



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

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TRAFFIC LIGHT GUIDE

GREEN 綠燈

AMBER 黃燈

RED 紅燈

EAT MORE
適宜

Choose at least
3 times per week
每週至少選擇3次或以上

1. Whole grain or grains
with added vegetables
全穀類或添加蔬菜的穀類
2. Lean protein with a
trimmed fat
低脂肪比較瘦的蛋白質
3. Healthy cooking
methods e.g. steaming,
poaching, grilling, baking
with very little oil
健康少油的烹調方法
例如：蒸、燉、焗、烤

EAT MODERATELY
限量

Limit to 2 times
per week
每週選擇不多於2次

1. Grains with small amount of
added fat and oil e.g. fried rice,
fried noodle, baked corn
添加少量脂肪和油類的穀類
例如：炒飯、炒麵、焗玉米
2. Fatty cut of meat &
poultry with skin
脂肪含量較高的肉類及皮肉類
例如：炸雞、炸肉及皮肉類
3. Full fat milk or cheese
全脂奶類
4. Processed or preserved meat,
egg and vegetables
加工或經製肉類、蛋類及蔬菜
5. Sauce or gravy with high sugar,
salt or fat content
高糖、高鹽及高脂肪的醬汁或汁

EAT LESS
少量

Limit to 4 times
per month
每月選擇不多於4次

1. Deep fried foods
油炸食品
2. Added animal fats or saturated
fats like egg, lard, butter, cream,
coconut oil, coconut milk
添加了動物脂肪或飽和脂肪的脂肪
例如：黃油、牛油、忌廉、椰子油、椰漿
3. Contributes to fat
e.g. processed/pre-made pastries
西式餅類、餡餅、餅干、餅乾及
自製的餅乾類
4. Sugar sweetened beverages
含糖的飲品
5. Preserved foods with extremely
high salt content e.g. salted fish
及鹹魚、鹹肉、鹹蛋、鹹菜



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

May 2025

Monday

Tuesday

Wednesday

Thursday

	5 May	6 May	7 May	8 May
Soup		Apricot Kernel & Watercress soup 南北杏西洋菜湯	Seafood Chowder Soup 周打海鮮湯    	Papaya with Snow Fungus Soup 木瓜雪耳湯
Main		Fried Chicken Chop with Lemon Sauce 西檸雞扒    	HK Style Beef in Egg Drop Sauce 滑蛋牛肉   	Salt & Pepper Pork Chop 椒鹽豬扒   
		Long Bean Omelette 豆角煎蛋 	Fish Fillet with Fresh Tomato 鮮茄魚柳   	Japanese Curry Beef 日式甜咖哩牛肉  
Vegetables 		Garlic Cabbage 蒜蓉椰菜	Boiled Lettuce 白灼生菜	Garlic Broccoli 蒜香西蘭花
Grains		Rice 白飯	Red Rice 紅米飯	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

Internal



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May 2025

Monday

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Wednesday

Thursday

12 May

13 May

14 May

15 May

Soup	Corn & Minced Chicken Soup 粟米雞蓉湯   	Soup	Borscht Soup 羅宋湯 	Soup	Tomato Egg Drop and Potato Soup 蕃茄蛋花薯仔湯 	Soup	Yellow Cucumber & Rice Bean with Pork Shank Soup 老黃瓜赤小豆豬展湯
Main	Fresh Tomato and Pork Chop 鮮茄豬扒    	Main	Beef Don 牛肉丼  	Main	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨  	Main	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅     
	Stir Fried Cabbage and Fried Fish Block 椰菜炒炸魚條   		Chicken Skewers 雞肉串燒  		Braised Tofu 紅燒豆腐  		Japanese Curry Beef 日式甜咖哩牛肉  
Vegetables 	Stir Fried Broccoli 清炒西蘭花	Vegetables 	Stir Fried Mixed Vegetables 炒雜菜	Vegetables 	Shiitake & Hairy Gourd 冬菇節瓜  	Vegetables 	Boiled Lettuce 白灼生菜
Grains	Rice 白飯	Grains	Rice 白飯	Grains	Red Rice 紅米飯	Grains	Rice 白飯
Fruit	Fresh Fruit 生果	Fruit	Fresh Fruit 生果	Fruit	Fresh Fruit 生果	Fruit	Fresh Fruit 生果



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19 May

20 May

21 May

22 May

	19 May	20 May	21 May	22 May
Soup	Tomato Soup 蕃茄蓉湯	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯		
Main	Diced Beef Tenderloin Black Pepper 黑椒牛柳粒  	Garlic Chicken Chop 蒜香雞扒  		
	Stir Fried Sliced Meat and Courgette 翠玉瓜炒肉片  	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐   		
Vegetables 	Garlic Cauliflower 蒜蓉椰菜花	Boiled Lettuce 白灼生菜		
Grains	Rice 白飯	Brown Rice 糙米飯		
Fruit	Fresh Fruit 生果	Fresh Fruit 生果		



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	26 May	27 May	28 May	29 May
Soup	Tomato Egg Drop and Potato Soup 蕃茄蛋花薯仔湯 	Winter Melon, Coix Seed, Egyptian Bean & Lean Meat Soup 冬瓜薏米扁豆瘦肉湯	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Yellow Cucumber & Rice Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯
Main	Thai Style Steamed Fish 泰式蒸魚柳  	Yeung Chow Fried Rice 揚州炒飯   	Steamed Egg with Glass Noodles 粉絲蒸水蛋   	Chicken A La King 白汁雞皇   
	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲  	Stir-fried Fish Block with Hairy Gourds 節瓜炒魚條   	Stir-fried Shredded Pork with Zucchini 翠玉瓜炒肉絲  	Vietnamese Lemongrass Porkchop 越式香茅豬扒   
Vegetables 	Garlic Cabbage 蒜蓉椰菜	Boiled Lettuce 白灼生菜	Japanese Veggie Curry 日式野菜甜咖哩  	Stir-Fried Zucchini with Black Fungus 節瓜炒雲耳
Grains	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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