



港大同學會書院
HKUGA COLLEGE

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SHARE YOUR THOUGHTS

分享你的意見

QR code for sharing thoughts



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 10g of protein 低脂蛋白質 (例如：雞胸肉、魚、豆腐) 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking 健康烹調方法 (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 含有脂肪或油的食物 (例如：炒飯、炒麵、焗麵) 2. Fatty cut of meat & poultry with skin 高脂肪肉類及皮 (例如：豬腩肉、雞皮) 3. Full fat milk or cheese 全脂奶類及芝士 4. Processed or preserved meat, egg and vegetable 加工或罐頭肉類、蛋類及蔬菜 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. Deep-fried foods 油炸食品 2. Added animal fats or saturated fat 添加動物脂肪或飽和脂肪 (例如：牛油、豬油、椰子油) 3. Contains trans fat 含有反式脂肪 (例如：人造奶油、人造黃油) 4. Sugar sweetened beverages 含糖飲料 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽食品 (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

QR code for newsletter sign-up

COMPASS | HK GROUP

Lunch Menu June 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	02 June (S1-S3 Only)	03 June (S1-S3 Only)	04 June (S1-S3 Only)	05 June	06 June
<u>Meal A</u> ✓	Hungarian Babgulyas Mushroom & Bean Goulash with Rice 匈牙利燉雜菜配飯 	 Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯   	Ratatouille Pasta Bake 焗普羅旺斯雜燴意粉  	S1-S2 Reserved S3-S5 Final Exam	S1-S5 Final Exam
<u>Meal B</u>	Baked Tomato Pork with Spaghetti 焗番茄豬肉配意粉    	Spaghetti Bolognese (Beef) 牛肉醬意粉 	Spanish Chicken Paella 雞肉西班牙飯  		
<u>Meal C</u>	HK Style Curry Chicken with Rice 港式咖哩雞配飯     	Vietnamese Lemongrass Porkchop with Red Rice 越式香茅豬扒配紅米飯   	Stir-fried Long Beans & Minced Pork with Rice 肉碎炒四季豆配飯  		



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

Internal

Lunch Menu June 2025

	Monday 23 June (S4-S5 Only)	Tuesday 24 June (S4-S5 Only)	Wednesday 25 June (S4-S5 Only)	Thursday 26 June (S4-S5 Only)	Friday 27 June (S4-S5 Only)
<u>Meal A</u> ✓	Veggie Chicken Burger with Roasted Potato Cubes 素雞扒漢堡配烤薯粒   	Mushroom Stroganoff with Rice 俄式蘑菇汁配飯   	Indian Sweet Potato Curry with Rice 印度咖哩甜薯配飯 	Braised E-Fu Noodle with Mushroom 乾燒伊麵   	Tomato & Kidney Beans Stew with Pasta 意式蕃茄紅腰豆意粉  
<u>Meal B</u>	Baked Italian Tomato Chicken with Spaghetti 焗意式番茄雞肉配意粉    	Baked Pork Sausage and Mashed Potato 烤焗豬肉腸配薯蓉  	Baked Beef Chilli Con Carne with Spaghetti 焗墨西哥肉醬配意粉   	Braised Chicken in Portuguese Style & Rice 焗葡國雞飯 	Hawaiian Pizza with Potato Wedges 夏威夷薄餅配薯角   
<u>Meal C</u>	Sweet and Sour Fish with Rice 糖醋魚柳配飯     	Fried Rice Vermicelli in Singapore Style 星洲炒米     	Sautéed Zucchini and Chicken with Rice 翠肉瓜炒雞柳配飯     	Tandoori Fish with Rice 天多利魚塊配飯   	Yeung Chow Fried Rice (No Seafood) 揚州炒飯     



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素食



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可持續海鮮



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Egg Alert
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Dairy Alert
含奶類



Soy Alert
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Wheat Alert
含小麥

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Lunch Menu June 2025

Monday

Tuesday

Wednesday

Thursday

Friday

30 June
(S4-S5 Only)

Meal

A



Veggie Egg Fu Yong
with Rice
素芙蓉蛋配飯



Meal

B

Baked Tuna Macaroni and
Cheese
焗芝士吞拿魚通粉



Meal

C

Swiss Chicken Wing
with Rice
瑞士汁雞中翼配飯



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