



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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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 適宜 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 全穀類或添加纖維食物 2. Lean protein with "at trim-med" 低脂比較 肉類的蛋白質 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	EAT MODERATELY 限量 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. Mac ifee, fried noodle, baked bread 添加少量脂肪的食物 例如：麥片、炸麵、焗食 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	EAT LESS 少量 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 含有反式脂肪的例如：酥餅、月餅及自製的餅乾等 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

Nov 2024

Monday

Tuesday

Wednesday

Thursday

4 Nov

5 Nov

6 Nov

7 Nov

	4 Nov	5 Nov	6 Nov	7 Nov
Soup	Minestrone 雜菜湯 	Onion Soup 洋蔥湯 	Seafood Chowder Soup 周打海鮮湯 	Tomato Soup 蕃茄蓉湯
Main	Thai Style Steamed Fish 泰式蒸魚柳 	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋 	Fresh Tomato and Chicken Thigh 鮮茄雞扒 	Deep Fried Fish Fillet in Sweet Corn Sauce 粟米炸魚塊
	Stir Fried Shredded Pork and Green Beans 四季豆炒肉絲 	Beef Stroganoff 俄式牛柳絲 	Stir Fried Cabbage and Fried Fish Block 椰菜炒炸魚條 	Stir Fried Sliced Meat and Courgette 翠玉瓜炒肉片
Vegetables 	Boiled Lettuce 白灼生菜	Garlic Choy Sum 蒜蓉菜心	Stir Fried Broccoli 清炒西蘭花	Garlic Bok Choy 蒜蓉白菜
Grains	Rice 白飯	Rice 白飯	Pasta 意粉 	Red Rice 紅米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	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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Nov 2024

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Tuesday

Wednesday

Thursday

11 Nov

12 Nov

13 Nov

14 Nov

	11 Nov	12 Nov	13 Nov	14 Nov
Soup	Miso Soup 日式味噌湯   	Tomato, Potato & Pork Bone Soup 蕃茄薯仔豬骨湯	Chinese Old Melon & Red Bean with Pork Shank Soup 老黃瓜赤小豆豬脰湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯
Main	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨  	BBQ Pork with Scrambled Egg 叉燒炒蛋    	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅  	Steamed Chicken with Black Fungus 雲耳蒸雞  
	Chicken wing with Mixed Herbs 香草雞翼	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐   	Japanese Curry Chicken 日式甜咖哩雞  	Long Bean Omelette 豆角煎蛋 
Vegetables 	Shiitake & Hairy Gourd 冬菇節瓜  	Garlic Bok Choy 蒜蓉白菜	Boiled Lettuce 白灼生菜	Garlic Cabbage 蒜蓉椰菜
Grains	Rice 白飯	Red Rice 紅米飯	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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Tuesday

Wednesday

Thursday

18 Nov

19 Nov

20 Nov

21 Nov

	18 Nov	19 Nov	20 Nov	21 Nov
Soup	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯		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	Baked Chicken Wings with Black Pepper 焗黑椒雞翼  		Minced Beef Fried Rice (Less Oil) 生炒牛肉飯 (少油)   	Roasted Chicken Thigh with Thyme & Lemon 百里香檸檬烤雞扒
	Stir Fried Sliced Meat and Courgette 翠玉瓜炒肉片  		Stir-fried Shredded Pork with Hairy Gourds 節瓜炒肉絲  	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐   
Vegetables 	Stir Fried Mixed Vegetables 炒雜菜		Baby Cabbage in Broth 上湯娃娃菜	Broccoli with Garlic 蒜蓉西蘭花
Grains	Rice 白飯		/	Red Rice 紅米飯
Fruit	Fresh Fruit 生果		Fresh Fruit 生果	Fresh Fruit 生果



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Dinner Menu

Nov 2024

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Tuesday

Wednesday

Thursday

25 Nov

26 Nov

27 Nov

28 Nov

	Monday 25 Nov	Tuesday 26 Nov	Wednesday 27 Nov	Thursday 28 Nov
Soup	Corn & Minced Chicken Soup 粟米雞蓉湯	Lean Meat with Zucchini Soup 節瓜瘦肉湯	Coix Seed, Winter Melon and Pork Shank Soup 薏米冬瓜豬脷湯	Miso Soup 日式味噌湯   
Main	Japanese Gyudon (Onion & Shredded Beef) 和風洋蔥牛肉	Fried Pork Ribs with Pineapple 菠蘿生炒骨   	Thai Green Curry Chicken (with Coconut Milk) 泰式青咖哩雞 (含椰奶)   	Scrambled Egg with Char Siu 叉燒炒蛋    
	Long Bean Omelette 豆角煎蛋 	Stir-fried Pork with Cabbage 椰菜炒肉片  	Stir-fried Zucchini with Fried Fish Block 翠玉瓜炒炸魚條    	Chicken Thigh with Fresh Tomato 鮮茄雞扒  
Vegetables 	Cauliflower with Garlic 蒜香椰菜花	Garlic Bok Choy 蒜蓉白菜	Boiled Lettuce 白灼生菜	Sweet Corn 粟米粒
Grains	Pasta 意粉 	Rice 白飯	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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