grains with or all amount of a solid fat such as oil e.g. fried rice, fried noodle, baked items 含脂肪的穀類食物 例如：炒麵、炒粉、焗菜粉 2. Fatty cut of meat & poultry with skin 脂肪含量高的肉及皮肉類 3. Full-fat milk or cheese 全脂的奶類 4. Processed or preserved meat, egg and veggies 加工或新製肉類、蛋類及蔬菜類 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或夾汁	1. Deep-fried foods 油炸食品 2. 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 3. Contains trans fat e.g. processed/premade pastries 含反式脂肪的食品 例如：餅類、餅仔及自製的酥餅類 4. Sugar sweetened beverages 含糖類飲品 5. 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

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.

Lunch Menu Jun 2024



Tuesday

Wednesday

Thursday

Friday

	3 Jun	4 Jun	5 Jun	6 Jun	7 Jun
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果	Miso Soup 日式味噌湯 	Fresh Fruit 生果	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯
Main	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋 	Onion Pork Chop 洋蔥豬扒 	Taiwanese Minced Pork with Rice 台式肉燥飯 	Chicken Chop & Tomato Sauce 鮮茄雞扒 	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳
	Boiled Choi Sum 白灼菜心 	Baby Cabbage in Broth 上湯娃娃菜	Chinese Cabbage & Fish Fillets 白菜仔炒魚片 	Broccoli with Garlic 蒜香西蘭花 	Stir-Fried Shredded Chicken with Courgette 翠玉瓜炒雞絲
Grains	Rice 白飯	Rice 白飯	/	Pasta 意粉 	Red Rice 紅米飯



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



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

chartwells

Lunch Menu Jun 2024

Green
MONDAY

Tuesday

Wednesday

Thursday

Fun Friday

	10 Jun	11 Jun	12 Jun	13 Jun	14 Jun
Fruit / Soup		Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果	Minestrone 雜菜湯
Main		Yangzhou Fried Rice 揚州炒飯 	Japanese Style Teriyaki Chicken 日式照燒雞扒 	Sausages Bolognese Spaghetti 腸仔肉醬意粉 	Grilled BBQ Chicken Wrap 燒烤雞肉卷 
		Stir Fried Beef & Chinese Cabbage 白菜仔炒牛肉 	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Broccoli with Garlic 蒜香西蘭花 	Fried Potato Wedges 炸薯角 
Grains		/	Rice 白飯	/	Sweet Corn 粟米粒



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



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

chartwells

Lunch Menu Jun 2024



Tuesday

Wednesday

Thursday

Friday

	17 Jun	18 Jun	19 Jun	20 Jun	21 Jun
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Apple & Snow Fungus with Pork Bone Soup 蘋果雪耳豬骨湯
Main	Vegetarian Stir-fried Vermicelli Rice Noodles 素三絲炒米粉 	Beef Fried Rice 生炒牛肉飯 	Salt & Pepper Pork Chop 椒鹽豬扒 	Braised Chicken with Potato 薯仔炆雞 	Pork in Egg and Sweet Corn Sauce 滑蛋粟米肉粒
	Garlic Stir-fried Baby Cabbage 蒜蓉娃娃菜 	Japanese Veggie Curry 日式野菜甜咖哩 	Chinese Mushrooms & Hairy Gourd 冬菇節瓜 	Boiled Lettuce 白灼生菜 	Stir Fried Beef and Choy Sum 菜心炒牛肉
Grains	Twisted Scallion Bun 蔥花卷 	/	Rice 白飯	Brown Rice 糙米飯	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



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

chartwells

Lunch Menu Jun 2024

Green
MONDAY

Tuesday

Wednesday

Thursday

Fun Friday

	24 Jun	25 Jun	26 Jun	27 Jun	28 Jun
Fruit / Soup	Minestrone 雜菜湯 	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯    	Fresh Fruit 生果	Bacon & Cauliflower Soup 煙肉椰菜湯   
Main	Creamy Sauce Penne Pasta 忌廉長通粉    	Braised Chicken & Winter Melon 冬瓜炆雞球   	Stir-fried Beef Stroganoff & Mixed Mushroom 雜菌炒牛柳絲   	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅  	Sausage & Cheese Burger 芝士豬柳漢堡   
	Broccoli with Garlic 蒜蓉西蘭花 	Stir-Fry Choy Sum & Pork Butt 菜心炒肉片  	Fish Fillets with Radish 蘿白炆魚片     	Cabbage & Carrot 椰菜&紅蘿蔔 	Chicken Nuggets 雞寶   
Grains	Garlic Bread 蒜蓉包   	Rice 白飯	Red Rice 紅米飯	Rice 白飯	Sweet Corn 粟米粒



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



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

chartwells