



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

SCHOOL MENU



chartwells
serving up happy & healthy



St. Stephen's College
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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 每日至少攝食3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類或添加蔬菜的食物 Lean protein with "at trim-med" 低脂肪比較瘦的蛋白質 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、烤 	<p>EAT MODERATELY 限量</p> <p>Limit to 2 times per week 每日攝食不超過2次</p> <ol style="list-style-type: none"> Grains with small amount of added fat and oil e.g. fried rice, fried noodle, baked bread 添加少量脂肪的食物 例如：炒飯、炒麵、焗食 Fatty cut of meat & poultry with skin 脂肪含量較高的肉類 Full-fat milk or cheese 全脂奶類 Processed or preserved meat, egg and veggies 加工或製成肉類、蛋類及蔬菜 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁 	<p>EAT LESS 少量</p> <p>Limit to 4 times per month 每月攝食不超過4次</p> <ol style="list-style-type: none"> Deep-fried foods 油炸食品 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 Contributes trans fat e.g. processed/pre-made pastries 含有反式脂肪的食物 例如：酥皮、餅乾及自製的餅乾等 Sugar sweetened beverages 含蔗糖的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份的保存 例如：鹹魚、鹹蛋



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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.



Dinner Menu May 2024

Monday

Tuesday

Wednesday

Thursday

1 May

2 May

	1 May	2 May
Soup		Apple, White Fungus & Pork Shin Soup 蘋果雪耳豬脷湯
Main		Thai Style Steamed Fish 泰式蒸魚柳
Vegetables		Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐
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



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 May 2024

Monday

Tuesday

Wednesday

Thursday

6 May

7 May

8 May

9 May

	6 May	7 May	8 May	9 May
Soup	Onion Soup 洋蔥湯 	Seafood Chowder Soup 周打海鮮湯 	Miso Soup 日式味噌湯 	Seaweed, Minced Meat & Egg Drop Soup 紫菜肉碎蛋花湯
Main	Garlic Pork Chop 蒜香豬扒	BBQ Pork with Scrambled Egg 叉燒炒蛋 	Deep Fried Fish Fillet in Sweet Corn Sauce 粟米炸魚塊 	Fresh Tomato and Chicken Thigh 鮮茄雞扒
	Beef with Teriyaki Sauce 燒汁牛肉 	Stir Fried Sliced Meat and Courgette 翠玉瓜炒肉片	Stir Fried Shredded Pork and Green Beans 四季豆炒肉絲	Stir Fried Cabbage and Fried Fish Block 椰菜炒炸魚條
Vegetables 	Stir Fried Cauliflower and Broccoli 清炒雙花	Garlic Bok Choy 蒜蓉白菜	Boiled Lettuce 白灼生菜	Stir Fried Broccoli 清炒西蘭花
Grains	Red Rice 紅米飯	Rice 白飯	Rice 白飯	Pasta 意粉
Fruit	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



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Monday

Tuesday

Wednesday

Thursday

13 May

14 May

15 May

16 May

	13 May	14 May	15 May	16 May
Soup	Bacon & Cauliflower Soup 煙肉椰菜湯 			Miso Soup 日式味噌湯
Main	Steamed Pork Rib in Soy Sauce 豉汁蒸排骨 			Beef Don 牛肉丼
	Chicken wing with Mixed Herbs 香草雞翼			Chicken Skewers 雞肉串燒
Vegetables 	Shiitake & Hairy Gourd 冬菇節瓜 			Stir Fried Mixed Vegetables 炒雜菜
Grains	Red Rice 紅米飯			/
Fruit	Fresh Fruit 生果			Fresh Fruit 生果



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Wednesday

Thursday

20 May

21 May

22 May

23 May

	20 May	21 May	22 May	23 May
Soup	Tomato, Potato & Pork Bone Soup 蕃茄薯仔豬骨湯	Winter Melon, Coix Seed, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯		
Main	Steamed Chicken with Black Fungus 雲耳蒸雞 	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸水蛋 		
	Long Bean Omelette 豆角煎蛋 	Beef Stroganoff 俄式牛柳絲 		
Vegetables 	Garlic Bok Choy 蒜蓉白菜	Garlic Cabbage 蒜蓉椰菜		
Grains	Rice 白飯	Rice 白飯		
Fruit	Fresh Fruit 生果	Fresh Fruit 生果		



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Tuesday

Wednesday

Thursday

27 May

28 May

29 May

30 May

	27 May	28 May	29 May	30 May
Soup	Apple, White Fungus & Pork Bone Soup 蘋果雪耳豬骨湯	Borscht Soup 羅宋湯	Miso Soup 日式味噌湯	Seaweed, Minced Meat & Egg Drop Soup 紫菜肉碎蛋花湯
Main	Thai Style Steamed Fish 泰式蒸魚柳	Garlic Pork Chops 蒜香豬扒	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅	Baked Chicken Wings with Black Pepper 焗黑椒雞翼
	Sliced Meat with Fresh Tomato 鮮茄肉片	Braised Straw Mushroom, Minced Pork and Tofu 草菇肉碎豆腐	Japanese Curry Chicken 日式甜咖哩雞	Stir Fried Sliced Meat and Courgette 翠玉瓜炒肉片
Vegetables	Shiitake & Hairy Gourd 冬菇節瓜	Garlic Cauliflower 蒜蓉椰菜花	Boiled Lettuce 白灼生菜	Stir Fried Mixed Vegetables 炒雜菜
Grains	Rice 白飯	Red Rice 紅米飯	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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