



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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分享你的意見




營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 健康之選 Choose at least 3 times per week 每星期至少3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜之穀物 2. Lean protein with fat trim-med 低脂肪或低脂的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康之烹調方法 例如：蒸、燉、焗、烤	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每星期1-2次 1. Grains with small amount of added fat/oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的穀物 例如：白飯、粉麵、焗食等 2. Fatty cut of meat & poultry 脂肪份比較高及肥的肉類 3. Full fat milk or cheese 全脂的奶類 4. Processed or preserved meat, egg and veggies 加工或經處理之蛋類及蔬菜食品 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	EAT LESS 少選為佳 No more than 1 time per week 每星期不超過1次 1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat (fat/oil, lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性脂肪或飽和性脂肪的食品 例如：牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及夾心餅 4. Sugar sweetened beverages 非酒精飲品 5. 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



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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.

Tea Menu September 2023

Monday

Tuesday

Wednesday

Thursday

	4 Sept	5 Sept	6 Sept	7 Sept
Main	<p>Chocolate Cookies 朱古力曲奇餅</p> 	<p>Mini Ham and Pineapple Pizza 迷你菠蘿火腿薄餅</p> 	<p>Chinese Dumplings 中式餃子</p> 	<p>Danish Blueberry Mini 迷你藍莓酥</p> 
Beverage	<p>Fruit Juice 果汁</p>	<p>Low Fat Milk 低脂奶</p> 	<p>Soy Milk 豆漿</p> 	<p>Chinese Tea 中國茶</p>
	11 Sept	12 Sept	13 Sept	14 Sept
Main	<p>Mini Hog dog 迷你熱狗</p> 	<p>English Raisin Scone 英式提子鬆餅</p> 	<p>Pan-fried Pork Bun 生煎包</p> 	<p>Sweetcorn Cup 粒粒粟米杯</p>
Beverage	<p>Light Chinese Tea 淡中國茶</p>	<p>Ovaltine 阿華田</p> 	<p>Soy Milk 豆漿</p> 	<p>Fruit Juice 果汁</p>
	18 Sept	19 Sept	20 Sept	21 Sept
Main	<p>Mini Pork Chop Bun 香煎豬扒飽</p> 	<p>Mini Tuna Sandwich 迷你吞拿魚三文治</p> 	<p>Siu Mai 魚肉燒賣</p> 	<p>Barbecued Pork Bun 叉燒包</p> 
Beverage	<p>Fruit Juice 果汁</p>	<p>Ovaltine 阿華田</p> 	<p>Fruit Juice 果汁</p>	<p>Light Chinese Tea 淡中國茶</p>



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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Tea Menu September 2023

Monday

Tuesday

Wednesday

Thursday

25 Sept

26 Sept

27 Sept

28 Sept

Main	Xiao Long Bao 小籠包  	Japanese Dumplings 日式餃子  	Curry Fish Ball 咖喱魚蛋    	English Raisin Scone 英式提子鬆餅   
Beverage	Horlicks 好立克 	Low Fat Milk 低脂奶 	Soy Milk 豆漿 	Chinese Tea 中國茶

Main				
Beverage				



Eat More
適宜

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限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
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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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