



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

# SCHOOL MENU



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serving up happy & healthy



St. Stephen's College  
Preparatory School  
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## SHARE YOUR THOUGHTS

分享你的意見



營養紅綠燈

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## 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

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  
低脂肪比較瘦的蛋白質
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  
每週選擇不多於2次

1. Grains with small amount of  
added fat and oil e.g. fried rice,  
fried noodle, baked corn  
添加少量脂肪和油類的穀類  
例如：炒飯、炒麵、焗玉米
2. Fatty cut of meat &  
poultry with skin  
脂肪含量較高的肉類及皮肉類  
例如：炸雞、炸肉及皮肉類
3. Full fat milk or cheese  
全脂奶類
4. Processed or preserved meat,  
egg and vegetables  
加工或經調製的肉類、蛋類及蔬菜
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  
每月選擇不多於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  
添加了動物脂肪或飽和脂肪的油脂  
例如：黃油、牛油、忌廉、椰子油、椰漿
3. Contribute 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  
高鹽分醃製的食品 例如：鹹魚、鹹蛋



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.

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



# Dinner Menu

## Jun 2025

Monday

Tuesday

Wednesday

Thursday

	2 Jun	3 Jun	4 Jun	5 Jun
Soup	Minestrone 雜菜湯 	Seafood Chowder Soup 周打海鮮湯 	Lean Meat with Zucchini Soup 節瓜瘦肉湯	Tomato, Potato & Pork Bone Soup 蕃茄薯仔豬骨湯
Main	Thai Style Steamed Fish 泰式蒸魚柳 	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋 	Fresh Tomato and Chicken Thigh 鮮茄雞扒 	Black Pepper Potato & Beef 黑椒薯仔牛肉 
	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐 	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲 	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨 	Stir-fried Fish with Chinese Zucchini and Onion 翠玉瓜洋蔥炒魚片 
Vegetables 	Garlic Bok Choy 蒜蓉白菜	Chinese Cabbage Soup 上湯菜心	Stir Fried Broccoli 清炒西蘭花	Stir-fried Bay Choi 清炒白菜
Grains	Red Rice 紅米飯	Rice 白飯	Pasta 意粉 	Rice 白飯
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

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# Dinner Menu

## Jun 2025

Monday

Tuesday

Wednesday

Thursday

	9 Jun	10 Jun	11 Jun	12 Jun
Soup	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯 	Onion Soup 洋葱湯  	Papaya with Snow Fungus Soup 木瓜雪耳湯	Corn & Minced Chicken Soup 粟米雞蓉湯
Main	Salt & Pepper Pork Chop 椒鹽豬扒  	Diced Beef Tenderloin Black Pepper 黑椒牛柳粒  	Japanese Curry Chicken 日式甜咖哩雞  	Vietnamese Lemongrass Porkchop 越式香茅豬扒   
	Braised Tofu 紅燒豆腐   	Long Bean Omelette 豆角煎蛋 	Steamed Egg with Glass Noodles 粉絲蒸水蛋   	Stir-Fried Shrimp with Celery 西芹炒蝦仁    
Vegetables	Shiitake & Hairy Gourd 冬菇節瓜   	Garlic Bok Choy 蒜蓉白菜 	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Boiled Lettuce 白灼生菜 
Grains	Rice 白飯	Rice 白飯	Red Rice 紅米飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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# Dinner Menu

## Jun 2025

Monday

Tuesday

Wednesday

Thursday

16 Jun

17 Jun

18 Jun

19 Jun

Soup	Miso Soup 日式味噌湯  	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆豬骨湯	Bacon & Cauliflower Soup 煙肉椰菜湯	Tomato Egg Drop and Potato Soup 蕃茄蛋花薯仔湯 
Main	Minced Beef Fried Rice (Less Oil) 生炒牛肉飯 (少油)   	Fried Pork Ribs with Pineapple 菠蘿生炒骨   	Japanese Gyudon (Onion & Shredded Beef) 和風洋蔥牛肉  	Thai Green Curry Chicken (with Coconut Milk) 泰式青咖喱雞 (含椰奶)  
	Stir-fried Shredded Pork with Hairy Gourds 節瓜炒肉絲  	Stir-Fry Beef with Peppers 雙色椒炒牛肉  	Chicken Skewers 雞肉串燒  	Sliced Pork with Cabbage 椰菜炒肉片  
Vegetables 	Japanese Veggie Curry 日式咖喱雜菜  	Boiled Lettuce 白灼生菜	Garlic Broccoli 蒜蓉西蘭花	Stir-Fried Zucchini with Black Fungus 節瓜炒雲耳
Grains	/	Rice 白飯	Rice 白飯	Rice 白飯
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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# Dinner Menu

## Jun 2025

Monday

Tuesday

Wednesday

Thursday

	23 Jun	24 Jun	25 Jun	26 Jun
Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Tomato Soup 蕃茄蓉湯   	Onion Soup 洋蔥湯  	Minestrone 雜菜湯 
Main	Thai Style Steamed Fish 泰式蒸魚柳   	Steamed Chicken with Black Fungus and Mushroom 北菇雲耳蒸雞  	Beef Stroganoff 俄式牛柳絲   	Beef Bolognese with Spaghetti 意式肉醬意粉  
	Stir Fried Shredded Pork and Green Beans 四季豆炒肉絲  	Stir-fried Fish with Chinese Zucchini and Onion 翠玉瓜洋蔥炒魚片    	Stir Fry Shredded Potato with Sliced Meat 肉片炒土豆絲  	Grilled Chicken Wings 香烤雞翼  
Vegetables 	Boiled Lettuce 白灼生菜	Stir-fried Bay Choi 清炒白菜	Stir Fried Mixed Vegetables 炒雜菜	Potato Grid 薯格
Grains	Rice 白飯	Brown Rice 糙米飯	Rice 白飯	/
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fruit Juice & Strawberry Cheesecake 果汁&草莓芝士餅   



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# Dinner Menu

## Jun 2025

Monday

Tuesday

Wednesday

Thursday

30 Jun

Soup

Main

Vegetables



Grains

Fruit



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