



港大同學會書院  
HKUGA COLLEGE

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營養紅綠燈

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## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 適宜</b> Choose at least 3 times per week 每週至少選擇3次或以上	<b>EAT MODERATELY 限量</b> Limit to 2 times per week 每週至少選擇不多於2次	<b>EAT LESS 少量</b> Limit to 4 times per month 每月至少選擇不多於4次
1. Whole grain or grains with added vegetables 全穀類食物 (例如：糙米、全麥粉) 2. Lean protein with "at trimmed" 低脂肪、低膽固醇的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking 健康少油的烹調方法 例如：蒸、燉、焗、烤	1. Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked noodle 含有或少量脂肪和油的食物 例如：炒麵、炒粉、焗肉卷 2. Fatty cut of meat & poultry with skin 脂肪含量較高的肉類及皮肉類 3. Full fat milk or cheese 全脂的奶類 4. Processed or preserved meat, egg and vegetable 加工或經製成罐頭、蛋類及蔬菜食品 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或羹類	1. Deep-fried foods 油炸食品 2. 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品 例如：豬油、牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/premade pastries, biscuits, etc. 含有反式脂肪的食品：酥皮、餅乾、牛油餅及自製的酥皮食品 4. Sugar sweetened beverages 含蔗糖分的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分罐頭食品 例如：鹹魚、鹹蛋



立即follow我哋嘅平台，定期接收最新金巴斯集團(香港)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.

訂閱 每月營養資訊  
SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER

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COMPASS | HK GROUP

# Lunch Menu November 2023

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Nov	2 Nov	3 Nov
<u>Meal A</u> ✓		Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯 ○	Italian Style Veg Meat with Spaghetti 西西里素肉配意粉 🌱🌾	Japanese Grilled Eggplant & Tofu with Rice 日式茄子豆腐配飯 🌱🌾
<u>Meal B</u>		Spaghetti Bolognese 肉醬意粉 🌾	Japanese Curry Chicken with Rice 日式咖喱雞配飯 🌾	Pork & Cheese Burger with French Fires 豬柳芝士漢堡配薯條 🌾🌾
<u>Meal C</u>		Stir Fried Rice with Chinese Olive Vegetables and Mince Pork 欖菜豬肉碎炒飯 ○	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 🌱🌾	Steamed Shitake Mushroom & Chicken with Rice 北菇雲耳蒸雞配飯



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



# Lunch Menu November 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	6 Nov	7 Nov	8 Nov	9 Nov	10 Nov
<u>Meal A</u> ✓	Stir Fried Wild Mushroom, Onion & Green Bean with Rice 洋蔥四季豆炒野菌配飯 🌱	Vegetarian Egg Foo Yung with Rice 素芙蓉蛋配飯 🥚	Sports Day	Stir Fried Veggie Chicken with Celery & Black Fungus 西芹雲耳炒素雞配飯 🌱	Braised Chickpeas and Tomato w/ Rice 番茄燴雞心豆配飯 🌱
<u>Meal B</u> B	Baked Rice & Chicken with Onion Gravy 焗洋蔥雞肉飯 🥛🥚	Meat Balls with Tomato Sauce with Spaghetti 意式番茄肉丸配意粉 🍝		Baked Tuna Macaroni and Cheese 焗芝士吞拿魚通粉 🥛🐟🥬🍷	Jumbo Hot Dog with Wedges 珍寶熱狗配薯角 🌱🍷
<u>Meal C</u> C	Yeung Chow Fried Rice (No Seafood) 楊州炒飯 (不含海鮮) 🥚🌱🍷	Fish Fillet in Egg and Sweet Corn Sauce with Rice 滑蛋粟米魚柳配飯 🥚🐟🥬		Tomato & Pork Meat with Rice 鮮茄肉片配飯 🌱	Stir-fried Rice Noodles with Mince Beef 干炒牛肉碎河 🌱🍷



