



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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## SHARE YOUR THOUGHTS

分享你的意見

營養紅綠燈

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## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 適宜</b> Choose at least 3 times per week 每星期至少3次或以上	<b>EAT MODERATELY 限量</b> Limit to 2 times per week 每星期不超過2次	<b>EAT LESS 少量</b> Limit to 4 times per month 每月不超過4次
<ol style="list-style-type: none"><li>Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀類</li><li>Lean protein with a trimmed fat 低脂比較瘦的蛋白質</li><li>Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康的烹調方法 例如：蒸、焗、焗、烤、 用很少油</li></ol>	<ol style="list-style-type: none"><li>Grains with small amount of added fat and oil e.g. fried rice, fried noodle, baked corn 添加少量脂肪和油的穀類 例如：炒飯、炒麵、焗玉米</li><li>Fatty cut of meat &amp; poultry with skin 脂肪含量較高的肉類及皮肉類</li><li>Full fat milk or cheese 全脂奶類</li><li>Processed or preserved meat, egg and vegetables 加工或醃製肉類、蛋類及蔬菜</li><li>Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或汁</li></ol>	<ol style="list-style-type: none"><li>Deep fried foods 油炸食品</li><li>Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut milk 添加了動物脂肪或飽和性的脂肪的 食品：黃油、牛油、忌廉、椰子油、椰漿</li><li>Contributes to fat e.g. processed/premade pastries 含有飽和脂肪的食品：酥皮、餅、 自製或預製的餅</li><li>Sugar sweetened beverages 含蔗糖分的飲品</li><li>Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份的保存食品：鹹魚、鹹蛋</li></ol>

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 October 2023

Monday

Tuesday

Wednesday

Thursday

	2 Oct	3 Oct	4 Oct	5 Oct
Soup		Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆 豬骨湯	Borscht Soup 羅宋湯	
<u>Meal</u> A		Fried Pork Ribs w/ Pineapple 菠蘿生炒骨   	HK Style Beef in Egg Drop Sauce 滑蛋牛肉 	
<u>Meal</u> B		Curry Beef with Rice 咖哩牛肉飯 	Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳	
Vegetables 		Boiled Cabbage Heart 白灼菜心	Garlic Cauliflower 蒜蓉椰菜花	
Grains		Rice 白飯	Red Rice 紅米飯	
Fruit		Fresh Fruit 生果	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



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

## October 2023

Monday

Tuesday

Wednesday













Thursday

9 Oct

10 Oct

11 Oct

12 Oct

Soup	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 	Seafood Chowder Soup 周打海鮮湯   	Papaya w/ Snow Fungus Soup 木瓜雪耳湯
Meal A	Minced Beef Fried Rice 生炒牛肉飯   	Pork Goulash 匈牙利燴豬肉	Thai Green Curry Chicken 泰式青咖哩雞  	Steamed Fish with Ginger & Green Onion 薑蔥蒸魚柳    
Meal B	Stir Fried Chicken with Celery and Rice 西芹炒雞柳	Chicken Wing with Mixed Herbs 香草雞翼	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐  	Long Bean Omelette 豆角煎蛋 
Vegetables 	Baby Cabbage with Garlic 蒜蓉娃娃菜	Stir Fried Broccoli 清炒西蘭花	Stir-fried Cauliflower & Broccoli 清炒雙花	Bay Choi with Garlic 蒜蓉白菜
Grains	Fried Rice 炒飯 	Pasta 意粉 	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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## October 2023

Monday

Tuesday

Wednesday

Thursday

	16 Oct	17 Oct	18 Oct	19 Oct
Soup	Lotus Root with Pork Bone Soup 蓮藕豬骨湯	Tomato Soup 蕃茄蓉湯	Onion Soup 洋蔥湯	Miso Soup 日式味噌湯  
<u>Meal A</u>	Herbed Roast Fish Fillet 香草烤魚柳  	Japanese Curry Chicken 日式咖哩雞  	Pork Chops with Lemongrass 香茅豬扒 	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋  
<u>Meal B</u>	Creamy Pumpkin Sauce Stew Pork 南瓜忌廉汁燴豬肉 	Scrambled Egg with Tomato and Minced Pork 蕃茄炒蛋肉碎 	Beef With Fresh Tomato 鮮茄牛肉	Stir-Fried Shredded Pork with Courgette 翠玉瓜炒肉絲  
Vegetables 	Stir-fried Mixed Vegetable 炒什菜	Garlic Cabbage 蒜蓉椰菜	Shitake & Hairy Gourd 冬菇節瓜	Baby Cabbage with Garlic 蒜蓉娃娃菜
Grains	Red Rice 紅米飯	Rice 白飯	Rice 白飯	Brown Rice 糙米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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# Dinner Menu

## October 2023

Monday

Tuesday

Wednesday

Thursday

23 Oct

24 Oct

25 Oct

26 Oct

Soup		Apple with Pork Bone 蘋果雪耳豬骨湯	Apricot Kernel & Watercress soup 南北杏西洋菜湯	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯
<u>Meal A</u>		Steamed Pork Rib in Soy Sauce 豉汁蒸排骨  	Roasted Chicken Chop with Thyme & Lemon 百里香檸檬 烤雞扒	Pork Adobo 菲式燴豬柳
<u>Meal B</u>		Beef Stroganoff 俄式牛柳絲 	Plant Based Meatball 意式素肉丸  	Stir-fried Fish with Chinese Zucchini 翠玉瓜雲耳炒魚片  
Vegetables 		Stir-fried Cauliflower & Broccoli 清炒雙花	Stir-fried Mixed Vegetable 炒什菜	Japanese Veggie Curry 日式野菜咖哩  
Grains		Brown Rice 糙米飯	Pasta 意粉	Rice 白飯
Fruit		Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Monday

Tuesday

	30 Oct	31 Oct	
Soup	Pumpkin Soup 南瓜湯 	Tomato & Potato Pork Bone Soup 蕃茄薯仔豬骨湯	
<u>Meal</u> A	Chicken A La King 白汁雞皇 	Fillet with Sweet Corn Sauce 粟米魚柳  	
<u>Meal</u> B	Stir Fried Pork with Cabbage 椰菜炒肉片	Garlic Pork Chop 蒜香豬扒  	
Vegetables 	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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