



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
EAT MORE 適宜 Choose at least 3 times per week 每週至少選擇3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每週至少選擇不多於2次	EAT LESS 少量 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 least 1 vegetable 低脂蛋白質食物 (例如：雞胸肉、魚、豆腐) 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking 健康少油的烹調方法 (例如：蒸、焗、煎、烤) 4. Full-fat milk or cheese 全脂奶類及乳酪 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或羹	1. Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked noodle 含有大量脂肪及油類的食物 (例如：炒麵、炒粉、焗肉卷) 2. Fatty cut of meat & poultry with skin 脂肪含量高的肉類及皮肉 (例如：肥牛、肥雞) 3. Processed or preserved meat, egg and vegetable 加工或經製熟的肉類、蛋類及蔬菜 4. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或羹	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物 (例如：豬油、牛油、忌廉、椰子油、椰漿) 3. Contains trans fat e.g. processed/premade pastries, biscuits, margarine, fried food, fast food, etc. 含有反式脂肪 (例如：加工製成的糕點、餅乾、人造奶油、油炸食品、快餐等) 4. Sugar sweetened beverages 含高糖分的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份的罐頭食品 (例如：鹹魚、鹹蛋)



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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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Facebook, YouTube, Instagram, LinkedIn QR Codes

COMPASS | HK GROUP

Lunch Menu April 2025

Monday

Tuesday

Wednesday

Thursday

Friday

01 Apr

02 Apr

03 Apr

04 Apr

Meal

A



\$32



Sweet & Sour Veggie
Meat Ball with Penne
甜酸咕嚕素肉丸
配長通粉



Garlic Mixed Vegetables
& Fresh Bean Curd
Mixed Rice
蒜香雜菜鮮豆乾拌飯



Scrambled Egg with
Mushroom & Rice
蘑菇炒蛋配飯



Meal

B

\$38

Korean Bulgogi Mixed
Pearl Rice
韓式牛肉拌珍珠飯



Cottage Pie (Mince Beef
& Mashed Potato)
農舍批(牛肉醬薯蓉)



Baked Pork in Black
Pepper Sauce with Rice
(Served with Sweet Corn)
焗黑椒豬肉配飯
(配粟米粒)



Meal

C

\$38

Steamed Mushroom & Pork
Patty with Rice
冬菇蒸肉餅配飯



Char Siu Sauce Chicken
with Rice
叉燒醬雞肉配飯



Stir fried Beef Udon
牛肉片炒烏冬



Ching Ming
Festival



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

Internal



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Lunch Menu April 2025

Monday

Tuesday

Wednesday

Thursday

Friday

07 Apr

08 Apr

09 Apr

10 Apr

11 Apr

Meal

A



Meal

B

Meal

C

S1-S5 Parents Days

Steamed Pumpkin and Egg with Rice
南瓜蒸水蛋配飯



Broccoli Mac & Cheese
焗芝士西蘭花通粉



Tomato Cheese Pizza with Sweet Corn
蕃茄芝士薄餅配粟米



Baked Orange Pumpkin & Shrimp with Penne
(Served with Sweet Corn)
焗香橙南瓜蝦肉長通粉
(配粟米粒)



Nasi Goreng
(Less Oil)
印尼炒飯(少油)



Baked Rice with Chicken in Portuguese Sauce
(Served with Sweet Corn)
焗葡汁雞肉飯
(配粟米粒)



Young Chow Fried Rice
揚州炒飯



Vietnamese Lemongrass Porkchop with Red Rice
越式香茅豬扒配紅米飯



Honey Glazed BBQ Pork with Rice
蜜汁叉燒配飯



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



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Shellfish Alert
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Wheat Alert
含小麥

Internal

Lunch Menu April 2025

Monday

Tuesday

Wednesday

Thursday

Friday

14 Apr

15 Apr

16 Apr

17 Apr

18 Apr

Meal

A



Tomato and Egg with Rice

鮮茄炒蛋配飯



Japanese Curry with Veggies & Tofu with Rice
日式咖哩雜菜豆腐配飯



Meal

B

Baked Spaghetti Bolognese
(Served with Sweet Corn)
焗肉醬意粉
(配粟米粒)



Pork Sausage with Peas, Mash and Onion Gravy
烤豬肉腸跟青豆、薯蓉及
洋蔥燒汁



Meal

C

Chicken Steak in Garlic Sauce with Brown Rice
蒜蓉汁雞扒配糙米飯



Swiss Chicken Wing with Rice
瑞士汁雞中翼配飯



Easter Holidays



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



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可持續海鮮



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Wheat Alert
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Internal

Lunch Menu April 2025

Monday

Tuesday

Wednesday

Thursday

Friday

21 Apr

22 Apr

23 Apr

24 Apr

25 Apr

Meal

A



Meal

B

Meal

C

Easter Holidays

Vegetarian Stir-fired
Shanghai Noodles
素上海粗炒



Malaysian Curry with
Veggies & Chickpeas
with Rice
馬來西亞淡咖哩
鷹嘴豆雜菜配飯



Baked Spaghetti
Carbonara
(Served with Sweet Corn)
焗卡邦尼意粉
(配粟米粒)



Fish Burger with Sweet
Corn
魚柳包配粟米粒



Teriyaki Chicken with
Rice
日式照燒雞肉配飯



Low fat Sweetcorn &
Diced Pork with Rice
低脂忌廉粟米肉粒飯



Eat More
適宜

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限量

Eat Less
少量



Vegetarian
素食



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Wheat Alert
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Internal

Lunch Menu April 2025

Monday

Tuesday

Wednesday

Thursday

Friday

28 Apr

29 Apr

30 Apr

Meal

A



Mixed Mushroom Risotto
雜菌意大利飯



Cheese Baked Penne
with Broccoli
焗芝士西蘭花長通粉



Braised Rice Vermicelli
with Dried Bean Curd and
Mixed Vegetables
豆乾雜菜炆米粉



Meal

B

Baked Mac with Italian
Fish Fillet (Served with
Sweet Corn)
焗意式茄汁魚柳
配扭通粉(配粟米粒)



Tuna Pasta bake
(Served with Sweet
Corn)
焗吞拿魚茄汁通粉
(配粟米粒)



Baked Chicken
Spaghetti in Curry
Sauce
(Served with Sweet Corn)
焗咖哩雞肉意粉
(配粟米粒)



Meal

C

Honey Soy Chicken with
Rice
港式豉油雞肉配飯



Lemon Chicken with Carrot
rice
西檸雞球配甘筍飯



Stir-fried Long Beans &
Minced Pork
with Brown Rice
肉碎炒四季豆配糙米飯



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