



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

Dinner  
Menu

Mar  
2023

	Monday	Tuesday	Wednesday	Thursday
			3 Mar	4 Dec
Soup			Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Onion Soup 洋蔥湯
Meal A			Black Pepper Potato & Beef 黑椒薯仔牛肉	Roasted Chicken Breast with Thyme and Lemon 百里香檸檬烤雞 胸 配意粉
Meal B ✔			Stir-fried Sliced Pork, Cucumber & Black Fungus 青瓜雲耳肉片	Spaghetti Bolognese 肉醬意粉
Vegetables ✔			Stir-fried Mixed Vegetables with Garlic 蒜蓉炒雜菜	Baked Herbed Vegetable 香草焗雜菜
Grains			Red Rice 紅米飯	Pasta 意粉
Fruit			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



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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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

Dinner  
Menu

Mar  
2023

	Monday	Tuesday	Wednesday	Thursday
	6 Mar	7 Mar	8 Mar	9 Mar
Soup	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆 豬骨湯	Borscht Soup 羅宋湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯
<u>Meal</u> A	Lettuce, Minced Beef Fried Rice 生炒牛肉飯	Pork Goulash 匈牙利燴豬肉	Thai Green Curry Chicken 泰式青咖哩雞	梅菜蒸魚柳 Steamed Fish & Preserved Veg
<u>Meal</u> B ✔	Stir Fried Chicken with Celery and Rice 西芹炒雞柳	Shredded Chicken in Mushroom Sauce 蘑菇汁雞絲	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Stew Pork Diced with Mixed Mushroom Cucumber & Red Rice 青瓜雜菌肉粒
Vegetables ✔	Salted Eggs and Preserved Eggs Seasonal Vegetable 金銀蛋浸時蔬	Herb Baked Cherry Tomato & Cauliflower 意式香草焗車厘 茄 伴椰菜花	Stir-fried Cauliflower & Broccoli 清炒雙花	Stir-fried Romaine Lettuce with Garlic 蒜蓉油麥 菜
Grains	Fried Rice 炒飯	Pasta 意粉	Brown Rice 糙米飯	Red Rice 紅米飯
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



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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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

Dinner  
Menu

Mar  
2023

	Monday	Tuesday	Wednesday	Thursday
	13 Mar	14 Mar	15 Mar	16 Mar
Soup	Lotus Root with Pork Bone Soup 蓮藕豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯	Seafood Chowder Soup 周打海鮮湯	Apple with Pork Bone 蘋果雪耳豬骨湯
Meal A	Grilled Pork Chop with Fennel Gravy 烤豬扒配茴香燒汁	Irish Stew with Rice 愛爾蘭燴牛肉	菲式燴豬柳 Pork Adobo	泰式蒸魚柳 Thai Style Steamed Fish
Meal B ✔	Stir-fried Shredded Pork, Garlic & Chinese Zucchini 蒜蓉翠肉瓜炒肉絲	Fish Fillet Pasta in Creamy Pumpkin Sauce 忌廉南瓜汁魚柳	Italian Garlic and Tuna with Spaghetti 意式蒜香吞拿魚意粉	Steamed Shiitake, Black Fungus and Chicken 北菇雲耳蒸雞
Vegetables ✔	Japanese Style Stir-fried Mixed Vegetable 日式炒雜菜	Garlic Stir-fried Cabbage 蒜蓉炒椰菜	Assorted Vegetable with Portuguese Sauce 葡汁雜菜	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲
Grains	Mashed Potato 薯蓉	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



Eat More  
適宜

Eat Moderately  
限量

Eat Less  
少量



Vegetarian  
素食



Sustainable Seafood  
可持續海鮮



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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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

