



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 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穀物 2. Lean protein with "at trim-med" 低脂肪或低脂的蛋白質 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 添加少量脂肪的穀物 例如：炒飯、炒麵、焗食包 2. Fatty cut of meat & poultry with skin 脂肪含量較高的肉類及皮肉類 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 fat in fats, oil, 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 3. Contributes trans fat e.g. processed/pre-made pastries 含有反式脂肪的 例如：酥餅、派及餅乾類 4. Sugar sweetened beverages 含蔗糖的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽及高脂肪的醬汁或菜汁 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

## Dec 2024

Monday

Tuesday

Wednesday

Thursday

2 Dec

3 Dec

4 Dec

5 Dec

	2 Dec	3 Dec	4 Dec	5 Dec
Soup	Apple with Pork Bone 蘋果雪耳豬骨湯	Onion Soup 洋葱湯  	Apricot Kernel & Watercress soup 南北杏西洋菜湯	
Main	Steamed Pork Patty with Pickled Veggie with Rice 梅菜蒸肉餅  	Japanese Curry Beef 日式甜咖喱牛肉  	Sliced Meat with Fresh Tomato 鮮茄肉片  	
	Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳  	Chicken wing with Mixed Herbs 香草雞翼	Stir Fry Shredded Potato with Minced Pork 肉碎炒土豆絲  	
Vegetables 	Garlic Cabbage 蒜蓉椰菜	Stir-Fry Mixed Mushrooms 炒雜菇	Boiled Cabbage Heart 白灼菜心	
Grains	Rice 白飯	Brown Rice 糙米飯	Rice 白飯	
Fruit	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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# Dinner Menu

## Dec 2024

Monday

Tuesday

Wednesday

Thursday

9 Dec

10 Dec

11 Dec

12 Dec

	9 Dec	10 Dec	11 Dec	12 Dec
Soup	Lean Meat with Zucchini Soup 節瓜瘦肉湯	Pumpkin Bisque 南瓜濃湯	Miso Soup 日式味噌湯   	
Main	HK Style Beef in Egg Drop Sauce 滑蛋牛肉   	Steamed Chicken with Black Fungus and Mushroom 北菇雲耳蒸雞  	Salt & Pepper Pork Chop 椒鹽豬扒	
	Fried Chicken Wings in Black Pepper 黑椒雞翼	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐   	Stir-Fry Beef with Peppers 雙色椒炒牛肉  	
Vegetables 	Lettuce with Garlic 蒜蓉油麥菜	Stir-fried Bay Choi 清炒白菜	Broccoli with Garlic 蒜蓉西蘭花	
Grains	Red Rice 紅米飯	Rice 白飯	Pasta 意粉 	
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	



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# Dinner Menu

## Dec 2024

Monday

Tuesday

Wednesday

Thursday

16 Dec

17 Dec

18 Dec

19 Dec

	16 Dec	17 Dec	18 Dec	19 Dec
Soup	Coix Seed, Winter Melon and Pork Shank Soup 薏米冬瓜豬脰湯		Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Corn & Minced Chicken Soup 粟米雞蓉湯
Main	Stir-Fry Beef Bell Peppers 七彩牛柳絲 		Steamed Pork Patty with Pickled Veggie 梅菜蒸肉餅 	Roasted Chicken Thigh with Thyme & Lemon 百里香檸檬烤雞扒
	Stir-fried Zucchini with Fried Fish Block 翠玉瓜炒炸魚條 		Grilled Chicken Wings 香烤雞翼	Fish Fillet with Fresh Tomato 鮮茄魚柳 
Vegetables 	Boiled Lettuce 白灼生菜		Stir-fried Mixed Vegetable 炒什菜	Broccoli with Garlic 蒜香西蘭花
Grains	Rice 白飯		Red Rice 紅米飯	Pasta 意粉 
Fruit	Fresh Fruit 生果		Fresh Fruit 生果	Fresh Fruit 生果



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# Dinner Menu

## Dec 2024

Monday

Tuesday

Wednesday

Thursday

23 Dec

24 Dec

25 Dec

26 Dec

Soup

Main

Vegetables



Grains

Fruit



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適宜



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# Dinner Menu

## Dec 2024

Monday

Tuesday

Wednesday

Thursday

30 Dec

31 Dec

Soup

Main

Vegetables



Grains

Fruit



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