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	Monday	Tuesday	Wednesday	Thursday	Friday
	13 Nov	14 Nov	15 Nov	16 Nov	17 Nov
<u>Meal A</u> ✓	Braised E-Fu Noodle with Mushroom 乾燒伊麵   	Egg Sandwich with Garden Corn Salad 雞蛋三文治 配田園粟米沙律  	Yaki Udon Vegetables with Dried Tofu Curd 雜菜豆干炒烏冬  	Assorted Veg, Carrots & Mushroom in Garlic & Rice 蒜香雜菜甘筍蘑菇配飯	Mixed Mushroom Risotto 雜菌意大利飯 
<u>Meal B</u>	Baked Sole Fillet Rice with Tomato Sauce 焗鮮茄魚柳飯  	Chili Con Carne with Penne (Beef) 墨西哥辣牛肉醬配 長通粉 	Baked Pork Chop & Rice in Black Pepper Sauce 焗黑椒豬扒飯  	Teriyaki Onion & Pork with Rice 照燒汁洋蔥豚肉飯  	Ham Cheese Croissant with Sweetcorn 芝士火腿牛角包 配粟米粒   
<u>Meal C</u>	Braised Beef & White Radish with Rice 蘿蔔炆牛肉配飯  	Sweet and Sour Pork with Rice 咕嚕肉飯   	Braised Pumpkin Shredded Chicken with Red Rice 南瓜雞絲紅米飯  	Braised Potato & Chicken with Rice 薯仔炆雞配飯   	Singapore Style Fried Vermicelli 星洲炒米    



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# Lunch Menu November 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	20 Nov	21 Nov	22 Nov	23 Nov	24 Nov
<u>Meal A</u> ✓	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉  	Italian Style Veg Meat with Rice 西西里素肉配飯  	Stir Fried Rice with Mixed Bean & Cauliflower in Curry 咖喱椰菜花雜豆炒飯 	Parents Days	
<u>Meal B</u>	Baked Pork Neck Rice in Curry Sauce 焗咖喱豬頸肉飯  	Sweetcorn & Diced Pork with Rice in Creamy Sauce 忌廉粟米肉粒飯 	Baked Chicken Rice in Tomato Sauce 焗鮮茄雞肉配飯 		
<u>Meal C</u>	Braised Chicken Fillet & Cucumber with Rice 青瓜雲耳雞柳配飯	Steamed Fish with Rice in Spring Onion & Soy Sauce 薑蔥蒸柳配飯   	Stir-fried Rice Noodles with Sliced Pork 干炒豬肉片河  		



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	27 Nov	28 Nov	29 Nov	30 Nov	
<u>Meal A</u> ✓	Braised Veggie Meat & Pumpkin w/ Rice 南瓜炆素肉丸配飯 🌱🌾	Sweet & Sour Cauliflower with Rice 咕嚕椰菜花配飯 🌾	Vegetarian BBQ Pork with Rice 素蜜汁叉燒飯 🌱🌾	Vegetarian Hachi 素菜芝士焗薯蓉 🥛	
<u>Meal B</u>	Baked Pumpkin & Chicken with Penne 焗南瓜雞肉長通粉 🥛🌾	Nasi Goreng (Less Oil) 印尼炒飯(少油) 🥚🌱🌾	Baked Spaghetti Bolognese(Beef) 焗牛肉醬意粉 🌾🥛	Chicken A La King with Rice 白汁雞皇飯 🥛	
<u>Meal C</u>	Steamed Mince Pork, Water Chestnut & Mushroom with Rice 馬蹄冬菇蒸肉餅配飯 🌱🌾	Honey Soy Chicken with Rice 港式豉油雞肉配飯 🌱🌾	Sweet and Sour Fish with Rice 糖醋魚柳配飯 🌾🐟🥚	HK Style Stir-fried Spaghetti with Black Pepper & Beef 港式牛柳炒意粉 🌱🌾	



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