Dinner  
Menu

Mar  
2023

	Monday	Tuesday	Wednesday	Thursday
	20 Mar	21 Mar	22 Mar	23 Mar
Soup	Miso Soup 日式味噌湯	Tomato Soup 蕃茄蓉湯	Creamy Broccoli Soup 西蘭花蓉湯	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨
<u>Meal</u> A	Teriyaki Chicken 日式燒雞	Moroccan BBQ Pork Chop 摩洛哥烤豬扒	Pan-fried Fish Fillet with Creamy Scallions Sauce 香煎魚柳 配香蔥忌廉汁	Japanese Curry Pork Chop 日式咖哩豬柳
<u>Meal</u> B ✔	Taiwanese Minced Pork & Tofu 台式肉燥豆腐	Braised Shredded Pork & Eggplant 茄子燴肉絲	Creamy Pumpkin Sauce Stew Pork 南瓜忌廉汁燴豬 肉	Stir-fried Sliced Pork with Cabbage & Dried Bean 豆乾肉片炒椰菜
Vegetables ✔	Boiled Bay Choi 白灼白菜	Stir Fried Mixed & Spinach 雜菌炒菠菜	Stir Fried Lotus & Mushroom with Celery 蓮藕香菇炒西芹	Thai Style Stir- fried Mixed Vegetables 泰式炒雜菜
Grains	Brown Rice 糙米飯	Penne 長通粉	Pasta 意粉	Fried Rice 炒飯
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



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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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

Dinner  
Menu

Mar  
2023

	Monday	Tuesday	Wednesday	Thursday
	27 Mar	28 Mar	29 Mar	30 Mar
Soup	Pumpkin Soup 南瓜湯	Old Cucumber, Sweet Corn & Pork Bone Soup 老黃瓜粟米豬骨 湯	Corn & Minced Chicken Soup 粟米雞蓉湯	Sugar Cane, Imperatae & Sweet Corn Soup 竹蔗茅根粟米湯
Meal A	馬來西亞咖哩 魚 Malaysian Fish Curry (Mild)	Steamed Pork Patty & Water Chestnut 馬蹄蒸肉餅	基廚燒雞胸 Cajun Chicken Breast	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨
Meal B ✔	Scrambled Egg with Tomato and Minced Pork 蕃茄炒蛋肉碎	Chicken, String Bean & Carrot 四季豆甘筍炒雞 絲	Steamed Fish with Scallion & Ginger 薑蔥豉汁蒸魚柳	Braised Diced Chicken in Sweet Corn Egg Drop Sauce 粟米蛋花燴雞絲
Vegetables ✔	Broccoli & Carrots 西蘭花 & 甘筍	Boiled Bay Choi 白灼菜心	Pumpkin Mixed Vegetable Stew 南瓜汁燴四蔬	Steamed Baby Cabbage, Garlic, Vermicelli with Salted & Preserved Eggs 金銀蒜粉絲 蒸娃娃菜
Grains	Rice 白飯	Red Rice 紅米飯	Washed Potato 薯蓉	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



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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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



Chartwells  
EAT · LEARN · LIVE



Sign up for our monthly wellbeing e-newsletter!  
<http://eepuri.com/dsDXG9>

**立刻登記** 每月帶給你更多健康和養生靈感!

Subscribe now and get some health and wellness inspiration direct to your inbox every month!

✔ 接收由我們的營養師團隊製作的最新營養資訊

Receive the latest news on health & wellbeing trends supported by the Compass's Nutrition team.

✔ 帶給你有關時令蔬果、健康與你、親子家庭、廚樂無窮等主題的知識!

Bringing you tips and facts about topics like: Eating Seasonal, Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!



Chartwells  
EAT · LEARN · LIVE

## 營養紅綠燈 Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐!



 GREEN 綠燈	<b>EAT MORE</b> 健康之選 👍👍👍	Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物	Lean protein with fat trimmed 脂肪比例較低的蛋白質	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、慢煮、烤、焗
 AMBER 黃燈	<b>EAT MODERATE</b> 適宜之選 👍	Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta 添加少量油的穀物 例如: 炒飯、炒麵、焗意粉	Fatty cut of meat & poultry with skin 脂肪比例較高及連皮的肉類  Full fat milk or cheese 全脂奶品類	Processed or preserved meat, egg and veggies 加工或醃製肉類、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芡汁
 RED 紅燈	<b>EAT LESS</b> 少選為佳 👎	Deep-fried foods 油炸食品  Sugar-sweetened beverages 添加糖分的飲品	Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性脂肪或植物性飽和脂肪 例如: 豬油、牛油、忌廉、椰子油、椰漿	Contains trans fat e.g. processed/premade pastries 含反式脂肪 例如: 預先製作及包裝的烘焙食物  Preserved foods with extremely high salt content e.g. salted fish and salted eggs 鹽分極高的食品 例如: 鹹魚、鹹蛋