



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
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SHARE YOUR THOUGHTS

分享你的意見



營養紅綠燈 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 每週至少選擇3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類食物(或與全穀類)的 Lean protein with fat trimmed 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 每週選擇不多於2次</p> <ol style="list-style-type: none"> Grains with or all amount of a solid fat such as oil e.g. fried rice, fried noodle, baked items 含固體脂肪的食物 例如: 炒麵、炒粉、焗菜類 Fatty cut of meat & poultry with skin 脂肪含量高的肉及皮肉類 Full-fat milk or cheese 全脂奶類 Processed or preserved meat, egg and veggies 加工或新製肉類、蛋類及蔬菜類 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁 	<p>EAT LESS 少量</p> <p>Limit to 4 times per month 每月選擇不多於4次</p> <ol style="list-style-type: none"> Deep-fat foods 非水食物 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動物性脂肪的食物 例如: 豬油、牛油、忌廉、椰子油、椰漿 Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如: 餅類、餅仔及自製的酥餅類 Sugar sweetened beverages 含糖類飲品 Preserved foods with extremely high salt content e.g. salted fish and salted veg. 高鹽類食物 例如: 鹹魚、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.



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.



Tuesday

Wednesday

Thursday











Friday

1 Oct

2 Oct

3 Oct

4 Oct

	1 Oct	2 Oct	3 Oct	4 Oct
Fruit / Soup		Miso Soup 日式味噌湯  	Fresh Fruit 生果	
Main		Thai Pineapple Chicken Fried Rice with Pork Floss 泰式肉鬆菠蘿雞肉炒飯   	Chicken Cacciatore 獵人燴雞 	
		Stir Fried Beef and Choy Sum 菜心炒牛肉  	Broccoli with Garlic 蒜香西蘭花 	
Grains		/	Pasta 意粉 	



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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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Oct 2024



Tuesday

Wednesday

Thursday



	7 Oct	8 Oct	9 Oct	10 Oct	11 Oct
Fruit / Soup	Tomato & Egg Drop Soup 蕃茄蛋花湯 	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果	
Main	Steamed Egg with Shiitake Mushroom 日式香菇蒸水蛋 	Beef Fried Rice 生炒牛肉飯 	Pattaya Grilled Chicken with Sweet 芭提雅烤雞	Pork Medallions & Mushroom Gravy 香濃雜菌汁豬柳 	
	Stir-fried Chinese Zucchini with Black Fungus 雲耳炒翠肉瓜 	Chinese Cabbage & Fish Fillets 白菜仔炒魚片 	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Baked Herbed Vegetable 香草焗雜菜	
Grains	Red Rice 紅米飯	/	Rice 白飯	Penne 長通粉 	



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	14 Oct	15 Oct	16 Oct	17 Oct	18 Oct
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯 	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Apple with Pork Shank 蘋果雪耳豬脰湯
Main	Stir Fried Udon with Mixed Veggies & Eggs 素三絲炒烏冬 	Taiwanese Minced Pork, Shitake 台式香菇肉燥 	Sweet & Sour Fish 糖醋魚柳 	Beef Bolognese with Spaghetti 意式肉醬意粉 	Pork in Egg and Sweet Corn Sauce 滑蛋粟米肉粒
	Baby Cabbage in Broth 上湯娃娃菜 	Black Bean Sauce Lettuce 豆豉油麥菜 	Mushrooms & Hairy Gourd 冬菇節瓜 	Broccoli with Garlic 蒜香西蘭花 	Stir Fried Beef and Choy Sum 菜心炒牛肉
Grains	/	Vegetable Rice 菜飯	Rice 白飯	/	Rice 白飯



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Thursday

	21 Oct	22 Oct	23 Oct	24 Oct	25 Oct
Fruit / Soup	Minestrone 雜菜湯 	Fresh Fruit 生果	Tomato & Potato Soup 蕃茄薯仔湯	Fresh Fruit 生果	Bacon & Cream Soup 煙肉忌廉湯
Main	Cheesy Macaroni with Mushroom & Red Kidney Beans 芝士蘑菇紅腰豆通心粉 	Hawaiian Tomato Pork Chop 夏威夷鮮茄豬扒	Stir-fried Beef Stroganoff & Mixed Mushroom 雜菌炒牛柳絲 	Steamed Pork Patty & Mushroom 香菇蒸肉餅 	Teriyaki Chicken Cheese Pizza with Sweet Corn 芝士照燒雞肉薄餅
	Broccoli 西蘭花 	Cabbage & Carrot 椰菜&紅蘿蔔 	Stir-Fry Choy Sum & Pork Butt 菜心炒肉片 	Stir-fried Celery with Bell Pepper 彩椒炒西芹 	Fried Potato Wedges 炸薯角
Grains	/	Mashed Potato 薯蓉 	Red Rice 紅米飯	Rice 白飯	Sweet Corn 粟米粒



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	28 Oct	29 Oct	30 Oct	31 Oct
Fruit / Soup	Apricot Kernel & Watercress soup 南北杏西洋菜湯 ✓	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯 🐠 🥛 🌿 🍷	Fresh Fruit 生果
Main	Vegetarian Singaporean Stir-fried Vermicelli 素星洲炒米 ✓ 🥚 🌿 🍷	Hokkien Fried Rice 福建炒飯 🐠 🥚 🌿 🍷	Texas Cowboy Stew 德州牛仔雜燴 🌿	Japanese Style Potato Chicken Curry 日式甜咖哩薯仔雞肉 🌿 🍷
	Boiled Lettuce 白灼生菜 ✓	Stir-fried Zucchini with Black Fungus 雲耳炒節瓜 ✓	Garlic Cabbage 蒜蓉椰菜 ✓	Style Stir-fried Mixed Vegetable 炒雜菜 ✓
Grains	Vegetarian Spring Rolls 素春卷 ✓ 🥚	/	Brown Rice 糙米飯	Pasta 意粉



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