



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

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SHARE YOUR THOUGHTS

分享你的意見




營養紅綠燈

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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/oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的食物例如：米飯、粉麵、焗食類 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/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、牛油、椰子油、椰油 3. Contains trans fat e.g. processed/pre-made pastries 含有反式脂肪例如：酥餅、餅乾及白麵包的鬆餅等類 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 |



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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

Tuesday

Wednesday

Thursday

| | 3 Feb | 4 Feb | 5 Feb | 6 Feb |
|----------|--|---|--|--|
| Main | | | | Pineapple Bun 菠蘿包   |
| Beverage | | | | Horlicks 好立克    |
| | 10 Feb | 11 Feb | 12 Feb | 13 Feb |
| Main | Chocolate Cookies 朱古力曲奇餅     | Siu Mai 魚肉燒賣    | Japanese Dumplings 日式餃子   | Pork Chop Bun 香煎豬扒包   |
| Beverage | Skim Milk 脫脂奶  | Fruit Juice 果汁 | Chinese Tea 中國茶 | Ribena 利賓納 |
| | 17 Feb | 18 Feb | 19 Feb | 20 Feb |
| Main | Mini Hot Dog 迷你熱狗    | Curry Fish Ball 咖喱魚蛋      | Pan-fried Pork Bun 生煎包    | Sweet corn 粒粒粟米 |
| Beverage | Fruit Juice 果汁 | Soy Milk 豆漿  | Ovaltine 阿華田   | Ribena 利賓納 |



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

24 Feb

25 Feb

26 Feb

27 Feb

| | | | | |
|----------|---|---|--|--|
| Main | Xiao Long Bao 小籠包   | Tuna Sandwich 吞拿魚三文治     | Siu Mai 魚肉燒賣    | Coconut Buns 雞尾包    |
| Beverage | Chinese Tea 中國茶 | Soy Milk 豆漿  | Fruit Juice 果汁 | Horlicks 好立克    |
| Main | | | | |
| Beverage | | | | |



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