



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
<p>EAT MORE 適量</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"> 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、烤 	<p>EAT MODERATELY 限量</p> <p>Limit to 2 times per week 每週選擇不多於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 含固體脂肪的穀類 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 每月選擇不多於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



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 Apr

2 Apr

3 Apr

4 Apr

	1 Apr	2 Apr	3 Apr	4 Apr
Fruit / Soup	Fresh Fruit 生果		Fresh Fruit 生果	
Main	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳 		Vietnamese Lemongrass Porkchop 越式香茅豬扒 	
	Stir-Fried Cabbage with Bacon 椰菜炒煙肉		Chinese Cabbage & Fish Fillets 白菜仔炒魚片 	
Grains	Rice 白飯		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

Internal



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

chartwells

Lunch Menu

Apr 2025



Tuesday

Wednesday

Thursday



	7 Apr	8 Apr	9 Apr	10 Apr	11 Apr
Fruit / Soup	Tomato & Egg Drop Soup 蕃茄蛋花湯 	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	Sweet and Sour Veggie Meatball Rice 素咕嚕肉 	Onion Pork Chop 洋蔥豬扒 	Pattaya Grilled Chicken 芭提雅烤雞	Pork Medallions & Mushroom Gravy 香濃雜菌汁豬柳 	Teriyaki Chicken Burger 照燒雞扒包
	Stir-fried Chinese Zucchini with Black Fungus 雲耳炒翠肉瓜 	Baby Cabbage in Broth 上湯娃娃菜 	Stir Fried Beef & Chinese Cabbage 白菜仔炒牛肉 	Broccoli with Garlic 蒜蓉西蘭花 	Fried Potato Wedges 炸薯角
Grains	Rice 白飯	Brown Rice 糙米飯	Rice 白飯	Penne 長通粉 	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

Internal



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

chartwells



Tuesday

Wednesday

Thursday

Friday

	14 Apr	15 Apr	16 Apr	17 Apr	18 Apr
Fruit / Soup	Cream of Corn 粟米忌廉湯 	Fresh Fruit 生果			
Main	Steamed Egg with Shiitake Mushroom 日式香菇蒸水蛋 	Taiwanese Minced Pork, Shiitake & Crispy Salted Chicken 台式香菇肉燥 & 鹽酥雞 			
	Stir-fried Chinese Zucchini with Black Fungus 雲耳炒翠肉瓜 	Garlic Bok Choy 蒜蓉白菜 			
Grains	Red Rice 紅米飯	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

Internal



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

chartwells

Lunch Menu

Apr 2025



Tuesday

Wednesday

Thursday

Fun Friday

21 Apr

22 Apr

23 Apr

24 Apr

25 Apr

Fruit / Soup

Main

Grains



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

Internal



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

chartwells

Lunch Menu

Apr 2025



Tuesday

Wednesday

	28 Apr	29 Apr	30 Apr
Fruit / Soup	Apricot Kernel & Watercress soup 南北杏西洋菜湯 ✓	Fresh Fruit 生果	Seaweed & Egg Drop Soup 紫菜蛋花湯 ✓ ○
Main	Vegetarian Stir-fried Rice Vermicelli (Less Oil) 素三絲炒米粉 (少油) ✓ ○ ♻️ 🌿	Western Fried Rice 西炒飯 🥛 ♻️ 🌿	Steamed Shitake Straw Mushroom & Chicken 草菇蒸滑雞 ♻️ 🌿
	Shitake & Hairy Gourd 冬菇節瓜 ✓ ♻️ 🌿	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Stir-Fried Shredded Pork with Chinese Cabbage 白菜炒肉絲 ♻️ 🌿
Grains	Lotus Paste Bun 蓮蓉包 ♻️ 🌿	/	Brown Rice 糙米飯



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

Internal



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

chartwells