



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

SCHOOL MENU



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

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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
<p>EAT MORE 健康之選</p> <p>Choose at least 3 times per week 每星期至少3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類或添加蔬菜之穀物 Lean protein with fat trim-med 低脂肪或低脂的蛋白質 Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康之烹調方法 例如：蒸、燉、焗、烤 	<p>EAT MODERATE 適宜之選</p> <p>Limit to 1-2 times per week 每星期1-2次</p> <ol style="list-style-type: none"> Grains with small amount of added fat/oil e.g. rice, rice, fried noodle, baked snacks 添加少量脂肪的穀物 例如：米飯、粉麵、焗食等 Fatty cut of meat & poultry 脂肪比例較高及肥的肉類 Full fat milk or cheese 全脂的奶類 Processed or preserved meat, egg and vegetables 加工或經處理的、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灰汁 	<p>EAT LESS 少選為佳</p> <p>No more than 1 time per week 每星期不超過1次</p> <ol style="list-style-type: none"> Deep fat foods 油炸食品 Added animal fats or saturated fat (fat/oil, lard, butter, cream, coconut oil, coconut cream, etc.) 添加了動物脂肪或飽和性脂肪的食品 例如：黃油、牛油、忌廉、椰子油、椰漿 Contains trans fat e.g. processed/premade pastries 含有反式脂肪：例如：酥餅及牛油、白麵的糕點食品 Sugar sweetened beverages 非正糖飲品或飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分食品或食品 例如：鹹魚、鹹蛋



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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.



Tea Menu May 2024

Monday

Tuesday

Wednesday

Thursday

	1 May		2 May	
Main			Siu Mai 魚肉燒賣 	
Beverage			Fruit Juice 果汁	
	6 May		7 May	
Main	Pan Fried Pork Bun 生煎包 		Curry Fish Ball 咖喱魚蛋 	
Beverage	Ovaltine 阿華田 		Fruit Juice 果汁	
	8 May		9 May	
Main	Steamed Cabbage and Pork Bun 菜肉包 			
Beverage	Chinese Tea 中國茶			
	13 May		14 May	
Main	Japanese Dumplings 日式餃子 			
Beverage	Chinese Tea 中國茶			
	15 May		16 May	
Main			Tuna Salad Sandwich 吞拿魚沙律三文治 	
Beverage			Horlicks 好立克 	



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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Tea Menu May 2024

Monday

Tuesday

Wednesday

Thursday

20 May

21 May

22 May

23 May

Main

Chocolate Cookies
朱古力曲奇餅
  

Sweetcorn Cup
粒粒粟米杯

Beverage

Skim Milk
脫脂奶


Ribena
利賓納

27 May

28 May

29 May

30 May

Main

English Raisin Scone
英式提子鬆餅
  

Pork Chop Bun
香煎豬扒包
 

Siu Mai
魚肉燒賣
   

Curry Fish Ball
咖喱魚蛋
    

Beverage

Fruit Juice
果汁

Ovaltine
阿華田
 

Chinese Tea
中國茶

Soy Milk
豆漿




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