



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

chartwells

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 健康之選</p> <p>Choose at least 3 times per week 每天至少吃3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類或添加蔬菜五穀物 Lean protein with fat trim-med 低脂肪或低脂的蛋白質 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、燉、焗、烤 	<p>EAT MODERATE 適宜之選</p> <p>Limit to 1-2 times per week 每週吃1-2次</p> <ol style="list-style-type: none"> Grains with small amount of added fat/oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的食物 例如：白飯、炒麵、焗食等 Fatty cut of meat & poultry 脂肪份比較高及肥的肉類 Full fat milk or cheese 全脂奶/焗餅 Processed or preserved meat, egg and vegetables 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肉汁 	<p>EAT LESS 少選為佳</p> <p>No more than 1 time per week 每週吃不超過1次</p> <ol style="list-style-type: none"> Deep fat foods 油炸食品 Added animal fats or saturated fat (fat/oil, lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物脂肪或飽和性脂肪的食品 例如：牛油、牛油、椰子油、椰油 Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及白麵的糕點食品 Sugar sweetened beverages 含糖份的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份食品 例如：鹹魚、鹹蛋



每月帶給你更多健康利養生靈感！
Subscribe now and get some health and wellness inspiration direct to your inbox every month!

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.

Breakfast Menu

Jun 2024

Tuesday

Wednesday

Thursday

Friday

	4 Jun	5 Jun	6 Jun	7 Jun
Side	Hash Browns 薯餅	Scrambled Eggs 炒蛋	Dim Sum 中式點心	Grilled Chicken 烤雞扒
Main	Ham & Macaroni in Soup 火腿絲湯通粉	Pork Patty Muffin 豬柳鬆餅	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉	Shredded Pork with Rice Noodles in Soup 娃娃菜肉絲銀針粉
Beverage	Low Fat Milk 低脂奶	Horlicks 好立克	Chinese Tea 中國茶	Soy Milk 豆漿
	11 Jun	12 Jun	13 Jun	14 Jun
Side		Sweet Corn 粟米	Dim Sum 中式點心	Bacon 煙肉
Main		Rice Noodles with Sliced Pork in Tomato Sauce 蕃茄肉片米粉	Mushroom & Shredded Chicken Congee 香菇雞絲粥	Assorted Veggie, Beef & Macaroni in Soup 雜菜牛肉通粉
Beverage		Ribena 利賓納	Chinese Tea 中國茶	Ovaltine 阿華田



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



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

chartwells

Tuesday

Wednesday

Thursday

Friday

	18 Jun	19 Jun	20 Jun	21 Jun
Side	Butter Toast 牛油多士 	Dim Sum 中式點心 	Pork Patty 豬柳	Ham 火腿 
Main	Fried Fish Fillet and Scrambled Eggs 炸魚柳加炒蛋 	Sweet Corn & Minced Pork Congee 粟米肉碎粥 	Pancake 熱香餅 	Green Veg & Beef Ball with Rice Noodle in Soup 青菜牛丸湯米粉 
Beverage	Soy Milk 豆漿 	Horlicks 好立克 	Low Fat Milk 低脂奶 	Ovaltine 阿華田 
	25 Jun	26 Jun	27 Jun	28 Jun
Side	Steamed Cabbage and Pork Buns 菜肉包 	Hash Browns 薯餅	Butter Toast 牛油多士 	Sausage 香腸
Main	Country Style Fried Vermicelli 家鄉炒米粉 	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉 	Grilled Chicken 烤雞扒 	Ham & Spaghetti in Soup 火腿絲湯意粉 
Beverage	Chinese Tea 中國茶	Soy Milk 豆漿 	Horlicks 好立克 	Ribena 利賓納



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



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

chartwells