



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

SCHOOL MENU



chartwells
serving up happy & healthy



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

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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

EAT MORE
適宜

Choose at least
3 times per week
每週選擇3次或以上

- Whole grain or grains
with added vegetables
全穀類食物(或加入蔬菜)
- Lean protein with at
least 10g of protein
低脂蛋白質, 例如: 雞胸肉
- Healthy cooking
methods e.g. steaming,
poaching, grilling, baking
with very little oil
健康少油烹調方法
例如: 蒸、焗、焗、焗

EAT MODERATELY
限量

Limit to 2 times
per week
每週選擇不多於2次

- Grains with or all amount of
added fat and oil e.g. fried rice,
fried noodle, baked noodle
含有脂肪及油類的食物
例如: 炒麵、炒粉、焗麵
- Fatty cut of meat &
protein with skin
脂肪含量較高及皮肉類的肉類
例如: 豬扒、雞皮、焗肉排
- Full fat milk or cheese
全脂奶類
例如: 全脂牛奶、芝士
- Processed or preserved meat,
egg and vegetables
加工或經製處理、蛋類及蔬菜類
例如: 臘腸、鹹蛋、鹹魚
- Sauce or gravy with high sugar,
salt or fat content
高糖、高鹽及高脂肪的醬汁或羹
例如: 糖醋、高湯、鹹蛋

EAT LESS
少量

Limit to 4 times
per month
每月選擇不多於4次

- Deep-fried foods
油炸食品
例如: 炸雞、炸薯條
- 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脂肪的油脂
例如: 豬油、牛油、忌廉、椰子油、椰漿
- Contains trans fat
e.g. processed/premade pastries
含有反式脂肪的油脂
例如: 牛油、牛油、牛油、牛油
- Sugar sweetened beverages
含糖飲料的飲品
例如: 汽水、果汁
- Preserved foods with extremely
high salt content e.g. salted fish
and salted eggs
高鹽含量的食品
例如: 鹹魚、鹹蛋



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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.

Lunch Menu December 2023

Monday

Tuesday

Wednesday

Thursday

Friday

1 Dec

Fruit / Soup

Main

Grains



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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Tuesday

Wednesday

Thursday



	4 Dec	5 Dec	6 Dec	7 Dec	8 Dec
Fruit / Soup	Miso Tofu Soup 味噌豆腐湯 	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果	Borscht Soup 羅宋湯
Main	Scrambled Eggs with Tomatoes 鮮茄炒蛋 	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳 	Vietnamese Style Lemongrass Pork Chop 越式香茅豬扒 	Chicken A La King 白汁雞皇 	Hawaiian Pizza 夏威夷薄餅
	Stir Fried Veggie BBQ Pork with Green Bean 豆角炒素叉燒 	Boiled Bay Choi 白灼白菜	Baby Cabbage in Broth 上湯娃娃菜	Broccoli with Garlic 蒜香西蘭花	Chicken Nuggets 雞寶
Grains	Red Rice 紅米飯	Rice 白飯	Rice 白飯	Pasta 意粉 	Sweet Corn 粟米粒



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Tuesday

Wednesday

Thursday

Friday

	11 Dec	12 Dec	13 Dec	14 Dec	15 Dec
Fruit / Soup		Fresh Fruit 生果	Cream of Mushroom 雜菌濃湯  	Fresh Fruit 生果	
Main		Sausages Bolognese Spaghetti 腸仔肉醬意粉 	Crispy Chicken Wings with Mixed Herbs & Smoked Garvin Ham Slices 香草雞翼 & 煙加文火腿	Taiwanese Minced Pork 台式肉燥   	
		Garlic Baby Pak Choy 蒜蓉白菜仔	 Fried Potato Wedges 炸薯角 	Sauteed Beef Slices with Choy Sum 菜芯炒牛肉	
Grains		/	Broccoli & Sweet Corn 西蘭花 及 粟米粒 & Dessert 甜品	Rice 白飯	



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	Monday	Tuesday	Wednesday	Thursday	Friday
	18 Dec	19 Dec	20 Dec	21 Dec	22 Dec
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Main					
Grains					



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Tuesday

Wednesday

Thursday

25 Dec

26 Dec

27 Dec

28 Dec

29 Dec

Fruit / Soup

Main

Grains



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少量



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