



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 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 適宜</b> Choose at least 3 times per week 每日或每週3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜的食物 2. Lean protein with "at trim-med" 低脂比較 瘦的蛋白質 3. 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	<b>EAT MODERATELY 限量</b> Limit to 2 times per week 每日或每週不多於2次 1. Grains with small amount of added fat and oil e.g. fried rice, fried noodle, baked bread 添加少量脂肪和油的食物 2. Fatty cut of meat & poultry with skin 脂肪含量較高的肉類 3. Full-fat milk or cheese 全脂奶類/乳酪	<b>EAT LESS 少量</b> Limit to 4 times per month 每月或每月不多於4次 1. Deep-fried foods 油炸食品 2. 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性的脂肪的食物 例如：豬油、牛油、忌廉、椰子油、椰漿 3. Contributes trans fat e.g. processed/pre-made pastries 含有反式脂肪的食物 例如：酥餅、月餅及自製的餅乾等類 4. Sugar sweetened beverages 含糖飲料的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽含量的食品 例如：鹹魚、鹹蛋

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.

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.



# Dinner Menu

# November 2023

Monday

Tuesday

Wednesday

Thursday

		1 Nov	2 Nov
Soup		Seafood Chowder Soup 周打海鮮湯 	
Main		HK Style Beef in Egg Drop Sauce 滑蛋牛肉 	
		Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐 	
Vegetables 		Bay Choi with Garlic 蒜蓉白菜	
Grains		Red Rice 紅米飯	
Fruit		Fresh Fruit 生果	



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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# Dinner Menu

# November 2023

Monday

Tuesday

Wednesday

Thursday

6 Nov

7 Nov

8 Nov

9 Nov

	6 Nov	7 Nov	8 Nov	9 Nov
Soup		Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	Onion Soup 洋蔥湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯
Main		Japanese Curry Chicken 日式甜咖哩雞  	Chicken Wing with Mixed Herbs 香草雞翼	Chicken A La King 白汁雞皇 
		Stir-Fried Shredded Pork with Courgette 翠玉瓜炒肉絲	Beef With Fresh Tomato 鮮茄牛肉	Stir Fried Pork with Cabbage 椰菜炒肉片
Vegetables 		Stir-fried Cauliflower & Broccoli 清炒雙花	Bay Choi with Garlic 蒜蓉白菜	Japanese Veggie Curry 日式野菜甜咖哩  
Grains		Rice 白飯	Rice 白飯	Rice 白飯
Fruit		Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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# Dinner Menu

# November 2023

Monday

Tuesday

Wednesday


Thursday

13 Nov

14 Nov

15 Nov

16 Nov

	13 Nov	14 Nov	15 Nov	16 Nov
Soup	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Pumpkin Soup 南瓜湯 	Apple with Pork Bone 蘋果雪耳豬骨湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 
Main	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋  	Pork Chops with Lemongrass 香茅豬扒   	Steamed Fish with Ginger & Green Onion 薑蔥蒸魚柳    	Pork Goulash 匈牙利燴豬肉
	Beef Stroganoff 俄式牛柳絲 	Stir-Fried Shredded Pork with Courgette 翠玉瓜炒肉絲	Garlic Chicken Chop 蒜香雞扒	Swiss Chicken Wings 瑞士雞翼  
Vegetables 	Garlic Cabbage 蒜蓉椰菜	Boiled Cabbage Heart 白灼菜心	Shitake & Hairy Gourd 冬菇節瓜	Stir-fried Mixed Vegetable 炒什菜
Grains	Red Rice 紅米飯	Rice 白飯	Brown Rice 糙米飯	Pasta 意粉 
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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# Dinner Menu

# November 2023

Monday

Tuesday

Wednesday

Thursday

20 Nov

21 Nov

22 Nov

23 Nov

	20 Nov	21 Nov	22 Nov	23 Nov
Soup	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯	Borscht Soup 羅宋湯	Miso Soup 日式味噌湯  	Apricot Kernel & Watercress soup 南北杏西洋菜湯
Main	Fish Fillet with Sweet Corn Sauce 粟米魚柳  	Minced Beef Fried Rice 生炒牛肉飯   	Steamed Mince Pork, Water Chestnut 馬蹄蒸肉餅  	Fried Pork Ribs w/ Pineapple 菠蘿生炒骨   
	Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐  	Japanese Curry Chicken 日式甜咖喱雞  	Stir-fried Fish with Chinese Zucchini 翠玉瓜雲耳炒魚片  
Vegetables 	Stir-fried Mixed Vegetable 炒什菜	Garlic Cauliflower 蒜蓉椰菜花	Boiled Bay Choi 白灼白菜	Potato and Vegetable in Portuguese Sauce 葡汁薯仔時蔬
Grains	Rice 白飯	/	Rice 白飯	Red Rice 紅米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Tuesday

Wednesday

Thursday

27 Nov

28 Nov

29 Nov

30 Nov

	27 Nov	28 Nov	29 Nov	30 Nov
Soup	Miso Soup 日式味噌湯  	Tomato Soup 蕃茄蓉湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 	Bacon & Cauliflower Soup 煙肉椰菜湯 
Main	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨  	Thai Green Curry Chicken 泰式青咖哩雞  	Roasted Chicken Chop with Thyme & Lemon 百里香檸檬烤雞扒	Salt & Pepper Pork Chop 椒鹽豬扒  
	Long Bean Omelette 豆角煎蛋 	HK Style Beef in Egg Drop Sauce 滑蛋牛肉 	Fresh Tomato & Fish Fillet 鮮茄魚柳  	Scrambled Egg with Tomato and Minced Pork 蕃茄炒蛋肉碎 
Vegetables 	Baby Cabbage in Broth 上湯娃娃菜	Garlic Bay Choi 蒜蓉白菜	Broccoli with Garlic 蒜蓉西蘭花	Boiled Cabbage Heart 白灼菜心
Grains	Rice 白飯	Red Rice 紅米飯	Pasta 意粉 	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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