



HKUGA COLLEGE 港大同學會書院

Lunch Menu

May
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	01 May	02 May	03 May	04 May	05 May
<u>Meal A</u> ✓	Labour Day 勞動節假期	Teriyaki Eggplant with Rice 照燒茄子飯 🌱	Long Bean Omelet with Rice 豆角煎蛋配飯 🥚	Tomato & Cheese Sandwich with Thai Vermicelli Salad 番茄芝士三文治 配泰式粉絲沙律 🌱	Ratatouille with Rice 普羅旺斯雜燴配飯
<u>Meal B</u>		Western Fried Rice 西炒飯 🥚	Stir Fried Rice Noodles with Beef 干炒牛肉河 🌱	Thai Mince Pork Fried Rice 香葉肉碎炒飯 🌱	Sweet and Sour Fish with Rice 糖醋魚柳配飯 🌱🐟🌱
<u>Meal C</u>		Mushroom Chicken with Rice 磨菇汁雞肉配飯 🌱	Pan Fried Pork Chop with Rice in Onion Sauce 洋蔥豬扒配飯 🌱	Shanghainese Fried Noodles with Shredded Chicken 上海雞絲粗炒 🌱	Braised Chicken Taiwanese Style with Rice 台式雞球配飯 🍖
<u>Meal D</u>		Baked Rice & Duck Breast with Tomato Sauce & Fruit Cup 焗鮮茄鴨胸飯及水果杯 🥛	Ham Cheese Ciabatta with Sweetcorn & Cookie 火腿芝士軟包配粒粒粟米及曲奇 🥛🌱	BBQ Pork Ribs with Potato Cube & Tofu Pudding 燒烤排骨配薯粒及豆腐花 🌱	Hawaiian Pizza & Butter Corn & Pumpkin Soup 夏威夷簿餅牛油粟米粒及南瓜湯 🌱🥛
Side Dish for Meal A to D		Packed Drink 紙包飲品	Packed Drink 紙包飲品	Packed Drink 紙包飲品	Blueberry Danish 藍莓酥



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



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	08 May	09 May	10 May	11 May	12 May
<u>Meal A</u> 	Sweet Potato & Chickpea with Red Rice 甘薯鷹咀豆 配紅米飯	Broccoli & Cauliflower Mac & Cheese 焗芝士雙花通粉 	Tomato Lentil Stew with Rice 蕃茄燉扁豆配飯 	Roasted Bell Pepper Sandwich with Corn Salad 雜椒三文治 配粟米沙律 	Vegetables & Egg White Fried Rice 菜粒蛋白炒飯
<u>Meal B</u>	Steamed Egg and Minced Pork with Rice 蔥花肉碎蒸水蛋 配飯 	Steamed Mince Pork, Water Chestnut & Mushroom with Rice 馬蹄冬菇蒸肉餅 配飯 	Fish Fillet in Egg and Sweet Corn Sauce with Rice 滑蛋粟米魚柳 配飯 	Curry Fish with Rice 咖喱魚柳配飯 	Braised Beef & White Radish with Rice 蘿蔔炆牛肉 配飯
<u>Meal C</u>	Tomato & Tuna with Macaroni 鮮茄吞拿魚 通粉 	Chicken A La King with Rice 白汁雞皇飯 	Napoleon Spaghetti 拿破崙意粉 	Pork Chop in Peach Gravy with Rice 蜜桃汁豬扒配飯	Chicken Cacciatore Pasta 獵人燴雞意粉
<u>Meal D</u>	Baked Rice with Chicken in Mushroom Sauce & Tofu Pudding 焗蘑菇汁雞絲飯及豆腐花 	Bacon Cheese Ciabatta with Sweetcorn & Mixed Vegetables Soup 煙肉芝士軟包 配粒粒粟米及蔬菜湯 	Baked Pork Chop & Rice in Black Pepper Sauce & Cookie 焗黑椒豬扒飯及曲奇 	Baked Carbonara Spaghetti & Yogurt 焗卡邦尼意粉及乳酪 	Ham Cheese Croissant with Sweet Corn & Fruit Cup 芝士火腿牛角包 配粟米粒及水果杯
Side Dish for Meal A to D	Packed Drink 紙包飲品	Custard Danish 吉士酥	Packed Drink 紙包飲品	Packed Drink 紙包飲品	Tofu Pudding 豆腐花



