



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 每日至少攝食3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每日攝食量不超過2次	EAT LESS 少量 Limit to 4 times per month 每月攝食不超過4次
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、煎	1. Grains with small amount of added fat/oil e.g. Mac ifee, fried noodle, baked bread 添加少量脂肪的穀物 例如：小食、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	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料：豬油、牛油、忌廉、椰子油、椰漿 3. Contributes trans fat e.g. processed/premade pastries 含有反式脂肪的食料：酥餅、派及餅乾類 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 高鹽份的食料 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

Jan 2025

Monday

Tuesday

Wednesday

Thursday

1 Jan

2 Jan

Soup

Main

Vegetables



Grains

Fruit



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

Jan 2025

Monday

Tuesday

Wednesday

Thursday

6 Jan

7 Jan

8 Jan

9 Jan

	6 Jan	7 Jan	8 Jan	9 Jan
Soup	Tomato, Potato & Pork Bone Soup 蕃茄薯仔豬骨湯	Corn & Minced Chicken Soup 粟米雞蓉湯	Miso Soup 日式味噌湯  	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 
Main	Black Pepper Potato & Beef 黑椒薯仔牛肉  	Steamed Pork Patty with Pickled Veggie with Rice 梅菜蒸肉餅	Japanese Curry Chicken 日式甜咖哩雞  	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨  
	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	Plant Based Meatball 意式素肉丸   	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲  
Vegetables 	Stir-fried Bay Choi 清炒白菜	Boiled Cabbage Heart 白灼菜心	Stir-Fry Broccoli 清炒西蘭花	Shitake & Hairy Gourd 冬菇節瓜  
Grains	Rice 白飯	Red Rice 紅米飯	Fusilli 螺絲粉 	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Wednesday

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13 Jan

14 Jan

15 Jan

16 Jan

	13 Jan	14 Jan	15 Jan	16 Jan
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	Water Chestnut 馬蹄蒸肉餅 	Thai Style Steamed Fish 泰式蒸魚柳 	Steamed Chicken with Black Fungus 雲耳蒸雞 	BBQ Pork with Scrambled Egg 叉燒炒蛋
	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐 	Long Bean Omelette 豆角煎蛋 	Beef With Fresh Tomato 鮮茄牛肉 	Fuzzy Melon with Vermicelli 節瓜炆粉絲
Vegetables 	Boiled Broccoli 白灼西蘭花	Baby Cabbage in Broth 上湯娃娃菜	Shitake & Hairy Gourd 冬菇節瓜 	Stir-fried Bay Choi 清炒白菜
Grains	Red Rice 紅米飯	Rice 白飯	Rice 白飯	Brown Rice 糙米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Thursday

	20 Jan	21 Jan	22 Jan	23 Jan
Soup	Apricot Kernel & Watercress soup 南北杏西洋菜湯	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Seaweed & Egg Drop Soup 紫菜蛋花湯	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯
Main	Yeung Chow Fried Rice 揚州炒飯    	Beef Don 牛肉丼  	Steamed Egg with Glass Noodles 粉絲蒸水蛋 	Grilled Chicken Wings 香烤雞翼
	Stir-fried Chicken Tenders with Cabbage 椰菜炒雞柳  	Sliced Meat with Fresh Tomato 鮮茄肉片  	Stir-fried Pork with Zucchini 翠玉瓜炒肉片  	Stir Fried Shredded Beef with Celery 西芹炒牛柳絲  
Vegetables 	Boiled Lettuce 白灼生菜	Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Mixed Vegetable 炒什菜	Garlic Cauliflower 蒜蓉椰菜花
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	Fresh Fruit 生果



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29 Jan

30 Jan

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