



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

# SCHOOL MENU



St. Stephen's College Preparatory School  
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營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 健康之選</b> Choose at least 3 times per week 每天至少吃3次或以上 1. Whole grain or grains with added vegetables 全穀類食物 (例如五穀物) 2. Lean protein with fat trim-med 低脂肪肉類 (例如雞胸肉) 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康的烹調方法 (例如：蒸、焗、煎、烤)	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每天吃1-2次 1. Grains with small amount of added fat/oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的食物 (例如：米飯、粉麵、焗食) 2. Fatty cut of meat & poultry 脂肪含量較高的肉類 3. Full fat milk or cheese 全脂奶/奶類 4. Processed or preserved meat, egg and vegetables 加工肉類/蛋類/蔬菜 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每星期不超過1次 1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat (fat/oil, lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物脂肪或飽和性脂肪的食品 (例如：牛油、忌廉、椰子油、椰油) 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 (例如：酥餅、餅乾及自製的糕點等) 4. Sugar sweetened beverages 含糖份的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份食物 (例如：鹹魚、鹹蛋)



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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.

Monday

Tuesday

Wednesday

Thursday

	1 Oct	2 Oct	3 Oct
Main		Curry Fish Ball 咖喱魚蛋 	
Beverage		Fruit Juice 果汁	
	7 Oct	8 Oct	9 Oct
Main	English Raisin Scone 英式提子鬆餅 	Japanese Dumplings 日式餃子 	Pan-fried Pork Bun 生煎包 
Beverage	Horlicks 好立克 	Ribena 利賓納	Chinese Tea 中國茶
	14 Oct	15 Oct	16 Oct
Main	Steamed Cabbage and Pork Buns 菜肉包 	Siu Mai 魚肉燒賣 	Sweet corn 粒粒粟米
Beverage	Ovaltine 阿華田 	Soy Milk 豆漿 	Ribena 利賓納
	17 Oct		
Main	Tuna Sandwich 吞拿魚三文治 		
Beverage	Horlicks 好立克 		



- 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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Monday

Tuesday

Wednesday

Thursday

	21 Oct	22 Oct	23 Oct	24 Oct
Main	Xiao Long Bao 小籠包 	Pineapple Bun 菠蘿包 	Chocolate Cookies 朱古力曲奇餅 	Pork Chop Bun 香煎豬扒包 
Beverage	Chinese Tea 中國茶	Ovaltine 阿華田 	Low Fat Milk 低脂奶 	Fruit Juice 果汁
	28 Oct	29 Oct	30 Oct	31 Oct
Main	Blueberry Danish 藍莓酥 	Siu Mai 魚肉燒賣 	Mini Hog dog 迷你熱狗 	Chocolate Muffin 朱古力鬆餅 
Beverage	Horlicks 好立克 	Ribena 利賓納	Fruit Juice 果汁	Low Fat Milk 低脂奶 



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Wheat Alert  
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