



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

Lunch Menu

**JUN
2023**

				Thursday	Friday
				1 Jun	2 Jun
Fruit / Soup				Fresh Fruit 生果	Fish Chowder Soup 周打魚湯  
<u>Meal</u> A				Western Fried Rice 西炒飯 	Roasted Chicken with Rosemary 迷迭香烤雞
<u>Meal</u> B 				Garlic Bay Choi 蒜蓉白菜仔	Sautéed Mixed Vegetables 清炒時蔬
Grains				Fried Rice 炒飯 	Rice 白飯



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

Lunch
Menu

JUN
2023

	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	5 Jun	6 Jun	7 Jun	8 Jun	9 Jun
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果	Seaweed & Egg Drop Soup 紫菜蛋花湯	Fresh Fruit 生果	Chinese Old Melon & Red Bean with Pork Bone Soup 老黃瓜赤小豆 豬骨湯
Meal A	Shanghai Vegan Fried Noodles (Less Oil) 素上海粗炒 (少油) 	Croatia Beef 克羅地亞牛肉	Pork Chop with Spaghetti in Onion Sauce 洋蔥汁配豬扒 	Miso-Caramel Glazed Sole 味噌焦糖龍脷柳 	Japanese Gyudon (Onion & Shredded Beef on Rice) 和風洋蔥牛肉
Meal B 	Stir-fried Broccoli 清炒西蘭花	Stir-fried Mixed Vegetables 炒雜菜	Baby Cabbage in Broth 上湯娃娃菜	Boiled Bay Choi 白灼白菜	Pumpkin Mixed Vegetable Stew 南瓜汁燴四蔬
Grains	Noodles 粗麵	Pasta 意粉 	Rice 白飯	Red Rice 紅米飯	Rice 白飯



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

Lunch
Menu

JUN
2023

	Green MONDAY	Tuesday	Wednesday	Thursday	Fun Friday
	12 Jun	13 Jun	14 Jun	15 Jun	16 Jun
Fruit / Soup	Miso Tofu Soup 味噌豆腐湯 	Fresh Fruit 生果	Lotus Root with Pork Bone Soup 蓮藕豬骨湯	Fresh Fruit 生果	Cream of Corn 粟米忌廉湯
Meal A	Stewed Mushroom E-Fu Noodles 雜菌炆伊麵 	Stir Fried Pork Zucchini and Mushrooms 炒豚肉翠玉瓜雜菌	HK Style Swiss Chicken Wing 瑞士雞翼 	Bolognese Spaghetti 肉醬意粉 	Fish Burger with Tartar Sauce 魚柳包配他他醬
Meal B	Garlic Cabbage 蒜蓉椰菜	Japanese Style Stir-fried Mixed Vegetable 日式炒雜菜 	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲 	Stir-fried Broccoli 清炒西蘭花	Sweet Corn 粟米
Grains	E-Fu Noodles 伊麵 	Red Rice 紅米飯	Rice 白飯	Pasta 意粉 	Baked Potato Cube 薯粒



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

Lunch
Menu

JUN
2023

	Green MONDAY	Tuesday	wednesday	Thursday	Friday
	19 Jun	20 Jun	21 Jun	22 Jun	23 Jun
Fruit / Soup	Minestrone 雜菜湯	Fresh Fruit 生果	Mushroom Soup 蘑菇湯	Dragon Boat Festival	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯
Meal A	Baked Penne with Cheese Sauce 芝士焗長通粉 ✓ 🥛 🌿	Steamed Shiitake Mushroom & Chicken 冬菇蒸雞 🥣 🌿	Beef Stroganoff 俄國牛柳絲		Roasted Pork Loin with Mushroom Sauce 蘑菇汁燒豬柳 📄
Meal B ✓	Stir Fried Broccoli 蒜香炒西蘭花	Garlic Bay Choi 蒜蓉白菜	Mixed Vegetable in Tomato Sauce 茄汁燴雜菜		Cauliflower with Garlic 蒜香椰菜花
Grains	Penne 長通粉 🌿	Rice 白飯	Brown Rice 糙米飯		Pasta 意粉 🌿



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

Lunch
Menu

JUN
2023

	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	26 Jun	27 Jun	28 Jun	29 Jun	30 Jun
Fruit / Soup	Cream of Corn 粟米忌廉湯 	Fresh Fruit 生果	Onion Soup 洋蔥湯	Fresh Fruit 生果	Borscht Soup 羅宋湯
Meal A	Mixed Vegetables Fried Rice 雜菜粒甘筍炒飯 	Cheesy Penne with Mushrooms & Shredded Chicken 香草芝士蘑菇 雞絲 	Vietnamese Style Lemongrass Pork Chop 越式香茅豬扒 	Fillet with Sweet Corn Sauce 粟米魚柳 	Chicken A La King with Rice 白汁雞皇飯
Meal B 	Potato and Vegetable in Portuguese Sauce 葡汁薯仔時蔬 	Cauliflower with Garlic 蒜香椰菜花	Broccoli & Carrots 西蘭花 & 甘筍	Baked Herbed Vegetable 香草焗雜菜	Stir-fried Cabbage 炒椰菜
Grains	Fried Rice 炒飯 	Red Rice 紅米飯	Rice 白飯	Pasta 意粉 	Brown Rice 糙米飯



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

COMPASS GROUP

訂閱
每月營養資訊

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！



 GREEN 綠燈	EAT MORE 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
 AMBER 黃燈	EAT MODERATE 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
 RED 紅燈	EAT LESS 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