



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
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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
EAT MORE 適宜 Choose at least 3 times per week 每週至少選擇3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每週選擇不多於2次	EAT LESS 少量 Limit to 4 times per month 每月選擇不多於4次
1. Whole grain or grains with added vegetables 全穀類食物 (例如全穀粉)	1. Grains with or all amount of a solid fat such as oil (e.g. rice, rice, fried noodle, baked noodle) 含固體脂肪的穀類 例如: 炸麵、炸薯、油條	1. Deep-fried foods 油炸食品
2. Lean protein with a trimmed fat 低脂肪、低熱量的蛋白質	2. Fatty cut of meat & poultry with skin 脂肪含量高的肉及皮肉類	2. 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品 例如: 豬油、牛油、忌廉、椰子油、椰漿
3. Healthy cooking methods (e.g. steaming, poaching, grilling or baking with very little oil) 健康的烹調方法 例如: 蒸、燉、焗、烤	3. Full-fat milk or cheese 全脂奶類	3. Contains trans fat e.g. processed/pre-made pastries 含有反式脂肪的食品 例如: 餅類、餅干、夾心餅、自製的酥餅等
	4. Processed or preserved meat, egg and vegetables 加工或新製肉類、蛋類及蔬菜類	4. Sugar sweetened beverages 含糖飲料的飲品
	5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁	5. Preserved foods with extremely high salt content (e.g. salted fish and salted eggs) 高鹽份的保存食品 例如: 鹹魚、鹹蛋



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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

	2 Dec	3 Dec	4 Dec	5 Dec	6 Dec
Fruit / Soup	Miso Soup 日式味噌湯   	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯  	Fresh Fruit 生果	Minestrone 雜菜湯 
Main	Vegetarian Fried Rice Vermicelli (Less Oil) 素三絲炒米粉 (少油)    	Pan Fried Fish with Mushroom Sauce 香煎魚柳伴野菌汁    	Steamed Shitake Mushroom & Chicken 冬菇蒸滑雞  	Taiwanese Minced Pork 台式肉燥   	Pork Fillet Goulash 匈牙利燴豬柳 
	Baby Cabbage in Broth 上湯娃娃菜 	Garlic Broccoli 蒜香西蘭花 	Chinese Cabbage & Fish Fillets 白菜仔炒魚片    	Stir Fried Beef and Choy Sum 菜心炒牛肉  	Garlic Cabbage 蒜香椰菜 
Grains	Steamed Bun 蒸饅頭 	Pasta 意粉 	Rice 白飯	Rice 白飯	Red Rice 紅米飯



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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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Wednesday

Thursday

	9 Dec	10 Dec	11 Dec	12 Dec	13 Dec
Fruit / Soup	Seaweed Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果	Cream of Corn 粟米忌廉湯 	Sports Day	
Main	Macaroni & Cheese with Corn 粟米芝士通粉 	Onion, Potato & Shredded Beef 洋葱薯仔牛肉 	Teriyaki Onion & Pork 照燒汁洋葱豚肉 		
	Boiled Broccoli 白灼西兰花 	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Braised Chinese White Cabbage with Soup and Garlic 上湯蒜子浸白菜仔		
Grains	Sweet Round Bun 甜餐包 	Rice 白飯	Red Rice 紅米飯		



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	16 Dec	17 Dec	18 Dec	19 Dec	20 Dec
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯 	Fresh Fruit 生果	Tomato & Potato Soup 蕃茄薯仔湯	Fresh Fruit 生果	X'Mas Party
Main	Ratatouille 普羅旺斯雜燴 	Chicken A La King 白汁雞皇 	Pork Fillet with Brown Sauce 燒汁燴豬柳 	Traditional Roasted Gammon Ham with Gravy & Grilled Honey Chicken Wing 傳統燒火腿 配燒汁及蜂蜜烤雞翼 	
	Baked Vegetarian Meat Ball 燒素肉丸	Boiled Choi Sum 白灼菜心 	Baby Cabbage in Broth 上湯娃娃菜 	Fried Potato Wedges & Puffs 炸薯角 & 泡芙	
Grains	Mashed Potato 薯蓉 	Rice 白飯	Red Rice 紅米飯	Sweet Corn 粟米粒	



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