



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

# SCHOOL MENU



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## SHARE YOUR THOUGHTS

分享你的意見



營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

| GREEN 綠燈                                                                                                                                                                                                                                                                                | AMBER 黃燈                                                                                                                                                                                                                                                                                                                                                                                                                                       | RED 紅燈                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>EAT MORE<br/>健康之選</b><br>Choose at least<br>3 times per week<br>每週至少吃3次或以上                                                                                                                                                                                                           | <b>EAT MODERATE<br/>適宜之選</b><br>Limit to 1-2<br>times per week<br>每週吃1-2次                                                                                                                                                                                                                                                                                                                                                                      | <b>EAT LESS<br/>少選為佳</b><br>No more than<br>1 time per week<br>每週最多不超過1次                                                                                                                                                                                                                                                                                                                                                                                                                |
| <ol style="list-style-type: none"><li>Whole grain or grains with added vegetables<br/>全穀或添加蔬菜的穀類</li><li>Lean protein with "at trim med"<br/>低脂蛋白，例如：雞胸肉</li><li>Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil<br/>健康烹調方法，例如：蒸、焗、烤、煎</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 snacks<br/>添加少量脂肪和油類的穀類，例如：炒飯、炒麵、焗食</li><li>Fatty cut of meat &amp; poultry with skin<br/>脂肪較高的肉類及雞皮</li><li>Full fat milk or cheese<br/>全脂奶及乳酪</li><li>Processed or preserved meat, egg and vegetables<br/>加工或醃製肉類、蛋類及蔬菜食品</li><li>Sauce or gravy with high sugar, salt or fat content<br/>高糖、高鹽及高脂肪的醬汁或肉汁</li></ol> | <ol style="list-style-type: none"><li>Deep fat foods<br/>油炸食品</li><li>Added animal fats or saturated fat fat e.g. lard, butter, cream, coconut oil, coconut crisp, etc.<br/>添加了動物性脂肪或飽和性脂肪的食品，例如：牛油、牛油、忌廉、椰子油、椰油</li><li>Contains trans fat e.g. processed/premade pastries, biscuits, etc.<br/>含有反式脂肪，例如：餅干、餅乾、餅乾、餅乾</li><li>Sugar sweetened beverages<br/>含糖飲料</li><li>Preserved foods with extremely high salt content e.g. salted fish and salted eggs<br/>高鹽分食物，例如：鹹魚、鹹蛋</li></ol> |



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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.

# Tea Menu December 2023

Monday

Tuesday

Wednesday

Thursday

| 4 Dec    |                                                                                                                                                                                                  | 5 Dec                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                | 6 Dec                                                                                                                                                                                                                                                                                    |  | 7 Dec  |  |
|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------|--|
| Main     | Pan-fried Pork Bun<br>生煎包<br>  | Curry Fish Ball<br>咖喱魚蛋<br>    | Steamed Cabbage and Pork Buns<br>菜肉包<br>                                                                 | Chocolate Muffin<br>朱古力鬆餅<br>   |  |        |  |
| Beverage | Chinese Tea<br>中國茶                                                                                                                                                                               | Fruit Juice<br>果汁                                                                                                                                                                                                                                                                                                                                                       | Soy Milk<br>豆漿<br>                                                                                                                                                                          | Ovaltine<br>阿華田<br>                                                                                                                                                                                   |  |        |  |
| 11 Dec   |                                                                                                                                                                                                  | 12 Dec                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                | 13 Dec                                                                                                                                                                                                                                                                                   |  | 14 Dec |  |
| Main     |                                                                                                                                                                                                  | Pineapple Bun<br>菠蘿包<br>                                                                                          | Siu Mai<br>魚肉燒賣<br>   | Pork Chop Bun<br>香煎豬扒包<br>                                                                                         |  |        |  |
| Beverage |                                                                                                                                                                                                  | Horlicks<br>好立克<br>                                                                                                                                                                                                                                                                   | Fruit Juice<br>果汁                                                                                                                                                                                                                                                              | Chinese Tea<br>中國茶                                                                                                                                                                                                                                                                       |  |        |  |
| 18 Dec   |                                                                                                                                                                                                  | 19 Dec                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                | 20 Dec                                                                                                                                                                                                                                                                                   |  | 21 Dec |  |
| Main     |                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                          |  |        |  |
| Beverage |                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                          |  |        |  |



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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# Tea Menu December 2023

Monday

Tuesday

Wednesday

Thursday

25 Dec

26 Dec

27 Dec

28 Dec

Main

Beverage

Main

Beverage



Eat More  
適宜

Eat Moderately  
限量

Eat Less  
少量



Vegetarian  
素食



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