



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

SCHOOL MENU



chartwells
serving up happy & healthy



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SHARE YOUR THOUGHTS

分享你的意見



營養紅綠燈 TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<p>EAT MORE 適宜</p> <p>Choose at least 3 times per week 每週至少選擇3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類食物(或與全穀類) Lean protein with fat trimmed 低脂肪或低脂的蛋白質 Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil 健康的烹調方法 例如: 蒸、燉、焗、煎 	<p>EAT MODERATELY 限量</p> <p>Limit to 2 times per week 每週選擇不多於2次</p> <ol style="list-style-type: none"> Grains with or all amount of a solid fat such as oil e.g. fried rice, fried noodle, baked items 含固體脂肪的食物 例如: 炒麵、炒粉、焗菜類 Fatty cut of meat & poultry with skin 脂肪含量高的肉及皮肉類 Full-fat milk or cheese 全脂的奶類 Processed or preserved meat, egg and veggies 加工或新製肉類、蛋類及蔬菜類 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或夾汁 	<p>EAT LESS 少量</p> <p>Limit to 4 times per month 每月選擇不多於4次</p> <ol style="list-style-type: none"> Deep-fat foods 非水食物 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動物性脂肪的食物 例如: 豬油、牛油、忌廉、椰子油、椰漿 Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食物 例如: 餅類、酥餅、夾心餅及自製的酥餅類 Sugar sweetened beverages 含糖類飲料的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted veg 高鹽類食物 例如: 鹹魚、鹹菜



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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.



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.



Tuesday

Wednesday

Thursday

Friday

1 Jan

2 Jan

3 Jan

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

	6 Jan	7 Jan	8 Jan	9 Jan	10 Jan
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯  	Fresh Fruit 生果	Apple with Pork Shank 蘋果雪耳豬脷湯	Fresh Fruit 生果	Minestrone 雜菜湯 
Main	Tomato & Scrambled Egg 蕃茄炒蛋  	Chicken Cacciatore 獵人燴雞	Lemon Chicken 西檸雞球    	Stir-fried Beef & Mixed Mushroom 雜菌炒牛柳絲  	Chicken Paella 西班牙雞肉燴飯
	Cabbage & Carrot 椰菜及紅蘿蔔 	Cauliflower with Garlic 蒜香椰菜花 	Stir-fried Chinese Zucchini with Black Fungus 雲耳炒翠肉瓜 	Stir-Fry Bay Choi & Fish Fillets 白菜仔炒魚片    	Garlic Broccoli 蒜香西蘭花 
Grains	Rice 白飯	Pasta 意粉 	Corn Rice 粟米飯	Brown Rice 糙米飯	/



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Tuesday

Wednesday

Thursday

Friday

	13 Jan	14 Jan	15 Jan	16 Jan	17 Jan
Fruit / Soup	Miso Soup 日式味噌湯 	Fresh Fruit 生果	Coix Seed, Winter Melon and Pork Bone Soup 薏米冬瓜豬骨湯	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯
Main	Vegetarian Stir-fried Noodles Yaki Udon 素三絲炒烏冬 	Thai Chicken and Coconut Curry 泰式椰汁甜咖喱雞	Grilled Chicken Wings 香烤雞翼	Spaghetti Carbonara with Fusilli 卡邦尼螺絲粉 	Fried Fish Fillets with Tomato Sauce 鮮茄魚柳
	Baby Cabbage in Broth 上湯娃娃菜 	Mushrooms & Hairy Gourd 冬菇節瓜 	Stir-Fry Choy Sum & Pork Butt 菜心炒肉片 	Garlic Broccoli 蒜香西蘭花 	Stir-Fry String Bean with Minced Pork 肉鬆炒四季豆
Grains	Steamed Bun 饅頭	Rice 白飯	Rice 白飯	/	Rice 白飯



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Lunch Menu

Jan 2025



Tuesday

Wednesday

Thursday

	20 Jan	21 Jan	22 Jan	23 Jan	24 Jan
Fruit / Soup	Cream of Corn Soup 粟米忌廉湯 	Fresh Fruit 生果	Apricot Kernel & Watercress soup 南北杏西洋菜湯	Fresh Fruit 生果	Miso Soup 日式味噌湯
Main	Vegetable Bolognese 雜菜素肉醬 	HK Style Swiss Chicken Wing 瑞士雞翼 	Steamed Mince Pork, Water Chestnut 馬蹄蒸肉餅 	Hawaiian Tomato Chicken Chop 夏威夷鮮茄雞扒	Hot Dog 熱狗
	Roasted Pumpkin 燒南瓜 	Garlic Choy Sum 蒜蓉菜心 	Chinese Cabbage & Fish Fillets 白菜仔炒魚片 	Broccoli 西蘭花 	Chicken Nuggets 雞寶
Grains	Rice 白飯	/	Rice 白飯	Penne 長通粉 	Sweet Corn 粟米粒



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Jan 2025



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Wednesday

Thursday

Friday

	27 Jan	28 Jan	29 Jan	30 Jan	31 Jan
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Main					
Grains					



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