



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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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
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/pre-made pastries 含有反式脂肪的食料：酥皮、餅、及自製的餅乾等
	4. Processed or preserved meat, egg and vegetables 加工或製成肉類、蛋類及蔬菜食品 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	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

March 2025

Monday

Tuesday

Wednesday

Thursday

3 Mar

4 Mar

5 Mar

6 Mar

	3 Mar	4 Mar	5 Mar	6 Mar
Soup	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Borscht Soup 羅宋湯 	Seafood Chowder Soup 周打海鮮湯 	Bacon & Cauliflower Soup 煙肉椰菜湯
Main	Chinese Marinade Chicken Wings Mallet 滷水雞翼鎚 	Chicken A La King 白汁雞皇 	Pork Chops with Lemongrass 香茅豬扒 	Beef Stroganoff 俄式牛柳絲
	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨 	Long Bean Omelette 豆角煎蛋 	Stir-fried Chicken Tenders with Cabbage 椰菜炒雞柳 	Chicken wing with Mixed Herbs 香草雞翼
Vegetables 	Stir-fried Mixed Vegetable 炒什菜	Garlic Broccoli 蒜蓉西蘭花	Boiled Lettuce 白灼生菜	Garlic Cauliflower 蒜蓉椰菜花
Grains	Rice 白飯	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



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

March 2025

Monday

Tuesday

Wednesday

Thursday

10 Mar

11 Mar

12 Mar

13 Mar

	Monday 10 Mar	Tuesday 11 Mar	Wednesday 12 Mar	Thursday 13 Mar
Soup	Corn & Minced Chicken Soup 粟米雞蓉湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯	Papaya with Snow Fungus Soup 木瓜雪耳湯	Bacon & Cauliflower Soup 煙肉椰菜湯
Main	Roasted Chicken Thigh with Thyme & Lemon 百里香檸檬烤雞扒  	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨  	Fried Pork Ribs with Pineapple 菠蘿生炒骨   	HK Style Beef in Egg Drop Sauce 滑蛋牛肉   
	Braised Tofu 紅燒豆腐   	Fish Fillet with Fresh Tomato 鮮茄魚柳     	Hairy Gourds with Fish Fillet 節瓜炒魚片  	Kung Pao Chicken 宮保雞丁(不含果仁)  
Vegetables 	Broccoli with Garlic 蒜蓉西蘭花	Shitake & Hairy Gourd 冬菇節瓜	Garlic Bok Choy 蒜蓉白菜	Boiled Lettuce 白灼生菜
Grains	Red Rice 紅米飯	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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Monday

Tuesday

Wednesday








Thursday

17 Mar

18 Mar

19 Mar

20 Mar

	17 Mar	18 Mar	19 Mar	20 Mar
Soup	Corn & Minced Chicken Soup 粟米雞蓉湯羹	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯	Onion Soup 洋蔥湯	Apple with Pork Bone 蘋果雪耳豬骨湯
Main	Thai Style Steamed Fish 泰式蒸魚柳  	Steamed Pork Patty with Pickled Veggie 梅菜蒸肉餅  	Thai Green Curry Chicken (with Coconut Milk) 泰式青咖哩雞 (含椰奶) 	Steamed Egg with Glass Noodles 粉絲蒸水蛋   
	Sliced Pork with Cabbage 椰菜炒肉片  	Long Bean Omelette 豆角煎蛋 	Stir-fried Zucchini with Pork Jowl 翠玉瓜炒豬頸肉  	Pan-Fried Pork Chop 香煎豬扒  
Vegetables 	Garlic Bok Choy 蒜蓉白菜	Boiled Lettuce 白灼生菜	Boiled Choy Sum 白灼菜心	Japanese Veggie Curry 日式野菜甜咖哩
Grains	Rice 白飯	Rice 白飯	Red Rice 紅米飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Monday

Tuesday

Wednesday

Thursday

24 Mar

25 Mar

26 Mar

27 Mar

	24 Mar	25 Mar	26 Mar	27 Mar
Soup	Winter Melon, Coix Seed, Egyptian Bean & Lean Meat Soup 冬瓜薏米扁豆瘦肉湯	Tomato Egg Drop and Potato Soup 蕃茄蛋花薯仔湯	Borscht Soup 羅宋湯	Yellow Cucumber & Rice Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯
Main	Salt & Pepper Pork Chop 椒鹽豬扒	Minced Beef Fried Rice (Less Oil) 生炒牛肉飯 (少油)	Diced Beef Tenderloin Black Pepper 黑椒牛柳粒	Grilled Chicken Wings 香烤雞翼
	Japanese Curry Beef 日式甜咖喱牛肉	Stir-fried Shredded Pork with Hairy Gourds 節瓜炒肉絲	Garlic Chicken Chop 蒜香雞扒	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐
Vegetables	Sweet Corn 粟米粒	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	/	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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Monday

Tuesday

Wednesday

Thursday

31 Mar	
Soup	Miso Soup 日式味噌湯  
Main	Scrambled Egg with Char Siu 叉燒炒蛋  
	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲  
Vegetables 	Shiitake & Hairy Gourd 冬菇節瓜
Grains	Rice 白飯
Fruit	Fresh Fruit 生果



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