



港大同學會書院
HKUGA COLLEGE

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營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 適宜 Choose at least 3 times per week 每日或每週3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每週或每週不多於2次	EAT LESS 少量 Limit to 4 times per month 每月或每月不多於4次
1. Whole grain or grains with added vegetables 全穀類食物(例如全麥粉)的 2. Lean protein with at trimmed 低脂肪肉類 或 他的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil 健康烹調方法 例如: 蒸、燉、焗、煎	1. Grains with or all amount of a solid fat e.g. oil e.g. fried rice, fried noodle, baked items 含脂肪的穀類食物 例如: 炒麵、炒粉、焗菜粉 2. Fatty cut of meat & poultry with skin 脂肪的紅肉及白肉肉類 3. Full-fat milk or cheese 全脂的奶類 4. Processed or preserved meat, egg and veggies 加工或新製肉類、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夾汁	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供物 例如: 牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪的供物 例如: 酥皮餅件及自製的酥皮餅件 4. Sugar sweetened beverages 含糖的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽的供物 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 sign-up

Facebook, YouTube, LinkedIn QR codes

COMPASS | HK GROUP

Lunch Menu September 2025

	Monday 01 Sept	Tuesday 02 Sept	Wednesday 03 Sept	Thursday 04 Sept	Friday 05 Sept
Meal A ✓	Half Day	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		Steamed Shitake Mushroom & Chicken with Rice 冬菇蒸滑雞配飯 	Singaporean Style Fried Rice Vermicelli (No Seafood) 星洲炒米 (不含海鮮) 	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯 	Teriyaki Chicken with Rice 照燒雞扒配飯
Meal C		Stir-fried Teriyaki Pork with Spaghetti 照燒豚肉片炒意粉 	Beef Bourguignon with Rice 法式燴牛肉飯 	Pork Patty Burger with French Fries 豬柳漢堡配薯條 	Japanese Teriyaki Pork & Konjac Egg Rice 日式蒟蒻豚肉蛋飯
Meal D		Baked Portuguese Seafood & Pumpkin with Rice (with coconut milk) 焗葡汁海鮮南瓜配飯 (含椰奶) 	Red Curry Seafood with Fried Spaghetti (Spicy) 紅咖喱海鮮炒意粉 (辣) 	Baked Penne Bolognese (Served with Sweet Corn) 焗肉醬長通粉 (配粟米粒) 	Baked Tuna Macaroni and Cheese 芝士焗吞拿魚通粉
Meal E Soup Noodle		Hong Kong Style Wonton Noodle Soup 鮮蝦雲吞麵 	Fish Balls & Sliced Fish in Oil Noodles Soup 魚丸魚片湯油麵 	Japanese Style Beef in Udon Soup 日式牛肉湯烏冬 	Fish Block & Tofu Puff Laksa Noodle in Soup 魚片豆卜喇沙湯麵

Meal E Soup noodles will be available at the Tuck Shop during lunchtime only.

E 餐湯麵只在午餐時段在小食部提供。



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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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 September 2025

	Monday 08 Sept	Tuesday 09 Sept	Wednesday 10 Sept	Thursday 11 Sept	Friday 12 Sept
Meal A ✓	Green Bean Omelette with Rice 豆角煎蛋配飯   	Vegetarian Ham and Tomato Pasta 素火腿番茄長通粉    	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 
Meal B	Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯     	Swiss Chicken with Rice 瑞士汁雞肉配飯   	Lemon Chicken with Rice 西檸雞球配飯    	Tandoori Fish with Brown Rice 印度天多利魚塊配糙米飯   	Nasi Goreng (Less Oil) 印尼炒飯 (少油)   
Meal C	Chicken Meatballs in Tomato Sauce Fusilli 西西裡鮮茄雞肉丸螺絲粉   	Stir-fried Thai Tom Yum Seafood Linguine (Spicy) 泰式冬蔭功海鮮拌扁意粉 (辣)     	Cottage Pie (Minced Beef & Mashed Potato) 農舍批 (牛肉醬薯蓉)  	Hot Dog with Roasted Wedges 熱狗配烤薯角   	Carbonara Topokki 卡邦尼炒年糕   
Meal D	Baked Curry Pork Chop & Onion with Rice (Spicy) 焗咖哩洋蔥豬扒飯 (辣)     	Baked Shredded Pork in Portuguese Sauce with Carrot Rice 焗葡汁豬肉絲甘筍飯    	Pork Stroganoff & Mushroom with Rice 焗忌廉蘑菇豬肉配飯   	Baked Chicken in Black Pepper Sauce with Rice (Served with Sweet Corn) 焗黑椒雞肉配飯 (配粟米粒)     	Baked Smoked Duck Breast & Pumpkin Rice 焗煙鴨胸南瓜飯   
Meal E Soup Noodle	Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩麵  	Fish Balls Mai Sin in Tomato Fish Soup 魚蛋蕃茄魚湯米線   	Korean Beef Noodle Soup 韓式雞肉湯麵  	Grilled Pork Chop Vermicelli 香茅豬扒檬粉   	Tomato & Minced Pork in Rice Vermicelli Soup 蕃茄肉碎湯米粉  

