



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 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 每週至少選擇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 at trimmed fat 低脂肪的蛋白質 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、煎 	<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 含固體脂肪的食物 例如:炒麵、炒粉、焗菜類 Fatty cut of meat & poultry with skin 脂肪含量高的肉及皮肉類 Full-fat milk or cheese 全脂的奶類 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夾汁 	<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-fried foods 油炸食品 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 Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食品 例如:餅類、餅仔及自製的酥餅類 Sugar sweetened beverages 含糖的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted veg 高鹽份的食品 例如:鹹魚、鹹菜



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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.



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.

Monday

Tuesday

Wednesday

Thursday

Friday

1 Apr

2 Apr

3 Apr

4 Apr

5 Apr

Fruit / Soup

Main

Grains



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

April 2024




Tuesday

Wednesday

Thursday



	8 Apr	9 Apr	10 Apr	11 Apr	12 Apr
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果		Fresh Fruit 生果	Minestrone 雜菜湯
Main	Vegetarian Stir-fried Rice Vermicelli (Less Oil) 素三絲炒米粉 (少油)    	Beef Fried Rice (Less Oil) 生炒牛肉飯 (少油) 		Braised Chicken with Potato 薯仔炆雞   	Chicken Burger 雞扒漢堡   
	Japanese Veggie Curry 日式野菜甜咖哩 	Baby Cabbage in Broth 上湯娃娃菜		Stir-fried Pork with Cabbage 椰菜炒豬肉	Baked Potato Cube 薯粒
Grains	Twisted Scallion Bun 蔥花卷  	/		Brown Rice 糙米飯	Sweet Corn 粟米粒



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Tuesday

Wednesday

Thursday

Friday

	15 Apr	16 Apr	17 Apr	18 Apr	19 Apr
Fruit / Soup	Miso Tofu Soup 味噌豆腐湯  	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果	Seaweed & Minced meat Soup 紫菜肉碎湯
Main	Scrambled Eggs with Fresh Tomato 鮮茄炒蛋   	Chinese Marinaded Chicken Wings 滷水雞翼   	Vietnamese Style Lemongrass Pork Chop 越式香茅豬扒	Sausage Bolognese Spaghetti 腸仔肉醬意粉  	Pork in Egg and Sweet Corn Sauce 滑蛋粟米肉粒 
	Boiled Choy Sum 白灼菜心	Stir-fried Beef Slices with Baby Bok Choy 白菜仔炒牛肉	Baby Cabbage in Broth 上湯娃娃菜	Broccoli with Garlic 蒜香西蘭花	Boiled Lettuce 白灼生菜
Grains	Red Rice 紅米飯	Rice 白飯	Rice 白飯	/	Rice 白飯



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Thursday



	22 Apr	23 Apr	24 Apr	25 Apr	26 Apr
Fruit / Soup	Cream of Mushroom 雜菌濃湯 	Fresh Fruit 生果	Seafood Chowder Soup 周打海鮮湯 	Fresh Fruit 生果	Tomato & Potato Soup 蕃茄薯仔湯
Main	Assorted Veg & Red Kidney Bean in Tomato Sauce with Fusilli 蕃茄醬燴雜菜紅腰豆 配螺絲粉 	Japanese Style Teriyaki Pork 日式照燒豬柳 	Beef Stroganoff 俄式牛柳絲 	Taiwanese Minced Pork 台式肉燥 	Grilled BBQ Chicken Wrap 燒烤雞肉卷 & Tomato Sauce Baked Beans 茄汁焗豆
	Sweet Corn 粟米粒	Boiled Baby Bok Choy 白灼白菜仔	Stir-fried Pork with Broccoli 西蘭花炒肉片	Braised Chicken with Radish 蘿白炆雞肉 	Chicken Nuggets 雞寶
Grains	/	Rice 白飯	Red Rice 紅米飯	Rice 白飯	/



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	29 Apr	30 Apr	
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果	
Main	Braised Hairy Gourd, Chinese Mushroom & Bean Curd Sticks 枝竹冬菇扒節瓜 	Braised Chicken & Winter Melon 冬瓜炆雞球 	
	Baby Cabbage in Broth 上湯娃娃菜	Garlic Cabbage 蒜蓉椰菜	
Grains	Rice 白飯	Rice 白飯	



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