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	15 May	16 May	17 May	18 May	19 May
<u>Meal A</u> 	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋 配糙米飯 	Assorted Veg, Carrots & Mushroom in Garlic & Rice 蒜香雜菜甘筍 蘑菇配飯	Braised E-Fu Noodle with Mushroom 乾燒伊麵 	Egg Salad Sandwich with Pumpkin Cube 雞蛋三文治 配南瓜粒 	Broccoli & Onion Frittata with Roasted Potatoes 西蘭花洋蔥 意式烘蛋配薯粒
<u>Meal B</u>	Western Fried Rice (Seafood Free) 西炒飯 (不含海鮮) 	Stir Fried Chicken with Rice Noodles 干炒雞肉河 	Sweet & Sour Pork with Rice 菠蘿咕嚕肉配飯 	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 	Soy Sauce Chicken Wing with Rice 豉油雞中翼配飯
<u>Meal C</u>	Chicken Goulash with Fusilli 匈牙利燴雞肉配 螺絲粉 	Creamy Sweetcorn & Diced Pork with Rice 忌廉粟米肉粒飯 	Napoleon Spaghetti 拿破崙意粉 	Nasi Goreng (Less Oil) 印尼炒飯(少油) 	Spaghetti Bolognese 肉醬意粉
<u>Meal D</u>	Baked Pork Neck Rice in Sauce Sauce & Fruit Jelly 焗咖喱豬頸肉飯 及水果啫喱 	Baked Pork Chop Penne in Black Pepper Sauce & Salad 焗黑椒豬扒 長通粉及沙律 	Duck Breast and Cucumber Wrap with Sweetcorn Salad & Vegetables Soup 鴨胸青瓜卷 配粟米沙律及蔬菜湯 	Baked Macaroni with Sweet Corn & Tuna, Donut 粟米吞拿魚 芝士焗通粉及甜甜圈 	Jumbo Hot Dog with Wedges & Fruit Cup 珍寶熱狗配薯角及水果杯
Side Dish for Meal A to D	Packed Drink 紙包飲品	Blueberry Danish 藍莓酥	Portuguese Egg Tart 葡撻	Packed Drink 紙包飲品	Packed Drink 紙包飲品



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	Monday	Tuesday	Wednesday	Thursday	Friday
	22 Feb	23 May	24 May	25 May	26 May
<u>Meal A</u> 	Sweet & Sour Cauliflower with Rice 咕嚕椰菜花配飯	Pumpkin, Spinach & Tomato Pasta 菠菜南瓜蕃茄意粉 	Egg Salad Sandwich with Pumpkin Cube 雞蛋三文治配南瓜粒 	Swimming Gala 水運會	Buddha's Birthday 佛誕
<u>Meal B</u>	Fried Rice Vermicelli in Singapore Style (no sea food) 星洲炒米 (不含海鮮) 	Steamed Egg with Crab stick with Pearl Rice 蟹柳蒸蛋配飯 	Steamed Mince Pork, Water Chestnut & Mushroom with Rice 馬蹄冬菇蒸肉餅配飯 		
<u>Meal C</u>	Herb Baked Fish Fillet with Pasta in Cream Sauce 香草白汁焗魚柳配飯 	Pork Chop in Garlic Sauce with Rice 蒜蓉豬扒配飯	Fresh Tomato Pan Fried Fish with Fusilli 鮮茄煎魚柳配螺絲粉 		
<u>Meal D</u>	Ham & Cheese Ciabatta with Corn & Cookie 火腿芝士軟包配粟米及曲奇 	Smoked Duck Breast with Peach Gravy Sauce & Spaghetti, Jelly 蜜桃汁煙鴨胸配意粉及水果啫喱 	Baked Rice & Pork Chop in Onion Gravy & Fruit Cup 焗洋蔥豬扒飯及水果杯 		
Side Dish for Meal A to D	Packed Drink 紙包飲品	Packed Drink 紙包飲品	Tofu Pudding 豆腐花		

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	29 May	30 May	31 May		
<u>Meal A</u> 	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋 配飯 	Wok Fried Rice Noodle with Assorted Vegetable 羅漢齋炒河 配飯 	Garlic Mixed Vegetables & Bean Curd with Rice 蒜香雜菜豆乾 配飯 		
<u>Meal B</u>	Stir Fried Pork with Leeks & Rice 京蔥炒肉片配飯 	Sweetcorn & Diced Pork with Rice 粟米肉粒飯 	Shanghai Style Double Cooked Pork with Rice 上海回鍋肉配飯		
<u>Meal C</u>	Coq Au Vin with Mashed Potato 紅酒燉雞配薯蓉	Lemon Rosemary Fish with Rice 檸檬香草烤魚柳 配飯  	Classic Lasagna Bolognese 肉醬千層麵  		
<u>Meal D</u>	Chicken Wrap with Sweetcorn & Donut 凱撒雞肉卷 配粒粒粟米及甜甜圈   	Baked Pork Neck Rice in Black Pepper Sauce & Salad 焗黑椒豬頸肉飯及沙律 	Chicken Paella & Cookie 雞肉海鮮飯及曲奇   		
Side Dish for Meal A to D	Packed Drink 紙包飲品	Custard Danish 吉士酥	Packed Drink 紙包飲品		



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