



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穀物 Lean protein with "at trim-med" 低脂肪或低脂的蛋白質 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 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：麥片、炸麵、焗食包 Fatty cut of meat & poultry with skin 脂肪含量較高的肉類及皮肉類 Full-fat milk or cheese 全脂奶類/乳酪 Processed or preserved meat, egg and veggies 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 每月或每月不多於4次</p> <ol style="list-style-type: none"> Deep-fried foods 油炸食品 Added animal fats or saturated fat/fats e.g. lard, butter, cream, coconut oil, coconut milk 添加了動物性脂肪或飽和脂肪的脂肪 例如：豬油、牛油、忌廉、椰子油、椰漿 Contributes to fat e.g. processed/premade pastries 貢獻脂肪的食品 例如：餅食、酥餅及自製的餅乾等類 Sugar sweetened beverages 含蔗糖分的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分的食品 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

Apr 2025

Monday

Tuesday

Wednesday

Thursday

1 Apr

2 Apr

3 Apr

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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Apr 2025

Monday

Tuesday

Wednesday

Thursday

	7 Apr	8 Apr	9 Apr	10 Apr
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    	Sweet Corn Soup 粟米羹
Main	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨  	Chinese Marinade Chicken Wings 滷水雞翼  	Black Pepper Potato & Beef 黑椒薯仔牛肉  	Scrambled Egg with Char Siu 叉燒炒蛋    
	HK Style Beef in Egg Drop Sauce 滑蛋牛肉   	Long Bean Omelette 豆角煎蛋  	Hairy Gourd Vermicelli 節瓜粉絲 	Stir Fried Chicken with Celery 西芹炒雞柳  
Vegetables 	Shitake & Hairy Gourd 冬菇節瓜	Boiled Broccoli 白灼西蘭花	Boiled Cabbage Heart 白灼菜心	Baby Cabbage in Broth 上湯娃娃菜
Grains	Rice 白飯	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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限量

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少量



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Wednesday

Thursday

14 Apr

15 Apr

16 Apr

17 Apr

Soup	Apricot Kernel & Watercress soup 南北杏西洋菜湯			
Main	Thai Style Steamed Fish 泰式蒸魚柳  			
	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲  			
Vegetables 	Garlic Cabbage 蒜蓉椰菜			
Grains	Rice 白飯			
Fruit	Fresh Fruit 生果			



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21 Apr

22 Apr

23 Apr

24 Apr

Soup

Main

Vegetables



Grains

Fruit



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	28 Apr	29 Apr	30 Apr	
Soup	Miso Soup 日式味噌湯  	Lean Meat with Zucchini Soup 節瓜瘦肉湯	Bacon & Cauliflower Soup 煙肉椰菜湯	
Main	Beef Don 牛肉丼  	Chicken Wing with Mixed Herbs 香草雞翼  	Steamed Pork Rib in Soy Sauce 豉汁豆卜蒸排骨  	
	Garlic Pork Chop 蒜香豬扒  	Stir Fried Choy Sum and Fish Fillet 菜心炒魚片    	Beef with Fresh Tomato 鮮茄牛肉  	
Vegetables 	Baby Cabbage in Broth 上湯娃娃菜	Black Bean Sauce Lettuce 豆豉油麥菜  	Broccoli with Garlic 蒜蓉西蘭花	
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	



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