



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 適宜 Choose at least 3 times per week 每日至少攝食3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物 2. Lean protein with "at trim-med" 低脂肪或低脂的蛋白質 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 每日攝食不超過2次 1. Grains with small amount of added fat and oil e.g. fried rice, fried noodle, baked bread 添加少量脂肪的穀物 例如：炒麵、炒粉、焗肉卷 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 每月攝食不超過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動物性脂肪的食品 例如：豬油、牛油、忌廉、椰子油、椰漿 3. Contributes trans fat e.g. processed/pre-made pastries 含有反式脂肪的食品 例如：酥餅、月餅及自製的夾心餅乾 4. Sugar sweetened beverages 含糖飲料的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽及高脂肪的罐頭食品 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.



Dinner Menu

April 2024

Monday

Tuesday

Wednesday

Thursday

1 Apr

2 Apr

3 Apr

4 Apr

Soup

Main

Vegetables



Grains

Fruit



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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Dinner Menu

April 2024

Monday

Tuesday

Wednesday

Thursday

8 Apr

9 Apr

10 Apr

11 Apr

	8 Apr	9 Apr	10 Apr	11 Apr
Soup	Seafood Chowder Soup 周打海鮮湯 			Bacon & Cauliflower Soup 煙肉椰菜湯
Main	Roasted Chicken Thigh with Thyme & Lemon 百里香檸檬烤雞扒			HK Style Beef in Egg Drop Sauce 滑蛋牛肉
	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐 			Fish Fillet with Fresh Tomato 鮮茄魚柳
Vegetables 	Broccoli with Garlic 蒜蓉西蘭花			Boiled Lettuce 白灼生菜
Grains	Red Rice 紅米飯			Pasta 意粉
Fruit	Fresh Fruit 生果			Fresh Fruit 生果



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April 2024

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Tuesday

Wednesday

Thursday

15 Apr

16 Apr

17 Apr

18 Apr

	15 Apr	16 Apr	17 Apr	18 Apr
Soup	Tomato Soup 蕃茄蓉湯 	Seaweed, Minced Meat & Egg Drop Soup 紫菜肉碎蛋花湯 	Papaya with Snow Fungus Soup 木瓜雪耳湯	Onion Soup 洋葱湯
Main	Fried Pork Ribs with Pineapple 菠蘿生炒骨 	Thai Green Curry Chicken (with Coconut Milk) 泰式青咖喱雞 (含椰奶) 	Steamed Pork Patty with Pickled Veggie 梅菜蒸肉餅	Chicken Wing with Mixed Herbs 香草雞翼
	Stir-fried Beef with Cabbage 椰菜炒牛肉	Stir-fried Zucchini with Fried Fish Block 翠玉瓜炒炸魚條 	Long Bean Omelette 豆角煎蛋 	Beef Stroganoff 俄式牛柳絲
Vegetables 	Garlic Bok Choy 蒜蓉白菜	Boiled Lettuce 白灼生菜	Boiled Choy Sum 白灼菜心	Garlic Cabbage 蒜蓉椰菜
Grains	Rice 白飯	Rice 白飯	Red Rice 紅米飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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April 2024

Monday

Tuesday

Wednesday

Thursday

22 Apr

23 Apr

24 Apr

25 Apr

	22 Apr	23 Apr	24 Apr	25 Apr
Soup	Winter Melon, Coix Seed, Egyptian Bean & Lean Meat Soup 冬瓜薏米扁豆瘦肉湯	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯	Borscht Soup 羅宋湯 	Yellow Cucumber & Rice Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯
Main	Salt & Pepper Pork Chop 椒鹽豬扒	Minced Beef Fried Rice (Less Oil) 生炒牛肉飯 (少油) 	Thai Style Steamed Fish 泰式蒸魚柳 	Grilled Chicken Wings 香烤雞翼
	Japanese Curry Beef 日式甜咖喱牛肉 	Stir-fried Shredded Pork with Hairy Gourds 節瓜炒肉絲	Pork Stew with Creamy Pumpkin Sauce 南瓜忌廉汁燴豬肉 	Stir-fried Pork with Zucchini 翠玉瓜炒肉片
Vegetables 	Boiled Choy Sum 白灼菜心	Baby Cabbage in Broth 上湯娃娃菜	Stir-fried Mixed Vegetable 炒什菜	Japanese Veggie Curry 日式野菜咖喱
Grains	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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Thursday

29 Apr		30 Apr	
Soup	Miso Soup 日式味噌湯  		
Main	Scrambled Egg with Char Siu 叉燒炒蛋    		
	Chicken Thigh with Fresh Tomato 鮮茄雞扒 		
Vegetables 	Shiitake & Hairy Gourd 冬菇節瓜  		
Grains	Rice 白飯		
Fruit	Fresh Fruit 生果		



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