









聖士提反書院附屬小學 St Stephen's College Preparatory School



Dinner Menu September 2021

	Monday	Tuesday	Wednesday	Thursday
	30 Aug	31 Aug	01 Sep	02 Sep
Soup		Onion Soup 洋蔥湯	Chayote with Pork Bone Soup 合掌瓜豬肉湯	Cream of Mushroom Soup 雜菌濃湯 
Main A		Pan-fried Fish Fillet with Pumpkin Sauce 南瓜汁煎魚柳  	Steamed Pork Patty & Mushroom 香菇蒸肉餅	British Beef Stew 英式燴牛肉
Main B		Roasted Chicken with Rosemary 迷迭香燒烤雞	Stir-fried Chicken with Cucumber 青瓜炒雞柳	Chicken & Mushroom Stew 蘑菇燴雞
Vegetables 		Coleslaw 甘荀椰菜沙律 	Sautéed Baby Cabbage with Garlic 清炒蒜蓉娃娃菜	Roasted Vegetables 燒雜瓜
Grains		Pasta 意粉	Rice 白飯	Mashed Potato 薯蓉 
Other		Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



健康之選，適合經常食用
These foods should form
the basis of your diet.
So fill up on them.



請適宜地食用
Best eaten in moderation.
These food are still important
for a balanced diet.



建議少選擇為佳
Don't have too much of these.
Just treat ourselves
every so often.



素食
Vegetarian
Choice



含有
蛋類
Egg Alert



含有
奶類
Dairy Alert



含有
魚類
Fish Alert



含有
貝殼類海鮮
Shellfish Alert



Sustainable
Seafood








以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



聖士提反書院附屬小學 St Stephen's College Preparatory School



Dinner Menu September 2021

	Monday	Tuesday	Wednesday	Thursday
	06 Sep	07 Sep	08 Sep	09 Sep
Soup	White Radish, Carrot & Sweet Corn Soup 青紅蘿蔔粟米湯	Cream Of Sweet Corn Soup 粟米忌廉湯 	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 	Minestrone 雜菜湯
Main A	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Baked Fish Fillet with Cheese 芝士焗魚柳   	Braised Chicken & Potato with Chou Hou Sauce 柱候雞球薯仔	Indian Curry Beef 印度咖喱牛肉
Main B	Stir-fried Fresh Tomato with Chicken 鮮茄炒雞柳	Roasted Pork Loin with Mushroom Sauce 蘑菇汁燒豬柳	Steamed Sliced Pork with Preserved Vegetables 梅菜蒸肉片	Tandoori Chicken 天多利燒雞 
Vegetables 	Boiled Long Cabbage 白灼紹菜	Baked Pumpkin 焗南瓜	Stir-fried Hairy Gourd with Vermicelli 節瓜炒粉絲	Indian Curry Vegetables 印度咖喱雜菜
Grains	Rice 白飯	Pasta 意粉	Rice 白飯	Rice 白飯
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Chartwells

Dinner Menu September 2021

	Monday	Tuesday	Wednesday	Thursday
	13 Sep	14 Sep	15 Sep	16 Sep
Soup	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯	Seafood Chowder Soup 周打海鮮湯 	Old Cucumber, Sweet Corn & Pork Bone Soup 老黃瓜粟米豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯 
Main A	HK Style Swiss Chicken Wing 瑞士雞翼	Thai Style Braised Pineapple & Stew 泰式菠蘿燴牛肉	King Dou Pork 京都骨 	Mild Curry Chicken 淡咖喱雞
Main B	Steamed Fish with Soy Sauce 豉汁蒸魚柳  	Baked Rosemary Chicken 露絲馬利雞扒	Streamed Tri-color Egg & Mushroom 三色蘑菇蒸水蛋 	Stir-fried Sliced Pork with Cabbage & Dried Bean 豆乾肉片炒椰菜
Vegetables 	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Sautéed Broccoli with Garlic 蒜蓉炒西蘭花	Stir-fried Green Bean with Black Bean Sauce 豆豉炒四季豆	Thai Style Stir-fried Mixed Vegetables 泰式炒雜菜
Grains	Rice 白飯	Mashed Potato 薯蓉	Rice 白飯	Rice 白飯
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果

EAT MORE

健康之選，適合經常食用
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EAT MODERATELY

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EAT LESS

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聖士提反書院附屬小學 St Stephen's College Preparatory School



