



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

SCHOOL MENU



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 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 健康之選 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 全穀類或添加蔬菜五穀物 2. Lean protein with fat trim-med 低脂肪或低脂的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康烹調方法 例如：蒸、燉、焗、烤	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每天吃1-2次 1. Grains with small amount of added fat and oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的食物 例如：米飯、粉麵、焗食等 2. Fatty cut of meat & poultry 脂肪含量較高的肉類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and vegetables 加工肉類、蛋類及蔬菜食品 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	EAT LESS 少選為佳 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, 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、牛油、椰子油、椰油 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及白麵的糕點食品 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 高鹽份食品 例如：鹹魚、鹹蛋



每月帶給你更多健康利養生靈感!
Subscribe now and get some health and wellness inspiration direct to your inbox every month!

訂閱 每月營養資訊
SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER



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.

	Monday 2 Dec	Tuesday 3 Dec	Wednesday 4 Dec	Thursday 5 Dec
Main	Mini Hog dog 迷你熱狗 	Sweetcorn Cup 粒粒粟米杯	Curry Fish Ball 咖喱魚蛋 	
Beverage	Soy Milk 豆漿 	Ribena 利賓納	Fruit Juice 果汁	
	9 Dec	10 Dec	11 Dec	12 Dec
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	
	16 Dec	17 Dec	18 Dec	19 Dec
Main	Steamed Cabbage and Pork Buns 菜肉包 		Tuna Sandwich 吞拿魚三文治 	Siu Mai 魚肉燒賣 
Beverage	Ovaltine 阿華田 		Ribena 利賓納	Soy Milk 豆漿 



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

Monday

Tuesday

Wednesday

Thursday

23 Dec

24 Dec

25 Dec

26 Dec

Main	
Beverage	

30 Dec

31 Dec

Main	
Beverage	



- 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