



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

chartwells

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

EAT MORE
適宜

Choose at least
3 times per week
每星期至少3次或以上

1. Whole grain or grains
with added vegetables
全穀類或添加蔬菜的穀類
2. Lean protein with a
trimmed fat
低脂比較瘦的蛋白質
3. 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、燉、焗、烤

EAT MODERATELY
限量

Limit to 2 times
per week
每星期不超過2次

1. Grains with small amount of
added fat and oil e.g. fried rice,
fried noodle, baked noodle
添加少量脂肪和油類
例如：炒飯、炒麵、焗麵
2. Fatty cut of meat &
poultry with skin
脂肪含量較高的肉類及皮肉類
3. Full fat milk or cheese
全脂奶類
4. Processed or preserved meat,
egg and vegetables
加工或經製肉類、蛋類及蔬菜食品
5. Sauce or gravy with high sugar,
salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

EAT LESS
少量

Limit to 4 times
per month
每月不超過4次

1. Deep fried foods
油炸食品
2. Added animal fats or saturated
fats like egg, lard, butter, cream,
coconut oil, coconut milk
添加了動物性脂肪或飽和性脂肪的食品
例如：黃油、牛油、忌廉、椰子油、椰漿
3. Contributes to fat
e.g. processed/premade pastries
西式餅類、餡餅、酥皮、派及
自製的夾心餅類
4. Sugar sweetened beverages
含蔗糖分的飲品
5. Preserved foods with extremely
high salt content e.g. salted fish
and salted eggs
高含防腐劑的食品 例如：鹹魚、鹹蛋



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.



Dinner Menu

December 2023

Monday

Tuesday

Wednesday

Thursday

	4 Dec	5 Dec	6 Dec	7 Dec
Soup	Seafood Chowder Soup 周打海鮮湯   	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 	Apple with Pork Bone 蘋果雪耳豬骨湯	Miso Soup 日式味噌湯  
Main	Japanese Curry Chicken 日式甜咖哩雞  	Beef Stroganoff 俄式牛柳絲 	Thai Style Steamed Fish 泰式蒸魚柳  	HK Style Beef in Egg Drop Sauce 滑蛋牛肉 
	Stir-fried Fish with Courgette 翠玉瓜炒魚片  	Garlic Chicken Chop 蒜香雞扒  	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐  	Stir-fried Shredded Pork with Green Beans 四季豆炒肉絲
Vegetables 	Stir-fried Cauliflower & Broccoli 清炒雙花	Stir Fried Broccoli 清炒西蘭花	Bay Choi with Garlic 蒜蓉白菜	Boiled Cabbage Heart 白灼菜心
Grains	Rice 白飯	Pasta 意粉 	Rice 白飯	Red Rice 紅米飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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



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

chartwells



Dinner Menu

December 2023

Monday

Tuesday

Wednesday

Thursday

11 Dec

12 Dec

13 Dec

14 Dec

Soup		Onion Soup 洋蔥湯	Bacon & Cauliflower Soup 煙肉椰菜湯	
Main		Steamed Pork Rib in Soy Sauce 豉汁蒸排骨  	Creamy Cream Corn Chicken 粟米雞粒 	
Vegetables 		Fresh Tomato & Fish Fillet 鮮茄魚柳  	Baked Pork Chop 燒豬扒  	
Grains		Shitake & Hairy Gourd 冬菇節瓜	Stir-fried Cauliflower & Broccoli 清炒雙花	
Fruit		Red Rice 紅米飯	Rice 白飯	
		Fresh Fruit 生果	Fresh Fruit 生果	



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



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

chartwells



Dinner Menu

December 2023

Monday

Tuesday

Wednesday

Thursday

18 Dec

19 Dec

20 Dec

21 Dec

Soup

Main

Vegetables



Grains

Fruit



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



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

chartwells