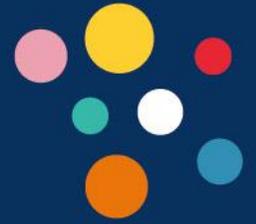




St. Stephen's  
College Preparatory  
School  
聖士提反書院  
附屬小學

# SCHOOL MENU



chartwells  
serving up happy & healthy



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Preparatory School  
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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 每週至少選擇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(或與全穀類)</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 每週選擇不多於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 含固體脂肪的穀類 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 每月選擇不多於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

	3 Feb	4 Feb	5 Feb	6 Feb	7 Feb
Fruit / Soup				Fresh Fruit 生果	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯
Main				Fish Fillet with Sweet Corn Sauce 粟米魚柳 	Taiwanese Minced Pork, Shitake 台式香菇肉燥 
Grains				Stir Fried Broccoli 清炒西蘭花 	Garlic Cabbage 蒜蓉椰菜 
			Fusilli 螺絲粉 	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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Tuesday

Wednesday

Thursday

	10 Feb	11 Feb	12 Feb	13 Feb	14 Feb
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯  	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯    	Fresh Fruit 生果	Tomato & Potato Soup 蕃茄薯仔湯
Main	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋    	Spaghetti Carbonara 卡邦尼長通粉  	Stir-fried Beef & Mixed Mushroom 雜菌炒牛柳絲  	Hawaiian Tomato Pork Chop 夏威夷鮮茄豬扒	Grilled BBQ Chicken Wrap 燒烤雞肉卷  
	Boiled Choi Sum 白灼菜心 	Stir-fried Mixed Vegetables 炒雜菜 	Broccoli with Garlic 蒜蓉西蘭花 	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Fried Potato Wedges 炸薯角 
Grains	Rice 白飯	/	Red Rice 紅米飯	Pasta 意粉 	Sweet Corn 粟米粒



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Tuesday

Wednesday

Thursday

Friday

	17 Feb	18 Feb	19 Feb	20 Feb	21 Feb
Fruit / Soup	Miso Soup 日式味噌湯   	Fresh Fruit 生果	Papaya w/ Snow Fungus Soup 木瓜雪耳湯	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯    
Main	Stir-Fried Japanese Udon with Vegetable 日式雜菜炒烏冬   	Grilled Pork Chop with Spring Onion Sauce & 蔥油豬扒  	Hainanese Chicken with Rice (Boneless) 海南雞飯 (無骨) 	Stewed Seafood with Pasta in White Sauce 白汁海鮮燴通粉    	Texas Cowboy Stew 德州牛仔雜燴   
	Oyster Mushroom with Radish 秀珍菇炆蘿白   	Stir Fried Beef & Chinese Cabbage 白菜仔炒牛肉  	Baby Cabbage in Broth 上湯娃娃菜 	Fried Broccoli with Sliced Meat 西蘭花炒肉片  	Garlic Cabbage 蒜蓉椰菜 
Grains	/	Rice 白飯	/	/	Brown Rice 糙米飯



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# Lunch Menu

## Feb 2025



Tuesday

Wednesday

Thursday

	24 Feb	25 Feb	26 Feb	27 Feb	28 Feb
Fruit / Soup	Cream of Mushroom 雜菌濃湯    	Fresh Fruit 生果	Corn & Minced Chicken Soup 粟米雞蓉湯	Fresh Fruit 生果	Minestrone 雜菜湯 
Main	Cheesy with Mushroom & Red Kidney Beans 芝士蘑菇紅腰豆    	Western Fried Rice 西炒飯    	Tomato Chicken 鮮茄雞扒  	Beef Bolognese 意式肉醬  	Sausage & Cheese Burger 芝士豬柳漢堡   
	Broccoli & Carrots 西蘭花 & 甘筍 	Stir-fried Beef with Choy Sum 菜心炒牛肉  	Cauliflower with Garlic 蒜香椰菜花 	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Chicken Nuggets 雞寶   
Grains	Macaroni 通心粉 	/	Rice 白飯	Fusilli 螺絲粉 	Sweet Corn 粟米粒



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