



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

# SCHOOL MENU



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 TRAFFIC LIGHT GUIDE

GREEN 綠燈

AMBER 黃燈

RED 紅燈

### EAT MORE 適宜

Choose at least  
3 times per week  
每週至少選擇3次或以上

- Whole grain or grains  
with added vegetables  
全穀類食物或含全穀類的食物  
例如：全麥、燕麥、雜糧等
- Lean protein with oil  
trimmed 低脂的蛋白質  
例如：雞胸、魚、瘦牛肉等
- 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、焗、焗、烤等

### 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/oil e.g. fried rice,  
fried noodles, baked cream  
含脂肪或油的食物  
例如：炒麵、炒粉、焗飯等
- Fatty cut of meat &  
poil with skin  
脂肪含量高的肉類及皮膚  
例如：肥牛、肥羊、肥雞等
- Full fat milk or cheese  
全脂的奶類  
例如：全脂牛奶、全脂乳酪等
- Processed or preserved meat,  
egg and vegetables  
加工或經處理的肉類、蛋類及蔬菜  
例如：臘肉、臘腸、鹹蛋等
- Sauce or gravy with high sugar,  
salt or fat content  
高糖、高鹽及高脂肪的醬汁或羹汁  
例如：高糖醬汁、高鹽醬汁等

### EAT LESS 少量

Limit to 4 times  
per month  
每月選擇不多於4次

- Deep-fried foods  
油炸食物  
例如：炸雞、炸薯條等
- Added animal fats or saturated  
fat/fats e.g. lard, butter, cream,  
coconut oil, coconut milk  
添加了動物性脂肪或飽和脂肪的食物  
例如：豬油、牛油、忌廉、椰子油、椰漿等
- Contains trans fat  
e.g. processed/premade pastries  
含有反式脂肪的食物  
例如：酥餅、餅乾、派等
- Sugar sweetened beverages  
含糖的飲品  
例如：汽水、果汁等
- Preserved foods with extremely  
high salt content e.g. salted fish  
and salted eggs  
高鹽含量的食物  
例如：鹹魚、鹹蛋等



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.



Tuesday

Wednesday

Thursday

Friday

	2 Jun	3 Jun	4 Jun	5 Jun	6 Jun
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯  	Fresh Fruit 生果	Miso Soup 日式味噌湯   	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯
Main	Stir-fried Tomato, Onion & Egg 鮮茄洋蔥炒蛋   	Taiwanese Minced Pork, Shitake 台式香菇肉燥   	Fish Fillet in Creamy Corn Sauce 粟米魚柳     	HK Style Swiss Chicken Wing 瑞士雞翼   	Honey Garlic Pork Chop with Rice 蒜香蜜糖烤豬扒  
	Boiled Choy Sum 白灼菜心 	Stir-fried Chinese Cabbage with Fried Fish Block 白菜仔炒炸魚條   	Stir Fried Beef & Kale Seedings 芥蘭苗炒牛肉  	Stir Fried Pork with Cucumber 青瓜炒肉片  	Cabbage & Carrot 椰菜&紅蘿蔔 
Grains	Rice 白飯	Rice 白飯	Rice 白飯	Corn Rice 粟米飯	Rice 白飯



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



	9 Jun	10 Jun	11 Jun	12 Jun	13 Jun
Fruit / Soup	Cream of Corn 粟米忌廉湯    	Fresh Fruit 生果	Apricot Kernel & Watercress soup 南北杏西洋菜湯	Fresh Fruit 生果	Minestrone 雜菜湯 
Main	Vegetable Bolognese 雜菜素肉醬    	Stir-Fried Pork Jowl with Special Sauce 醬燒豬頸肉    	Steamed Mince Pork, Water Chestnut 馬蹄蒸肉餅  	Spaghetti Carbonara with Fusilli 卡邦尼螺絲粉   	Hawaiian Pizza 夏威夷薄餅   
	Roasted Pumpkin 燒南瓜 	Cauliflower with Garlic 蒜香椰菜花 	Chinese Cabbage & Fish Fillets 白菜炒魚片   	Stir-Fried Broccoli 清炒西蘭花 	Chicken Nuggets 雞寶   
Grains	Rice 白飯	Red Rice 紅米飯	Rice 白飯	/	Sweet Corn 粟米粒



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Thursday

Friday

	16 Jun	17 Jun	18 Jun	19 Jun	20 Jun
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯 ✓	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Apple with Pork Shank 蘋果雪耳豬脰湯
Main	Stir Fried Udon with Mixed Veggies & Eggs 素三絲炒烏冬 ✓	Onion Pork Chop 洋蔥豬扒 ✓	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米魚柳 ✓	Beef Bolognese with Spaghetti 意式肉醬意粉 ✓	Japanese Style Teriyaki Chicken 日式照燒雞扒 ✓
	Baby Cabbage in Broth 上湯娃娃菜 ✓	Stir-fried Chinese Cabbage with Fried Fish Block 白菜仔炒魚片 ✓	Cauliflower with Garlic 蒜香椰菜花 ✓	Stir-fried Chicken Tenders with Broccoli 西蘭花炒雞柳 ✓	Stir Fried Beef and Choy Sum 菜心炒牛肉 ✓
Grains	/	Rice 白飯	Rice 白飯	/	Rice 白飯



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Monday

Tuesday

Wednesday

Thursday

23 Jun

24 Jun

25 Jun

26 Jun

27 Jun

Fruit / Soup

Miso Soup  
日式味噌湯



Fresh Fruit  
生果

Coix Seed, Winter Melon  
and Pork Shank Soup  
薏米冬瓜豬脰湯

Fresh Fruit  
生果

Pumpkin Cream Soup  
南瓜湯



Main

Vegetables and Egg  
Fried Rice (Less Oil)  
雜菜粒蛋炒飯 (少油)



Grilled Pork Chop with  
Spring Onion Sauce &  
蔥油豬扒



Roasted Chicken Wings  
with Honey  
蜜糖燒雞翼



Fish Fillet with Curry  
Sauce  
甜咖喱汁魚柳



Teriyaki Chicken Burger  
照燒雞扒包



Boiled Choy Sum  
白灼菜心



Baby Cabbage in Broth  
上湯娃娃菜



Sauteed Shrimp with  
Zucchini  
蝦仁炒翠玉瓜



Stir-Fried Cabbage  
with Bacon  
椰菜炒煙肉

Fried Potato Wedges  
炸薯角



Grains

Steamed Bun  
饅頭



Red Rice  
紅米飯

Rice  
白飯

Rice  
白飯

Sweet Corn  
粟米粒



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Tuesday

Wednesday

Thursday

30 Jun

Fruit / Soup	<p>Cream of Mushroom 雜菌濃湯</p>    	
Main	<p>Ratatouille 普羅旺斯雜燴</p>  	
	<p>Baked Vegetarian Meat Ball 燒素肉丸</p>    	
Grains	<p>Mashed Potato 薯蓉</p> 	



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