



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

SCHOOL MENU



chartwells
serving up happy & healthy



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SHARE YOUR THOUGHTS

分享你的意見



營養紅綠燈 TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<p>EAT MORE 適宜</p> <p>Choose at least 3 times per week 每週至少選擇3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類食物(或與全穀類) Lean protein with fat trimmed 低脂肪肉類的蛋白質 Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil 健康的烹調方法 例如: 蒸、燉、焗、煎 	<p>EAT MODERATELY 限量</p> <p>Limit to 2 times per week 每週選擇不多於2次</p> <ol style="list-style-type: none"> Grains with or all amount of a solid fat such as oil e.g. fried rice, fried noodle, baked items 含固體脂肪的食物 例如: 煎飯、炒麵、焗菜類 Fatty cut of meat & poultry with skin 脂肪含量高的肉及皮肉類 Full-fat milk or cheese 全脂的奶類 Processed or preserved meat, egg and veggies 加工或新製肉類、蛋類及蔬菜類 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或夾汁 	<p>EAT LESS 少量</p> <p>Limit to 4 times per month 每月選擇不多於4次</p> <ol style="list-style-type: none"> Deep-fat foods 非水食物 Added animal fats or saturated animal fats e.g. lard, butter, cream, coconut oil, coconut milk 添加了動物性脂肪或飽和動物性脂肪的食物 例如: 豬油、牛油、忌廉、椰子油、椰漿 Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食物 例如: 餅類、酥餅、夾心餅及自製的酥餅類 Sugar sweetened beverages 含糖類飲料的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted veg 高鹽類食物 例如: 鹹魚、鹹菜



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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.



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.

Lunch Menu May 2024





Monday

Tuesday

Wednesday

Thursday

Friday

	1 May	2 May	3 May
Fruit / Soup		Fresh Fruit 生果	Bacon & Cauliflower Soup 煙肉椰菜湯 
Main		Bolognese Spaghetti 肉醬意粉 	Onion Pork Chop 洋蔥豬扒 
Grains		Stir Fried Broccoli 清炒西蘭花	Baby Cabbage in Broth 上湯娃娃菜
		Pasta 意粉 	Rice 白飯



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限量

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少量



Vegetarian
素食



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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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Green
MONDAY

Tuesday

Wednesday

Thursday

Fun Friday

	6 May	7 May	8 May	9 May	10 May
Fruit / Soup	Cream of Corn 粟米忌廉湯 	Fresh Fruit 生果	Winter Melon, Coix Seed, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆 豬骨湯		
Main	Scrambled Egg with Tomato and Onion 鮮茄洋蔥炒蛋 	Beef Fried Rice (Less Oil) 生炒牛肉飯 (少油) 	Baked Chicken with Lemon Sauce 西檸雞扒 		
	Boiled Choy Sum 白灼菜心	Japanese Veggie Curry 日式野菜甜咖哩 	Garlic Bok Choy 蒜香白菜仔		
Grains	Rice 白飯	/	Red Rice 紅米飯		



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Tuesday

Wednesday

Thursday

Friday

	13 May	14 May	15 May	16 May	17 May
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯	Fresh Fruit 生果		Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯
Main	Vegetables and Egg Fried Rice (Less Oil) 菜粒蛋炒飯 (少油) 	Chicken A La King (with Skim Milk) 白汁雞皇 (配脫脂奶) 		HK Style Swiss Chicken Wing 瑞士雞翼 	BBQ Pork with Scrambled Egg 叉燒炒蛋
	Stir Fried Baby Cabbage and Fried Gluten 娃娃菜炒炸麵筋 	Garlic Cabbage 蒜蓉椰菜		Stir Fried Beef and Baby Bok Choy 白菜仔炒牛肉	Stir Fried Chicken Fillet and Courgette 翠玉瓜炒雞柳
Grains	Steamed Bun 饅頭 	Pasta 意粉 		Rice 白飯	Rice 白飯



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Green MONDAY

Tuesday

Wednesday

Thursday

Fun Friday

	20 May	21 May	22 May	23 May	24 May
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯 	Fresh Fruit 生果	Tomato, Potato & Pork Bone Soup 蕃茄薯仔豬骨湯	Fresh Fruit 生果	Borscht Soup 羅宋湯 
Main	Supreme Soy Sauce Fried Noodles (Less Oil) 豉油皇炒麵 (少油)   	Braised Chicken with Potato 薯仔炆雞   	Roasted Fish Fillet with Tomato and Herbs 鮮茄香草烤魚柳   	Stir Fried Beef and Mixed Mushroom 雜菌炒牛柳絲	Braised Soy Sauce Chicken Legs 醬燒雞下脾
	Stir Fried Cabbage and Straw Mushroom 清炒椰菜草菇	Baby Cabbage in Broth 上湯娃娃菜	Stir Fried Cauliflower and Sliced Meat 椰菜花炒肉片	Boiled Lettuce 白灼生菜	Baked Potato Cubes 焗薯粒
Grains	Twisted Scallion Bun 蔥花卷  	Red Rice 紅米飯	Rice 白飯	Rice 白飯	Siu Mai 魚肉燒賣    



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Tuesday

	27 May	28 May	29 May	30 May	31 May
Fruit / Soup	Miso Soup 日式味噌湯 	Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯	Fresh Fruit 生果	Minestrone 雜菜湯
Main	Vegetarian Fried Rice Vermicelli (Less Oil) 素三絲炒米粉 (少油) 	Fish Fillet in Egg and Sweet Corn Sauce 滑蛋粟米燒魚柳 	Pork Fillet Goulash 匈牙利燴豬柳	Taiwanese Minced Pork 台式肉燥 	Yangzhou Fried Rice (Less Oil) 揚州炒飯 (少油)
	Baby Cabbage in Broth 上湯娃娃菜	Garlic Broccoli 蒜香西蘭花	Boiled Bok Choy 白灼白菜	Stir Fried Beef and Choy Sum 菜心炒牛肉	Stir Fried Pork and Cabbage 椰菜炒豬肉
Grains	Steamed Bun 饅頭 	Rice 白飯	Red Rice 紅米飯	Rice 白飯	/



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