



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

# SCHOOL MENU



chartwells  
serving up happy & healthy



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Preparatory School  
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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><b>EAT MORE 適宜</b></p> <p>Choose at least 3 times per week 每日至少攝食3次或以上</p> <ol style="list-style-type: none"> <li>Whole grain or grains with added vegetables 全穀類或添加蔬菜的食物</li> <li>Lean protein with "at trim-med" 低脂肪比較瘦的蛋白質</li> <li>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</li> </ol>	<p><b>EAT MODERATELY 限量</b></p> <p>Limit to 2 times per week 每日攝食不超過2次</p> <ol style="list-style-type: none"> <li>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 例如：炒飯、炒麵、焗食</li> <li>Fatty cut of meat &amp; poultry with skin 脂肪含量較高的肉類及皮肉類</li> <li>Full-fat milk or cheese 全脂奶類/乳酪</li> <li>Processed or preserved meat, egg and veggies 加工或製成肉類、蛋類及蔬菜食品</li> <li>Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁</li> </ol>	<p><b>EAT LESS 少量</b></p> <p>Limit to 4 times per month 每月攝食不超過4次</p> <ol style="list-style-type: none"> <li>Deep-fried foods 油炸食品</li> <li>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動物性脂肪的食物 例如：豬油、牛油、忌廉、椰子油、椰漿</li> <li>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</li> <li>Sugar sweetened beverages 含蔗糖的飲品</li> <li>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</li> </ol>



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.



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

## Jun 2024

Monday

Tuesday

Wednesday

Thursday

	3 Jun	4 Jun	5 Jun	6 Jun
Soup	Onion Soup 洋葱湯 	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯 	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 
Main	Steamed Pork Rib in Soy Sauce 豉汁豆卜蒸排骨 	Curry Beef 咖喱牛肉 	Fresh Tomato & Fish Fillet 鮮茄魚柳 	Pork Goulash 匈牙利燴豬肉 
	Stir Fried Chicken Fillet with Zucchini 節瓜炒雞柳 	Stir-fried Shredded Potato with Minced Pork 肉碎土豆絲 	Chicken Wing with Mixed Herbs 香草雞翼 	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋 
Vegetables 	Stir Fried Broccoli 清炒西蘭花	Boiled Lettuce 白灼生菜	Shitake & Hairy Gourd 冬菇節瓜 	Stir-fried Mixed Vegetable 炒雜菜
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



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

## Jun 2024

Monday

Tuesday

Wednesday

Thursday

10 Jun

11 Jun

12 Jun

13 Jun

	Monday 10 Jun	Tuesday 11 Jun	Wednesday 12 Jun	Thursday 13 Jun
Soup		Miso Soup 日式味噌湯  	Apple & Snow Fungus with Pork Bone Soup 蘋果雪耳豬骨湯	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯
Main		Japanese Curry Chicken 日式甜咖哩雞  	Thai Style Steamed Fish 泰式蒸魚柳   	Scrambled Egg with Char Siu 叉燒炒蛋    
		Stir-Fried Shredded Pork with Courgette 翠玉瓜炒肉絲  	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐   	Stir Fried Chicken with Celery 西芹炒雞柳  
Vegetables 		Stir-fried Cauliflower & Broccoli 清炒雙花	Bay Choi with Garlic 蒜蓉白菜	Baby Cabbage in Broth 上湯娃娃菜
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

## Jun 2024

Monday

Tuesday

Wednesday

Thursday

17 Jun

18 Jun

19 Jun

20 Jun

	17 Jun	18 Jun	19 Jun	20 Jun
Soup	Seafood Chowder Soup 周打海鮮湯 	Bacon & Cauliflower Soup 煙肉椰菜湯 	Tomato Soup 蕃茄蓉湯 	Winter Melon, Coix Seed, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯
Main	Steamed Mince Pork, Water Chestnut 馬蹄蒸肉餅 	Roasted Chicken Chop with Thyme & Lemon 百里香檸檬烤雞扒 	Fried Pork Ribs w/ Pineapple 菠蘿生炒骨 	Grilled Chicken Wings 香烤雞翼 
	Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳 	Fresh Tomato & Fish Fillet 鮮茄魚柳 	Stir Fried Beef and Baby Bok Choy 白菜仔炒牛肉 	Stir-fried Fish with Chinese Zucchini 翠玉瓜炒魚片 
Vegetables 	Boiled Lettuce 白灼生菜	Broccoli with Garlic 蒜蓉西蘭花	Garlic Cabbage 蒜蓉椰菜	Japanese Veggie Curry 日式野菜甜咖哩 
Grains	Rice 白飯	Pasta 意粉 	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

24 Jun

25 Jun

26 Jun

27 Jun

	24 Jun	25 Jun	26 Jun	27 Jun
Soup	Miso Soup 日式味噌湯  	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Borscht Soup 羅宋湯 	Lean Meat with Zucchini Soup 節瓜瘦肉湯
Main	Chicken A La King 白汁雞皇   	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋  	Garlic Pork Chop 蒜香豬扒  	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨  
	Long Bean Omelette 豆角煎蛋  	Beef Stroganoff 俄式牛柳絲   	Japanese Curry Chicken 日式甜咖哩雞  	Stir Fried Pork with Luffa 勝瓜炒肉片  
Vegetables	Stir-fried Mixed Vegetable 炒什菜 	Stir-Fried String Bean with Minced Pork 肉鬆炒四季豆  	Boiled Bay Choi 白灼白菜 	Baby Cabbage in Broth 上湯娃娃菜 
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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