



港大同學會書院  
HKUGA COLLEGE

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分享你的意見

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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 低脂蛋白質 (例如：雞胸肉、瘦豬肉) 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking 健康少油烹調方法 (例如：蒸、焗、煎、烤)	1. Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked noodle 含有脂肪及油類的食物 (例如：炒麵、炒粉、焗肉卷) 2. Fatty cut of meat & poultry with skin 脂肪含量較高的肉類及皮肉 (例如：肥牛、肥雞、油雞) 3. Full fat milk or cheese 全脂奶類及芝士 4. Processed or preserved meat, egg and vegetable 加工或經製熟的肉類、蛋類及蔬菜類 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, margarine, fried food, fast food, etc. 含有反式脂肪 (例如：加工製成的糕點、餅乾、人造奶油及油炸食品) 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)



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 May 2025

Monday

Tuesday

Wednesday

Thursday

Friday

01 May

02 May

Meal

A



\$32

Meal

B

\$38

Meal

C

\$38

Labour Day  
(勞動節)

Staff  
Development Day  
教師發展日



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



# Lunch Menu May 2025

Monday

Tuesday

Wednesday

Thursday

Friday

06 May

07 May

08 May

09 May

Meal

A



Veggie Egg Fu Yong  
with Rice  
素芙蓉蛋配飯



Shiitake & Lentil  
Bolognese with Rice  
香菇蘭度豆醬配飯



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



Tomato & Kidney Beans  
Stew with Rice  
意式蕃茄紅腰豆配飯



Meal

B

The Birthday of  
the Buddha  
佛誕

Stir-fried Teriyaki Pork  
with Spaghetti  
照燒豚肉片炒意粉



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



Baked Tuna Macaroni  
and Cheese  
芝士焗吞拿魚通粉



Pork Chop Burger with  
French Fries  
豬扒漢堡配薯條



Meal

C

Honey Glazed BBQ Pork  
with Rice  
蜜汁叉燒配飯



Fired Rice Vermicelli  
(No Seafood)  
星洲炒米 (不含海鮮)



Teriyaki Chicken with  
Corn Rice  
日式照燒雞扒  
配粟米飯



Steamed Shiitake  
Mushroom & Chicken  
with Rice  
冬菇蒸滑雞配飯



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# Lunch Menu May 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	12 May	13 May	14 May	15 May	16 May
<u>Meal A</u> ✓	Green Bean Omelette with Rice 豆角煎蛋配飯   	Vegetarian Ham and Tomato Pasta Bake 素火腿焗番茄長通粉   	Mushroom & Pea Risotto 野菌青豆意大利飯  	Pesto Avocado, Carrot & Chickpea Fusilli 香草醬牛油果甘筍鷹嘴豆螺絲粉 	Hungarian Vegetable Stew with Rice 匈牙利燴雜菜配飯 
<u>Meal B</u>	Baked Chicken Meatballs in Tomato Sauce Fusilli (Served with Sweet Corn) 焗西西里鮮茄雞肉丸螺絲粉 (配粟米粒)   	Cottage Pie (Mince Beef & Mashed Potato) 農舍批(牛肉醬薯蓉)    	Baked Spaghetti Carbonara (Served with Sweet Corn) 焗卡邦尼意粉 (配粟米粒)   	Baked Penne Bolognese (Served with Sweet Corn) 焗肉醬長通粉 (配粟米粒)   	Hawaiian Pizza with Roasted Wedges 夏威夷薄餅配烤薯角   
<u>Meal C</u>	Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯     	Swiss Chicken Wing with Rice 瑞士汁雞中翼配飯   	Lemon Chicken with Rice 西檸雞球配飯    	Stir-fried Long Beans & Minced Pork with Brown Rice 肉碎炒四季豆配糙米飯     	Nasi Goreng (Less Oil) 印尼炒飯(少油)   



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	19 May	20 May	21 May	22 May	23 May
<u>Meal A</u> ✓	Green Burrito with Sweet Corn 墨西哥捲餅配粟米    	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯   	Stir-fried Spaghetti with Tri-pepper, Mushrooms & Red Kidney Beans 彩椒野菌紅腰豆炒意粉  	Cheese Baked Penne with Broccoli 焗芝士西蘭花長通粉   	Malaysian Curry with Veggies & Chickpeas with Rice 馬來西亞淡咖哩鷹嘴豆雜菜配飯   
<u>Meal B</u>	Baked Pork Neck Rice in Curry Sauce (Served with Sweet Corn) 焗咖喱豬頸肉飯 (配粟米粒)    	Thai Beef and Coconut Curry with Rice 泰式椰汁咖喱牛肉配飯 	Pork Stroganoff & Mushroom with Rice (Served with Sweet Corn) 焗忌廉蘑菇豬肉配飯 (配粟米粒)   	Chicken Alfredo with Roasted Potato and Green Bean 白汁雞肉配青豆配薯粒    	Fish Burger with Sweet Corn 魚柳包配粟米粒      
<u>Meal C</u>	Young Chow Fried Rice (No Seafood) 揚州炒飯 (不含海鮮)   	Stir fried Pork Udon 豬肉片炒烏冬   	Korean Glass Noodles & Chicken 韓式雞肉燴粉絲      	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  



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# Lunch Menu May 2025

	Monday 26 May	Tuesday 27 May	Wednesday 28 May	Thursday 29 May	Friday 30 May
<u>Meal A</u> ✓	Mixed Mushroom Risotto 雜菌意大利飯 🥬	Vegetarian Stir-fired Shanghai Noodles 素上海粗炒 🥬🌿	Braised Rice Vermicelli with Dried Bean Curd and Mixed Vegetables 豆乾雜菜炆米粉 🥬🌿	HK Style Stir-fried Tomato and Egg with Rice 鮮茄炒蛋配飯 🥚	Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋伴燒薯角 🥚🥬
<u>Meal B</u>	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) 🐟🥬🥚🌿	Tandoori Fish with Rice 天多利魚塊配飯 🐟🥬🥚	Baked Chicken Spaghetti in Curry Sauce (Served with Sweet Corn) 焗咖喱雞肉意粉(配粟米粒) 🥚🌿🐟🔥	Tuna Pasta bake (Served with Sweet Corn) 焗吞拿魚茄汁通粉(配粟米粒) 🐟🥬🥚🌿	Roasted BBQ Pork & Scrambled Egg Croissant with Grilled Veggies 叉燒炒蛋牛角包配烤雜菜 🥚🥚🌿🥬
<u>Meal C</u>	Honey Soy Chicken with Rice 港式豉油雞肉配飯 🌿🥬	Yuzu Chicken with Rice 和風柚子雞扒飯 🌿🥬	Stir-fried Long Beans & Minced Pork with Brown Rice 肉碎炒四季豆配糙米飯 🥬🥚🥚🌿🥬	Sautéed Zucchini and Chicken with Rice 翠肉瓜炒雞柳配飯 🥬🥚🥚🌿🥬	Beef and Turnip in Chu Hau Sauce with Rice 柱侯蘿蔔牛肉配飯 🥬🌿🥬



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