










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

# Dinner Menu

JUN  
2023

				Thursday
				1 Jun
Soup				Carrot & Sweet Corn Soup 甘筍粟米湯
Meal A				Fried Pork Ribs W/ Pineapple 菠蘿生炒骨   
Meal B				Curry Beef with Rice 咖哩牛肉飯   
Vegetables 				Boiled Cabbage Heart 白灼菜心
Grains				Rice 白飯
Fruit				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



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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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

Dinner  
Menu

JUN  
2023

	Monday	Tuesday	Wednesday	Thursday
	5 Jun	6 Jun	7 Jun	8 Jun
Soup	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Borscht Soup 羅宋湯	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	Cream of Corn 粟米忌廉湯 
Meal A	HK Style Beef in Egg Drop Sauce 滑蛋牛肉 	Thai Green Curry Chicken 泰式青咖哩雞   	Steamed Fish & Preserved Veg 梅菜蒸魚柳    	Roasted Chicken Chop with Thyme & Lemon 百里香檸檬烤雞扒
Meal B	Stir Fried Chicken Fillet with Courgette 翠玉瓜炒雞柳	Braised Cap Mushroom, Minced Pork and Tofu 草菇肉碎豆腐  	Sautéed Pork with Tomato & Scrambled Egg 鮮茄滑蛋炒肉片	Plant Based Meatball 意式素肉丸    
Vegetables 	Baby Cabbage in Broth 上湯娃娃菜	Broccoli & Carrots 西蘭花 & 甘筍	Garlic Cauliflower 蒜蓉椰菜花	Stir-fried Mixed Vegetable 炒什菜
Grains	Rice 白飯	Brown Rice 糙米飯	Red Rice 紅米飯	Pasta 意粉 
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



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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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

Dinner  
Menu

JUN  
2023

	Monday	Tuesday	Wednesday	Thursday
	12 Jun	13 Jun	14 Jun	15 Jun
Soup	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯	Seafood Chowder Soup 周打海鮮湯	Cream of Corn 粟米忌廉湯
Meal A	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋	Fillet with Sweet Corn Sauce 粟米魚柳	Pork Adobo 菲式燴豬柳	Black Pepper Potato & Beef 黑椒薯仔牛肉
Meal B	Steamed Pork Patty with Pickled Veggie with Rice 梅菜蒸肉餅	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨	Long Bean Omelette 豆角煎蛋	Stir-fried Fish with Chinese Zucchini 翠玉瓜雲耳炒魚片
Vegetables	Shitake & Hairy Gourd 冬菇節瓜	Garlic Cabbage 蒜蓉椰菜	Corn Kernels 粟米粒	Japanese Veggie Curry 日式野菜咖哩
Grains	Red Rice 紅米飯	Rice 白飯	Penne 長通粉	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



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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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

Dinner  
Menu

JUN  
2023

	Monday	Tuesday	Wednesday	Thursday
	19 Jun	20 Jun	21 Jun	22 Jun
Soup	Lotus Root with Pork Bone Soup 蓮藕豬骨湯	Papaya w/ Snow Fungus Soup 木瓜雪耳湯		
<u>Meal</u> A	Cajun Chicken Breast 基廚燒雞胸	Steamed Pork Patty & Water Chestnut 馬蹄蒸肉餅  		
<u>Meal</u> B	Creamy Pumpkin Sauce Stew Pork 南瓜忌廉汁燴豬肉 	Chicken, String Bean & Carrot 四季豆甘筍炒雞絲		
<u>Vegetables</u> 	Stir Fried Lotus & Mushroom with Celery 蓮藕香菇炒西芹	Boiled Choi Sum 白灼菜心		
Grains	Rice 白飯	Brown Rice 糙米飯		
Fruit	Fresh Fruit 生果	Fresh Fruit 生果		

Dragon Boat Festival



Eat More  
適宜

Eat Moderately  
限量

Eat Less  
少量



Vegetarian  
素食



Sustainable  
Seafood  
可持續海鮮



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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥





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

Dinner  
Menu

JUN  
2023

	Monday 26 Jun	Tuesday 27 Jun	Wednesday 28 Jun	Thursday 29 Jun
Soup	Tomato Soup 蕃茄蓉湯	Apple with Pork Bone 蘋果雪耳豬骨湯	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
Meal A	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋 	Thai Style Steamed Fish 泰式蒸魚柳 	Japanese Curry Sliced Pork 日式咖哩肉片 	Grilled Pork Chop with Fennel Gravy 烤豬扒配茴香燒汁 
Meal B	Stir-fried Shredded Pork, Garlic & Chinese Zucchini 蒜蓉翠肉瓜炒肉絲	Steamed Shiitake, Black Fungus & Chicken 北菇雲耳蒸雞 	Stir Fried Zucchini with Fillet 翠肉瓜炒魚片 	Stir-fried Sliced Pork with Cabbage & Dried Bean Curd 豆乾肉片炒椰菜 
Vegetables 	Shiitake & Hairy Gourd 冬菇節瓜 	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲 	Stir Fried Cabbage 炒椰菜	Boiled Cabbage Heart 白灼菜心
Grains	Rice 白飯	Brown Rice 糙米飯	Rice 白飯	Pasta 意粉 
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



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



Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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



Chartwells  
EAT · LEARN · LIVE



Sign up for our monthly wellbeing e-newsletter!  
<http://eepuri.com/dsDXG9>

**立刻登記** 每月帶給你  
更多健康和養生靈感!

Subscribe now and get some health and wellness  
inspiration direct to your inbox every month!

✔ 接收由我們的營養師團隊製作的  
最新營養資訊

Receive the latest news on health & wellbeing trends supported by  
the Compass's Nutrition team.

✔ 帶給你有關時令蔬果、健康與你、  
親子家庭、廚樂無窮等主題的知識!

Bringing you tips and facts about topics like: Eating Seasonal,  
Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!



Chartwells  
EAT · LEARN · LIVE

## 營養紅綠燈 Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐!



	<b>EAT MORE</b> 健康之選 👍👍👍	Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物	Lean protein with fat trimmed 脂肪比例較低的蛋白質	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、慢煮、烤、焗
	<b>EAT MODERATE</b> 適宜之選 👍	Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta 添加少量油的穀物 例如: 炒飯、炒麵、焗意粉	Fatty cut of meat & poultry with skin 脂肪比例較高及連皮的肉類  Full fat milk or cheese 全脂奶品類	Processed or preserved meat, egg and veggies 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芡汁
	<b>EAT LESS</b> 少選為佳 👎	Deep-fried foods 油炸食品  Sugar-sweetened beverages 添加糖分的飲品	Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性脂肪或植物性飽和脂肪 例如: 豬油、牛油、忌廉、椰子油、椰漿	Contains trans fat e.g. processed/premade pastries 含反式脂肪 例如: 預先製作及包裝的烘焙食物  Preserved foods with extremely high salt content e.g. salted fish and salted eggs 鹽分極高的食品 例如: 鹹魚、鹹蛋