



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

SCHOOL MENU



St. Stephen's College
Preparatory School
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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 每週至少吃3次或以上	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每週吃1-2次	EAT LESS 少選為佳 No more than 1 time per week 每週最多不超過1次
- Whole grain or grains with added vegetables 全穀或雜糧(例如糙米、五穀粉) - Lean protein with fat trimmed 低脂肪肉類、雞腿、魚肉類 - Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康少油的烹調方法 (例如：蒸、燉、焗、煎)	- Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snacks 添加少量脂肪的穀物 例如：炒麵、炒粉、焗肉餅 - Fatty cut of meat & po, stew or stir fry 脂肪較高的肉類及燉肉、肉類 - Full fat milk or cheese 全脂奶及乳酪 - Processed or preserved meat, egg and vegetables 加工或醃製肉類、蛋類及蔬菜食品 - Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	- Deep fat or foods 油炸食品 - Added animal fats or saturated fats (fat-sog, 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：黃油、牛油、忌廉、椰子油、椰油) - Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食品：酥餅、夾心餅乾及 自製的酥餅食品 - Sugar sweetened beverages 含糖碳酸飲品 - Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分或高鹽食品：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 October 2023

Monday

Tuesday

Wednesday

Thursday

2 Oct		3 Oct		4 Oct		5 Oct	
Main		Sweetcorn Cup 粒粒粟米杯		Danish Blueberry 藍莓酥   			
Beverage		Fruit Juice 果汁		Horlicks 好立克 			
9 Oct		10 Oct		11 Oct		12 Oct	
Main	Strawberry Jam Sandwich 士多啤梨果醬三文治  	Mini Ham and Pineapple Pizza 迷你菠蘿火腿薄餅  		Siu Mai 魚肉燒賣   		Chocolate Muffin 朱古力鬆餅   	
Beverage	Ovaltine 阿華田 	Low Fat Milk 低脂奶 		Horlicks 好立克 		Low Fat Milk 低脂奶 	
16 Oct		17 Oct		18 Oct		19 Oct	
Main	Pan-fried Pork Bun 生煎包  	English Raisin Scone 英式提子鬆餅   		Pineapple Bun 菠蘿飽   		Pork Chop Bun 香煎豬扒飽  	
Beverage	Soy Milk 豆漿 	Fruit Juice 果汁		Chinese Tea 中國茶		Horlicks 好立克 	



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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Wednesday

Thursday

23 Oct		24 Oct		25 Oct		26 Oct	
Main		Mini Hog dog 迷你熱狗  	Chocolate Cookies 朱古力曲奇餅   	Siu Mai 魚肉燒賣   			
Beverage		Fruit Juice 果汁	Chinese Tea 中國茶	Ovaltine 阿華田 			
30 Oct		31 Oct					
Main	Barbecued Pork Bun 叉燒包  	Chocolate Muffin 朱古力鬆餅   					
Beverage	Horlicks 好立克 	Fruit Juice 果汁					



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