Dinner Menu September 2021

	Monday	Tuesday	Wednesday	Thursday
	20 Sep	21 Sep	22 Sep	23 Sep
Soup	Old Cucumber & Sweet Corn Soup 老黃瓜粟米湯	-	The Day Following Mid-Autumn Festival	Fish Chowder Soup 周打魚湯 
Main A	Lemon Chicken 西檸雞 	-		Stir-fried Beef with Onion 洋葱炒牛肉
Main B	Stir-fried Sliced Pork with Cabbage 椰菜炒肉片	-		Chicken A La King 白汁雞皇 
Vegetables 	Boiled Bay Choi 白灼菜芯	-		Roasted Vegetable 燒雜菜
Grains	Rice 白飯	-		Pasta 意粉
Other	Fresh Fruit 生果	-		Fresh Fruit 生果



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聖士提反書院附屬小學 St Stephen's College Preparatory School



Dinner Menu September 2021

	Monday	Tuesday	Wednesday	Thursday
	27 Sep	28 Sep	29 Sep	30 Sep
Soup	Black-Eyed Pea & Pork Bone Soup 眉豆豬骨湯	Tomato Soup 蕃茄蓉湯	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	The Day Before National Day
Main A	Steamed Chicken with Cloud Fungus 金針雲耳蒸雞	Portuguese Chicken 葡國雞	Fish Fillet with Sweet Corn Sauce 粟米魚柳	
Main B	Stir-fried Fish with Celery & Black Fungus 西芹雲耳炒魚片	Braised Lotus Root & Pork Rib 蓮藕炆排骨	Braised Chicken with Straw Mushroom & Tofu 草菇雞柳豆腐	
Vegetables	Stir-fried Romaine Lettuce with Garlic 蒜蓉油麥菜	Sautéed Mixed Vegetables 清炒時蔬	Stir-fried Chinese Zucchini & Black Fungus 翠玉瓜炒雲耳	
Grains	Rice 白飯	Rice 白飯	Rice 白飯	
Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	



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Sustainable
Seafood
環保海鮮

Seafood with this icon has been chosen according to the recommendation from WWF-Hong Kong's Seafood Guide.

Learn more: https://wwfhk.awsassets.panda.org/downloads/seafood_guide_web_eng.pdf

本標誌的菜式根據世界自然基金會香港分會的《海鮮選擇指引》選用環保海鮮。

了解更多: https://wwfhk.awsassets.panda.org/downloads/seafood_guide_web_chi.pdf



WWF is partnering with Compass Group (Chartwells) to tackle one of the major issues facing our oceans today: destructive fishing and aquaculture practices. Fish play a critical role in healthy ocean ecosystems, but this delicate balance is under threat. Join us to give our seas – and ourselves – a healthier future. Choose sustainable seafood.

世界自然基金會香港分會與金巴斯集團香港(海慧)合作,解決我們海洋正面臨的主要問題之一:破壞性捕魚和破壞性水產養殖。魚類在健康的海洋生態系統中扮演著一個重要的角色,但是這種脆弱的平衡正受到威脅。為了人類及海洋的未來,請選擇環保海鮮。



<https://seafood-guide.wwf.org.hk/en/seafood-guide>

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- Receive the latest news on health & wellbeing trends supported by the Compass's Nutrition team.
- Bringing you tips and facts about topics like: Eating Seasonal, Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!

EAT WELL ! FEEL GREAT !



Traffic Light Guide that helps you make healthy choices easy!

WHAT'S OUR GRADING CRITERIA FOR ALL LUNCH MEALS? WHAT DOES THE COLOUR REPRESENT? LET'S TAKE A BRIEF LOOK!

GREEN
EAT MORE

- Whole grain or grains with added vegetables
- Lean meat with fat trimmed
- Healthy cooking methods are used, e.g. steaming, poaching, grilling, any method that requires a little oil

FOOD SAMPLE

AMBER
EAT MODERATE

- Grains with added fat and oil (small amount)
- Fatty cut of meat & poultry with skin
- Full fat milk or cheese
- Processed or preserved meat, egg and veggies
- Sauce or gravy with high sugar, salt or fat content
- Cooking methods that requires a slightly higher temperature or a small amount of oil, e.g. stir-frying, roasting

FOOD SAMPLE

RED
EAT LESS

- Grains with added fat and oil
- Full fat cream or coconut cream
- Highly processed meat
- Cooking methods that requires a lot of oil and high heat (e.g. deep fried), or contains an unnecessary amount of sugar or salt

FOOD SAMPLE



Want to know more?

Scan this QR code for our reference document from the Centre for Health Protection or simply visit the EatSmart Website: <https://school.eatsmart.gov.hk/> for more information

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EAT · LEARN · LIVE

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