



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

SCHOOL MENU



chartwells
serving up happy & healthy



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 TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<p>EAT MORE 適宜</p> <p>Choose at least 3 times per week 每日或每週3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物 Lean protein with "at trim-med" 低脂肪或低脂的蛋白質 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、煎 	<p>EAT MODERATELY 限量</p> <p>Limit to 2 times per week 每日或每週不多於2次</p> <ol style="list-style-type: none"> Grains with small amount of added fat and oil e.g. fried rice, fried noodle, baked bread 添加少量脂肪的穀物 例如：炒麵、炒飯、焗肉卷 Fatty cut of meat & poultry with skin 脂肪含量較高的肉類 Full-fat milk or cheese 全脂奶類 Processed or preserved meat, egg and vegetables 加工或經調製、罐裝及預製食品 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁 	<p>EAT LESS 少量</p> <p>Limit to 4 times per month 每月或每月不多於4次</p> <ol style="list-style-type: none"> Deep-fried foods 油炸食品 Added animal fats or saturated fat: lard, butter, cream, coconut oil, coconut milk 添加了動物性脂肪或飽和脂肪的脂肪 例如：豬油、牛油、忌廉、椰子油、椰漿 Contributes to fat e.g. processed/premade pastries 貢獻脂肪的食品 例如：酥皮、餅乾及自製的糕點類 Sugar sweetened beverages 含蔗糖的飲品 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



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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.



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

Oct 2024

Monday

Tuesday


Wednesday

Thursday

1 Oct

2 Oct

3 Oct

	1 Oct	2 Oct	3 Oct
Soup		Bacon & Cauliflower Soup 煙肉椰菜湯   	
Main		Beef Stroganoff 俄式牛柳絲   	
		Garlic Chicken Chop 蒜香雞扒  	
Vegetables 		Sweet Corn 粟米粒	
Grains		Pasta 意粉 	
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

Oct 2024

Monday

Tuesday

Wednesday

Thursday

7 Oct

8 Oct

9 Oct

10 Oct

	7 Oct	8 Oct	9 Oct	10 Oct
Soup	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Borscht Soup 羅宋湯 	Seafood Chowder Soup 周打海鮮湯 	
Main	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨 	Roasted Chicken Chop with Thyme & Lemon 百里香檸檬烤雞扒	Black Pepper Potato & Beef 黑椒薯仔牛肉 	
	Long Bean Omelette 豆角煎蛋 	Plant Based Meatball 意式素肉丸 	BBQ Pork with Scrambled Egg 叉燒炒蛋 	
Vegetables 	Shitake & Hairy Gourd 冬菇節瓜	Boiled Broccoli 白灼西蘭花	Boiled Cabbage Heart 白灼菜心	
Grains	Rice 白飯	Pasta 意粉 	Rice 白飯	
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	



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Tuesday

Wednesday

Thursday

14 Oct

15 Oct

16 Oct

17 Oct

	14 Oct	15 Oct	16 Oct	17 Oct
Soup	Apricot Kernel & Watercress soup 南北杏西洋菜湯	Miso Soup 日式味噌湯  	Corn & Minced Chicken Soup 粟米雞蓉湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 
Main	Thai Style Steamed Fish 泰式蒸魚柳   	Steamed Chicken with Black Fungus and Mushroom 北菇雲耳蒸雞  	Pork Chops with Lemongrass 香茅豬扒   	Steamed Pork Patty with Pickled Veggie with Rice 梅菜蒸肉餅  
	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲  	Stir-fried Fish with Chinese Zucchini and Onion 翠玉瓜洋蔥炒魚片   	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐   	Kung Pao Chicken 宮保雞丁(不含果仁)  
Vegetables 	Garlic Cabbage 蒜蓉椰菜	Stir-fried Bay Choi 清炒白菜	Baby Cabbage in Broth 上湯娃娃菜	Stir-Fried Spinach with Garlic 蒜蓉菠菜
Grains	Rice 白飯	Rice 白飯	Red Rice 紅米飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Dinner Menu

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Monday

Tuesday

Wednesday

Thursday

21 Oct

22 Oct

23 Oct

24 Oct

	21 Oct	22 Oct	23 Oct	24 Oct
Soup	Tomato, Potato & Pork Bone Soup 蕃茄薯仔豬骨湯	Onion Soup 洋蔥湯   	Papaya with Snow Fungus Soup 木瓜雪耳湯	Yellow Cucumber & Rice Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯
Main	Steamed Egg with Glass Noodles 粉絲蒸水蛋    	Yeung Chow Fried Rice 揚州炒飯    	Fried Pork Ribs with Pineapple 菠蘿生炒骨   	Grilled Chicken Wings 香烤雞翼  
	Stir-fried Pork with Zucchini 翠玉瓜炒肉片  	Stir-fried Shredded Pork with Hairy Gourds 節瓜炒肉絲  	Stir-fried Chicken Tenders with Cabbage 椰菜炒雞柳  	Sliced Meat with Fresh Tomato 鮮茄肉片  
Vegetables 	Japanese Veggie Curry 日式野菜甜咖哩  	Boiled Lettuce 白灼生菜	Stir-fried Mixed Vegetable 炒什菜	Garlic Cauliflower 蒜蓉椰菜花
Grains	Rice 白飯	/	Rice 白飯	Pasta 意粉 
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Wednesday

Thursday

28 Oct

29 Oct

30 Oct

31 Oct

	28 Oct	29 Oct	30 Oct	31 Oct
Soup	Miso Soup 日式味噌湯  	Lean Meat with Zucchini Soup 節瓜瘦肉湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 	Tomato Soup 蕃茄蓉湯
Main	Beef Don 牛肉丼  	Chicken Wing with Mixed Herbs 香草雞翼  	Steamed Pork Rib in Soy Sauce 豉汁豆卜蒸排骨  	Chicken A La King 白汁雞皇   
	Garlic Pork Chop 蒜香豬扒  	Stir Fried Choy Sum and Fish Fillet 菜心炒魚片    	Beef with Fresh Tomato 鮮茄牛肉  	Stir Fried Shredded Beef with Celery 西芹炒牛柳絲  
Vegetables 	Baby Cabbage in Broth 上湯娃娃菜	Black Bean Sauce Lettuce 豆豉油麥菜  	Broccoli with Garlic 蒜蓉西蘭花	Boiled Lettuce 白灼生菜
Grains	Rice 白飯	Brown Rice 糙米飯	Rice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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