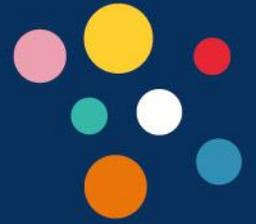




St. Stephen's
College Preparatory
School
聖士提反書院
附屬小學

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 chartwells

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食物 Lean protein with "at trimmed" 低脂肪或低飽和脂肪的食物 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 	<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 or all amount of added fat and oil e.g. fried rice, fried noodle, baked bread 添加的油脂的食物 例如：炒麵、炒粉、焗肉卷 Fatty cut of meat & poultry with skin 脂肪含量高的肉及皮肉類 Full-fat milk or cheese 全脂奶類 Processed or preserved meat, egg and vegetables 加工或製成肉類、蛋類及蔬菜食品 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 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、油、牛油、椰子油、椰漿 Contributes trans fat e.g. processed/premade pastries 含有反式脂肪的 例如：酥皮、餅乾及自製的糕點類 Sugar sweetened beverages 含糖飲料的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份的保存 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

Feb 2025

Monday

Tuesday

Wednesday

Thursday

3 Feb

4 Feb

5 Feb

6 Feb

Soup			Seafood Chowder Soup 周打海鮮湯    
Main			Steamed Pork Rib in Soy Sauce 豉汁蒸排骨  
Vegetables 			Long Bean Omelette 豆角煎蛋 
Grains			Shitake & Hairy Gourd 冬菇節瓜  
Fruit			Rice 白飯
			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

Feb 2025

Monday

Tuesday

Wednesday

Thursday

10 Feb

11 Feb

12 Feb

13 Feb

	Monday 10 Feb	Tuesday 11 Feb	Wednesday 12 Feb	Thursday 13 Feb
Soup	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	Borscht Soup 羅宋湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯
Main	Chinese Marinade Chicken Wings 滷水雞翼 	Pork Chops with Lemongrass 香茅豬扒 	Chicken A La King 白汁雞皇 	Steamed Pork Patty with Pickled Veggie with Rice 梅菜蒸肉餅
	BBQ Pork with Scrambled Egg 叉燒炒蛋 	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐 	Plant Based Meatball 意式素肉丸 	Stir-fried Fish with Chinese Zucchini and Onion 翠玉瓜洋蔥炒魚片
Vegetables 	Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Bay Choi 清炒白菜	Garlic Cabbage 蒜蓉椰菜	Boiled Lettuce 白灼生菜
Grains	Red Rice 紅米飯	Rice 白飯	Pasta 意粉 	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
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Dinner Menu

Feb 2025

Monday

Tuesday

Wednesday

Thursday

17 Feb

18 Feb

19 Feb

20 Feb

	17 Feb	18 Feb	19 Feb	20 Feb
Soup	Papaya with Snow Fungus Soup 木瓜雪耳湯	Minestrone 雜菜湯	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯
Main	Fried Pork Ribs with Pineapple 菠蘿生炒骨 	Beef Bolognese 意式肉醬 	Roasted Chicken Thigh with Thyme & Lemon 百里香檸檬烤雞扒	Steamed Egg with Glass Noodles 粉絲蒸水蛋
	Stir-fried Chicken Tenders with Cabbage 椰菜炒雞柳 	Fried Chicken Wings in Black Pepper 黑椒雞翼 	Stir-fried Pork with Cabbage 椰菜炒肉片 	Stir-fried Pork with Zucchini 翠玉瓜炒肉片
Vegetables 	Stir-fried Mixed Vegetable 炒什菜	Grade 薯格	Garlic Bok Choy 蒜蓉白菜	Japanese Veggie Curry 日式野菜甜咖哩
Grains	Red Rice 紅米飯	Penne 長通粉 	Pasta 意粉 	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Dinner Menu

Feb 2025

Monday

Tuesday

Wednesday

Thursday

24 Feb

25 Feb

26 Feb

27 Feb

	24 Feb	25 Feb	26 Feb	27 Feb
Soup	Lean Meat with Zucchini Soup 節瓜瘦肉湯	Onion Soup 洋蔥湯 	Coix Seed, Winter Melon and Pork Shank Soup 薏米冬瓜豬脰湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯
Main	Chicken Wing with Mixed Herbs 香草雞翼 	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅 	Japanese Curry Chicken 日式甜咖哩雞 	Japanese Gyudon (Onion & Shredded Beef) 和風洋蔥牛肉
	Stir Fried Choy Sum and Fish Fillet 菜心炒魚片 	Scrambled Egg with Char Siu 叉燒炒蛋 	Stir-fried Zucchini with Fried Fish Block 翠玉瓜炒炸魚條 	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲
Vegetables 	Oyster Mushroom with Radish 秀珍菇炆蘿白 	Lettuce with Garlic 蒜蓉油麥菜	Broccoli with Garlic 蒜蓉西蘭花	Stir-fried Bay Choi 清炒白菜
Grains	Rice 白飯	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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