



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 每週選擇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) 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 健康少油烹調方法 例如: 蒸、燉、焗、焗 	<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 含脂肪固體的穀類 例如: 炒麵、炒粉、焗菜類 Fatty cut of meat & poultry with skin 脂肪多或高脂肪肉類 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 含糖調味的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted veg 高鹽份的保存 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.

訂閱 每月營養資訊
SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER

Facebook QR code
YouTube QR code
LinkedIn QR code

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 Sep	3 Sep	4 Sep	5 Sep	6 Sep
Fruit / Soup	Cream of Mushroom 雜菌濃湯 	Fresh Fruit 生果	Miso Soup 日式味噌湯 	Fresh Fruit 生果	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯
Main	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋 	Onion Pork Chop 洋蔥豬扒 	Taiwanese Minced Pork with Rice 台式肉燥飯 	Chicken Chop & Brown Sauce 燒汁雞扒 	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳
	Boiled Choi Sum 白灼菜心 	Baby Cabbage in Broth 上湯娃娃菜	Chinese Cabbage & Fish Fillets 白菜仔炒魚片 	Broccoli with Garlic 蒜香西蘭花 	Stir-Fried Shredded Chicken with Courgette 翠玉瓜炒雞絲
Grains	Rice 白飯	Rice 白飯	/	Pasta 意粉 	Red Rice 紅米飯



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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Lunch Menu

Sep 2024



Tuesday

Wednesday

Thursday



	9 Sep	10 Sep	11 Sep	12 Sep	13 Sep
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 	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	Supreme Soy Sauce Fried Noodles 豉油皇炒麵 	Yangzhou Fried Rice 揚州炒飯 	Salt & Pepper Pork Chop 椒鹽豬扒 	Sausages Bolognese Spaghetti 腸仔肉醬意粉 	Sausage & Cheese Burger 芝士豬柳漢堡
	Garlic Cabbage 蒜蓉椰菜 	Stir Fried Beef & Chinese Cabbage 白菜仔炒牛肉 	Chinese Mushrooms & Hairy Gourd 冬菇節瓜 	Broccoli with Garlic 蒜香西蘭花 	Chicken Nuggets 雞寶
Grains	Steamed Bun 饅頭 	/	Rice 白飯	/	Sweet Corn 粟米粒



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	16 Sep	17 Sep	18 Sep	19 Sep	20 Sep
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯 ✓	Fresh Fruit 生果		Fresh Fruit 生果	Apple with Snow fungus Lean meat Soup 蘋果雪耳瘦肉湯
Main	Vegetarian Stir-fried Vermicelli Rice Noodles 素三絲炒米粉 ✓ ○ ● 🔊	Braised Chicken & Winter Melon 冬瓜炆雞球 🍄 ● 🔊		Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅 ● 🔊	Pork in Egg and Sweet Corn Sauce 滑蛋粟米肉粒 ○
	Baby Cabbage in Broth 上湯娃娃菜 ✓	Stir-Fry Choy Sum & Pork Butt 菜心炒肉片 ● 🔊		Braised Radish with Tofu Puffs & Fish Stick 蘿白豆卜炆魚條 🍄 🔊 ● ● ● 🔊	Stir Fried Beef and Choy Sum 菜心炒牛肉 ● 🔊
Grains	Twisted Scallion Bun 蔥花卷 ● 🔊	Rice 白飯		Rice 白飯	Rice 白飯



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Fruit / Soup	Minestrone 雜菜湯 	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Shank Soup 薏米冬瓜豬脷湯	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯
Main	Creamy Sauce Penne Pasta 忌廉長通粉 	Beef Fried Rice 生炒牛肉飯 	Japanese Style Teriyaki Chicken 日式照燒雞扒 	Fried Eggs with BBQ Pork 叉燒炒蛋 	Baked BBQ Pork Ribs 醬燒豬肋條
	Broccoli with Garlic 蒜蓉西蘭花 	Japanese Veggie Curry 日式野菜甜咖哩 	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Boiled Lettuce 白灼生菜 	Fried Potato Wedges 炸薯角
Grains	Sweet Bun 甜餐包 	/	Rice 白飯	Brown Rice 糙米飯	Sweet Corn 粟米粒



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30 Sep

Fruit / Soup	<p>Cream of Corn 粟米忌廉湯</p> 	
Main	<p>Mixed Vegetables Fried Rice 雜菜粒甘筍炒飯</p> 	
	<p>Cauliflower with Garlic 蒜香椰菜花</p> 	
Grains	/	



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