



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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分享你的意見



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、魚、豆腐、雞蛋 - 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、煎、烤	- 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 例如炒飯、炒麵、焗肉餅 - Fatty cut of meat & po, line with skin 脂肪較高的肉類及皮 例如豬扒、叉燒、油條 - 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 (fat-slag, 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 例如牛油、牛油、忌廉、椰子油、椰油 - Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食品 例如夾心餅及 自製的酥皮食品 - 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.

Monday

Tuesday

Wednesday

Thursday

2 Jun		3 Jun		4 Jun		5 Jun	
Main	Ham & Cheese Sandwich 火腿芝士三文治    	Mini Hog dog 迷你熱狗   	Chocolate Cookies 朱古力曲奇餅    	Pork Siu Mai 豬肉燒賣  			
Beverage	Honey Citron Tea 柚子蜜	Fruit Juice 果汁	Low Fat Milk 低脂奶 	Chinese Tea 中國茶			
9 Jun		10 Jun		11 Jun		12 Jun	
Main	Curry Fish Ball 咖喱魚蛋     	Steamed Cabbage and Pork Buns 菜肉包   	Japanese Dumplings 日式餃子  	Pineapple Bun 菠蘿包  			
Beverage	Fruit Juice 果汁	Horlicks 好立克   	Chinese Tea 中國茶	Ovaltine 阿華田  			
16 Jun		17 Jun		18 Jun		19 Jun	
Main	Sweetcorn Cup 粒粒粟米杯	Xiao Long Bao 小籠包  	English Raisin Scone 英式提子鬆餅    	Pan-fried Pork Bun 生煎包   			
Beverage	Ribena 利賓納	Soy Milk 豆漿 	Horlicks 好立克   	Chinese Tea 中國茶			



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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Monday

Tuesday

Wednesday

Thursday

	23 Jun	24 Jun	25 Jun	26 Jun
Main	Egg Salad Sandwich 蛋沙律三文治   	Siu Mai 魚肉燒賣   	Coconut Buns 雞尾包   	Pork Chop Bun 香煎豬扒包  
Beverage	Ribena 利賓納	Chinese Tea 中國茶	Honey Citron Tea 柚子蜜	Ovaltine 阿華田  
Main				
Beverage				



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Vegetarian
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Sustainable Seafood
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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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