



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

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SHARE YOUR THOUGHTS

分享你的意見



營養紅綠燈

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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

- Whole grain or grains with added vegetables
全粒或含有纖維及蔬菜的
- Lean protein with a trimmed fat
低脂的蛋白質
- Healthy cooking methods e.g. steaming, poaching, grilling or baking
健康的烹調方法
例如：蒸、燉、焗、煎

EAT MODERATELY 限量

Limit to 2 times
per week
每週選擇不多於2次

- Grains with or all amount of a solid fat or oil e.g. rice, rice, fried noodles, baked bread
含脂肪或油類的食物
例如：粉麵、粉條、油條、油條
- Fatty cut of meat & poultry with skin
脂肪含量較高的肉類
- Full-fat milk or cheese
全脂的奶類
- Processed or preserved meat, egg and vegetables
加工或製成肉類、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夾汁

EAT LESS 少量

Limit to 4 times
per month
每月選擇不多於4次

- Deep-fat fried foods
油炸食品
- Added animal fats or saturated fat
Added fats e.g. lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和脂肪的食物
例如：豬油、牛油、忌廉、椰子油、椰漿
- Contains trans fat
e.g. processed/premade pastries
含有反式脂肪的牛油、酥餅、餅干及自製的糕點類
- Sugar sweetened beverages
含糖類飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs
高鹽份的罐頭食品
例如：鹹魚、鹹蛋



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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



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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

	3 Mar	4 Mar	5 Mar	6 Mar	7 Mar
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果	Apple with Snow fungus Lean meat Soup 蘋果雪耳瘦肉湯	Fresh Fruit 生果	Tomato & Potato and Pork Bone Soup 蕃茄薯仔豬骨湯
Main	Silky Tofu in Sweet Corn & Egg Drop Sauce 粟米滑蛋豆腐 	Yangzhou Fried Rice 揚州炒飯 	Chinese BBQ Pork 蜜汁叉燒 	Scrambled Eggs with Shrimps 蝦仁炒蛋 	Fish Fillet with Curry Sauce 甜咖哩汁魚柳
	Boiled Choy Sum 白灼菜心 	Stir Fried Beef & Chinese Cabbage 白菜仔炒牛肉 	Baby Cabbage in Broth 上湯娃娃菜 	Stir Fried Pork with Broccoli 西蘭花炒肉片 	Stir-fried Bacon with Cabbage 椰菜炒煙肉
Grains	Red Rice 紅米飯	/	Rice 白飯	Corn Rice 粟米飯	Rice 白飯



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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Tuesday

Wednesday

Thursday



	10 Mar	11 Mar	12 Mar	13 Mar	14 Mar
Fruit / Soup	Miso Soup 日式味噌湯 	Fresh Fruit 生果	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆 豬骨湯	Fresh Fruit 生果	Minestrone 雜菜湯
Main	Vegetarian Singapore Style Vermicelli 素星洲炒米 	Pork Chop in Onion Sauce 洋蔥汁豬柳 	BBQ Pork with Scrambled Egg 叉燒炒蛋 	Hainanese Chicken with Rice (Boneless) 海南雞飯 (無骨) 	Hot Dog 熱狗
	Baby Cabbage in Broth 上湯娃娃菜 	Garlic Broccoli 蒜蓉西蘭花 	Stir-fried Shredded Pork with Courgette 翠玉瓜炒肉絲 	Chinese Cabbage 白菜仔 	Baked Potato Cube 薯粒
Grains	Twisted Scallion Bun 蔥花卷 	Brown Rice 糙米飯	Rice 白飯	/	Sweet Corn 粟米粒



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	17 Mar	18 Mar	19 Mar	20 Mar	21 Mar
Fruit / Soup	Onion Soup 洋蔥湯 ✓	Fresh Fruit 生果	Tomato & Potato and Pork Bone Soup 蕃茄薯仔豬骨湯	Fresh Fruit 生果	Miso Soup 日式味噌湯 🥄🥄
Main	Vegetables and Egg Fried Rice (Less Oil) 雜菜粒蛋炒飯 (少油) ✓🥚🥄🥄	Japanese Style Teriyaki Chicken 日式照燒雞扒 🥄🥄	Sweet & Sour Pork 糖醋豬柳 🥚🥄🥄	HK Style Swiss Chicken Wing Mallet 瑞士雞翼鎚 🍖🥄🥄	Taiwanese Minced Pork with Rice 台式肉燥飯 🥄🥄
	Boiled Choy Sum 白灼菜心 ✓	Broccoli & Carrots 西蘭花 & 甘筍 ✓	Stir-fried Beef with Choy Sum 菜心炒牛肉 🥄🥄	Cauliflower with Garlic 蒜香椰菜花 ✓	Stir-fried Chinese Cabbage with Fried Fish Block 白菜仔炒炸魚條 🥄🥄
Grains	Steamed Bun 饅頭 🥄	Rice 白飯	Rice 白飯	Rice 白飯	/



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Tuesday

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Thursday

	24 Mar	25 Mar	26 Mar	27 Mar	28 Mar
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯 ✓	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯 🐟🐠🐡🐢	Fresh Fruit 生果	Cream of Mushroom Soup 忌廉磨菇湯 🍄🌿🍷
Main	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋 ✓🥚	Chicken Cacciatore 獵人燴雞 🍗🥛🌿🍷	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳 🐟🐠🥚🥛🍷	Bolognese Spaghetti 肉醬意粉 🌿🍷	Hawaiian Pizza 夏威夷薄餅 🍗🌿🍷
	Boiled Choy Sum 白灼菜心 ✓	Stir-fried Mixed Vegetables 炒雜菜 ✓	Stir-Fried Shredded Chicken with Courgette 翠玉瓜炒雞絲 🌿🍷	Stir Fried Broccoli 清炒西蘭花 ✓	Chicken Nuggets 雞寶 🍗🌿🍷
Grains	Rice 白飯	Red Rice 紅米飯	Rice 白飯	/	Sweet Corn 粟米粒

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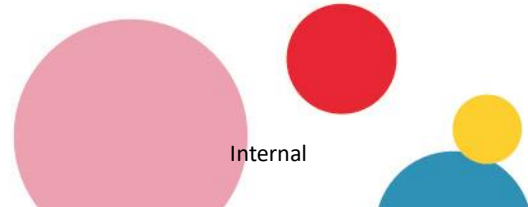
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31 Mar

Fruit / Soup	Tomato Soup 蕃茄濃湯 	
Main	Cheesy Macaroni with Mushroom & Red Kidney Beans 芝士白汁蘑菇通心粉   	
	Broccoli 西蘭花 	
Grains	/	



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