



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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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	EAT MODERATE 適宜之選	EAT LESS 少選為佳
Choose at least 3 times per week 每週至少吃3次或以上	Limit to 1-2 times per week 每週只吃1-2次	No more than 1 time per week 每週最多吃1次
- Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀類 - Lean protein with "at trim med" 低脂肪比華的蛋白質 - Healthy cooking methods e.g. steaming, poaching, grilling, baking, with very little oil 健康烹調方法 例如：蒸、焗、煎、烤	- Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta 添加少量脂肪的穀類 例如：炒飯、炒麵、焗意粉 - Fatty cuts of meat & poultry with skin 脂肪比華的獸肉及雞肉 - Full fat milk or cheese 全脂奶及乳酪 - Processed or preserved meat, egg and vegetables 加工或經製的臘、蛋類及蔬菜食品 - Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或菜汁	- Deep-fried foods 油炸食品 - Added animal fats or saturated fat e.g. lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物脂肪或飽和性脂肪的脂肪 例如：豬油、牛油、忌廉、椰子油、椰漿 - Confectionery, fat e.g. processed/premade pastries, biscuits, etc. 甜食、脂肪 例如：餅類、餅乾等 - Sugar sweetened beverages 含蔗糖的飲品 - Preserved foods with extremely high salt content e.g. salted fish and salted egg 過分鹹的食料 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	
5 May		6 May		7 May		8 May	
Main		Chocolate Cookies 朱古力曲奇餅 		Tuna Sandwich 吞拿魚三文治 		Siu Mai 魚肉燒賣 	
Beverage		Soy Milk 豆漿 		Chinese Tea 中國茶		Fruit Juice 果汁	
12 May		13 May		14 May		15 May	
Main	Curry Fish Ball 咖喱魚蛋 	Sweet corn 粒粒粟米 		Mini Hot Dog 迷你熱狗 		Xiao Long Bao 小籠包 	
Beverage	Fruit Juice 果汁	Ribena 利賓納		Horlicks 好立克 		Chinese Tea 中國茶	
19 May		20 May		21 May		22 May	
Main	Coconut Buns 雞尾包 	English Raisin Scone 英式提子鬆餅 					
Beverage	Ovaltine 阿華田 	Fruit Juice 果汁					



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



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Monday

Tuesday

Wednesday

Thursday

26 May

27 May

28 May

29 May

Main	Japanese Dumplings 日式餃子  	Mexico Buns 墨西哥包   	Ham & Cheese Sandwich 火腿芝士三文治   	Pork Chop Bun 香煎豬扒包  
Beverage	Chinese Tea 中國茶	Ribena 利賓納	Ovaltine 阿華田  	Horlicks 好立克   
Main				
Beverage				



Eat More
適宜

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限量

Eat Less
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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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