



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 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 適宜 Choose at least 3 times per week 每日至少吃3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜的食物 2. Lean protein with "at trim-med" 低脂肪比較瘦的蛋白質 3. 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	EAT MODERATELY 限量 Limit to 2 times per week 每日至少吃不多於2次 1. Grains with small amount of added fat and oil e.g. fried rice, fried noodle, baked bread 添加少量脂肪的食物 例如：炒飯、炒麵、焗食包 2. Fatty cut of meat & poultry with skin 脂肪含量較高的肉類及皮肉類 3. Full-fat milk or cheese 全脂奶類/乳酪	EAT LESS 少量 Limit to 4 times per month 每月至少吃不多於4次 1. Deep-fried foods 油炸食品 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性的脂肪的食物 例如：豬油、牛油、忌廉、椰子油、椰漿 3. Contributes trans fat e.g. processed/pre-made pastries 含有反式脂肪的食物 例如：酥餅、月餅及自製的夾心餅 4. Sugar sweetened beverages 含蔗糖分的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽及高脂肪的醬汁或菜汁 例如：鹹魚、鹹蛋

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

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.



Sunday

1 Sep

Soup	Minestrone 雜菜湯
Main	Cheese Bolognese Spaghetti 芝士肉醬意粉
	Grilled Chicken Wings 香烤雞翼
Vegetables 	Stir Fried Broccoli 清炒西蘭花
Grains	/
Fruit	Fresh Fruit 生果



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



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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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Dinner Menu

Sep 2024

Monday

Tuesday

Wednesday

Thursday

2 Sep

3 Sep

4 Sep

5 Sep

	2 Sep	3 Sep	4 Sep	5 Sep
Soup	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯 	Onion Soup 洋蔥湯
Main	Steamed Pork Rib in Soy Sauce 豉汁豆卜蒸排骨 	Curry Beef 咖哩牛肉 	Fresh Tomato & Fish Fillet 鮮茄魚柳 	Pork Goulash 匈牙利燴豬肉
	Stir Fried Chicken Fillet with Zucchini 節瓜炒雞柳 	Stir-fried Shredded Potato with Minced Pork 肉碎土豆絲 	Chicken wing with Mixed Herbs 香草雞翼 	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋
Vegetables 	Stir Fried Broccoli 清炒西蘭花	Boiled Lettuce 白灼生菜	Shitake & Hairy Gourd 冬菇節瓜 	Stir-fried Mixed Vegetable 炒雜菜
Grains	Rice 白飯	Red Rice 紅米飯	Rice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Sep 2024

	Monday 9 Sep	Tuesday 10 Sep	Wednesday 11 Sep	Thursday 12 Sep
Soup	Seafood Chowder Soup 周打海鮮湯    	Apple with Pork Bone 蘋果雪耳豬骨湯	Miso Soup 日式味噌湯  	Chinese Old Melon & Red Bean with Pork Shank Soup 老黃瓜赤小豆豬脰湯
Main	Garlic Chicken Steak 蒜香雞扒  	Japanese Curry Chicken 日式甜咖哩雞  	Thai Style Steamed Fish 泰式蒸魚柳   	Scrambled Egg with Char Siu 叉燒炒蛋    
	Beef with Fresh Tomato 鮮茄牛肉 	Stir-Fried Shredded Pork with Courgette 翠玉瓜炒肉絲  	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐   	Stir Fried Chicken with Celery 西芹炒雞柳  
Vegetables 	Stir-fried Cauliflower & Broccoli 清炒雙花	Garlic Choi Sum 蒜蓉菜心	Black Bean Sauce Lettuce 豆豉油麥菜  	Baby Cabbage in Broth 上湯娃娃菜
Grains	Rice 白飯	Rice 白飯	Rice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Sep 2024

Monday

Tuesday

Wednesday

Thursday

16 Sep

17 Sep

18 Sep

19 Sep

	16 Sep	17 Sep	18 Sep	19 Sep
Soup	Tomato Soup 蕃茄蓉湯 			Winter Melon, Coix Seed, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯
Main	Fried Pork Ribs w/ Pineapple 菠蘿生炒骨 			Grilled Chicken Hammer 香烤雞鎚
	Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳 			Stir Fried Choy Sum and Fish Fillet 菜心炒魚片
Vegetables 	Boiled Lettuce 白灼生菜			Japanese Veggie Curry 日式野菜甜咖哩
Grains	Rice 白飯			Rice 白飯
Fruit	Fresh Fruit 生果			Fresh Fruit 生果



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Dinner Menu

Sep 2024

Monday

Tuesday

Wednesday

Thursday

23 Sep

24 Sep

25 Sep

26 Sep

	23 Sep	24 Sep	25 Sep	26 Sep
Soup	Miso Soup 日式味噌湯 	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Borscht Soup 羅宋湯 	Lean Meat with Zucchini Soup 節瓜瘦肉湯
Main	Chicken A La King 白汁雞皇 	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋 	Garlic Pork Chop 蒜香豬扒 	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨
	Onion Omelette 洋蔥煎蛋 	Beef Stroganoff 俄式牛柳絲 	Stir-Fry Beef with Peppers 雙色椒炒牛肉 	Stir Fried Pork with Luffa 勝瓜炒肉片
Vegetables	Stir-fried Mixed Vegetable 炒什菜 	Stir-Fried String Bean with Minced Pork 肉鬆炒豆角 	Boiled Bay Choi 白灼白菜 	Baby Cabbage in Broth 上湯娃娃菜
Grains	Rice 白飯	Red Rice 紅米飯	Rice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Tuesday

Wednesday

Thursday

30 Sep

Soup	Apple with Pork Bone 蘋果雪耳豬骨湯	
Main	Thai Style Steamed Fish 泰式蒸魚柳   	
	Grill Chicken Chop 板燒雞扒  	
Vegetables 	Fuzzy Melon & Vermicelli 節瓜粉絲	
Grains	Rice 白飯	
Fruit	Fresh Fruit 生果	



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