



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

SCHOOL MENU



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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 低脂肉類 例如雞、鴨、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, line with skin 脂肪較高的肉類及皮肉類 - 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 (e.g. 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：豬油、牛油、忌廉、椰子油、椰油 - Contains trans fat e.g. processed/premade pastries 夾心餅乾、牛油、酥餅、派、及 自製的酥餅食品 - Sugar sweetened beverages 含糖飲料及飲品 - Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分醃製食品 例如：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.

Tuesday

Wednesday

Thursday

Friday

	3 Jun	4 Jun	5 Jun	6 Jun
Side	Hash Browns 薯餅	Dim Sum 中式點心	Jam Toast 果醬多士	Pork Patty & Sausage 豬柳加香腸
Main	Ham & Macaroni in Soup 火腿絲湯通粉	Sweet Corn & Minced Pork Congee 粟米肉碎粥	Grilled Chicken and Scrambled Eggs 烤雞扒加炒蛋	Pancake 熱香餅
Beverage	Ovaltine 阿華田	Horlicks 好立克	Chinese Tea 中國茶	Low Fat Milk 低脂奶
	10 Jun	11 Jun	12 Jun	13 Jun
Side	Luncheon Meat 午餐肉	Dim Sum 中式點心	Sausage 香腸	Butter Toast 牛油多士
Main	Rice Noodles with Sliced Pork in Tomato Sauce 蕃茄肉片米粉	Supreme Soy Sauce Fried Rice Roll 豉油皇炒腸粉	Shredded Pork with Rice Noodles in Soup 娃娃菜肉絲銀針粉	Fried Fish Fillet and Scrambled Eggs 炸魚柳加炒蛋
Beverage	Ribena 利賓納	Chinese Tea 中國茶	Soy Milk 豆漿	Orange juice 橙汁



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

Internal



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Tuesday

Wednesday

Thursday

Friday

17 Jun		18 Jun		19 Jun		20 Jun	
Side	Steamed Cabbage and Pork Buns 菜肉包   	Hash Browns 薯餅		Jam Toast 果醬多士  		Luncheon Meat 午餐肉	
Main	Country Style Fried Vermicelli 家鄉炒米粉  	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉  		Grilled Pork Chop and Sausage 煎豬扒加香腸   		Green Veg & Beef Ball with Rice Noodle in Soup 青菜牛丸湯米粉  	
Beverage	Chinese Tea 中國茶	Soy Milk 豆漿 		Horlicks 好立克   		Ovaltine 阿華田  	
24 Jun		25 Jun		26 Jun		27 Jun	
Side	Egg Salad Sandwich 碎蛋三文治   	Sausage 香腸   		Boiled Egg 烩蛋 		Dim Sum 中式點心      	
Main	Corn Flakes 粟米片 	Tomato & Shredded Pork with Udon in Soup 蕃茄肉絲湯烏冬  		Shredded Chicken, Pickled Veggie & Shanghai Noodles in Soup 榨菜雞絲上海麵  		Mushroom & Corn Congee 香菇粟米粥	
Beverage	Low Fat Milk 低脂奶 	Ovaltine 阿華田  		Soy Milk 豆漿 		Chinese Tea 中國茶	



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