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Egg Alert
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Dairy Alert
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Lunch Menu September 2025

Monday

Tuesday

Wednesday

Thursday

Friday

15 Sept

16 Sept

17 Sept

18 Sept

19 Sept

Meal

A



Steamed Shiitake,
Vermicelli and Egg with
Rice

冬菇粉絲蒸水蛋配飯



Green Burrito with
Sweet Corn

墨西哥捲餅配粟米



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



Meal

B

Yeung Chow Fried Rice
(No Seafood)

揚州炒飯



Stir fried Beef Udon
牛肉片炒烏冬



Korean Glass Noodles &
Chicken

韓式雞肉燴粉絲



Spaghetti Bolognese
肉醬意粉



Low fat Sweetcorn &
Diced Pork with Rice

低脂忌廉粟米肉粒飯



Meal

C

Butter Chicken with Corn
Rice (Spicy)

印度咖喱雞粟米飯(辣)



Kazakhstan Pork
Chakhobili with Rice

哈薩克蕃茄香草燉豬配飯



Chicken Alfredo with
Roasted Potato and
Green Bean

白汁雞肉配青豆配薯粒



Pan Fried Pork Chop w/
Thousand Island dressing

香煎豬扒漢堡包配薯條



Smoky Chicken with
Macaroni

蕃茄香熏雞肉配通粉



Meal

D

Baked Orange Pumpkin &
Chicken with Penne

焗香橙南瓜雞肉長通粉



Baked Rice & Duck Breast
with Tomato Sauce

焗鮮茄鴨胸飯



Baked Spaghetti
Carbonara (Mushroom)

焗卡邦尼蘑菇意粉



Chicken Spanish Paella

雞肉西班牙燴飯



Tuna Pasta bake
(Served with
Sweet Corn)

焗吞拿魚茄汁通粉

(配粟米粒)



Meal

E

Soup Noodle

Japanese Style
Beef in Noodle Soup

日式牛肉湯麵



Scallop Tempura in Udon
Soup

吉列炸帶子烏冬



Japanese Seafood Sukiyaki
Udon

雜錦海鮮壽喜燒湯烏冬



Hong Kong Style Wonton
Noodle Soup

鮮蝦雲吞麵



Vietnamese Style Pork
Neck with Rice Noodle

越式豬頸肉河粉



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Lunch Menu September 2025

Monday

Tuesday

Wednesday

Thursday

Friday

22 Sept

23 Sept

24 Sept

25 Sept

26 Sept

Meal

A



Broccoli & cheddar
frittata with Roasted
Potatoes
西蘭花車打芝士焗蛋
伴燒薯角

Mixed Mushroom Risotto
雜菌意大利飯



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



Vegetarian Stir-fried
Shanghai Noodles
素上海粗炒



Meal

B

Sweet and Sour Fish
with Rice
糖醋魚柳配飯



Stir-fried Rice Noodles with
Mixed Pepper & Chicken
雜椒雞絲炒河粉



Lemon Chicken with Brown
Rice
香草檸檬烤雞配糙米飯



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



Minced Pork &
Mushroom in Steam
Egg with Rice
肉碎香菇蒸水蛋配飯



Meal

C

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



Pork Sausage and Mashed
Potato
烤豬肉腸配薯蓉



Hainan Chicken Rice
海南雞脾肉飯



Fish Burger with Sweet
Corn
魚柳包配粟米粒



Pumpkin Beef Stew
Pasta
南瓜燴牛肉意粉



Meal

D

Cottage Pie (Mince Pork &
Mashed Potato)
(Served with Sweet Corn)
焗農舍批(豬肉醬薯蓉)
(配粟米粒)



Baked Portuguese Seafood
& Pumpkin with Rice
(with coconut milk)
焗葡汁海鮮南瓜配飯
(含椰奶)



Baked Hungarian Braised
Pork Stew with Rice
焗匈牙利豬肉配飯



Fujian Fried Rice
福建炒飯



Baked Chicken & Rice in
Black Pepper Sauce
(Spicy)
焗黑椒雞扒飯(辣)



Meal

E

Soup Noodle

Soup Noodle with Beef
Brisket and Turnip in Chu
Hau Sauce
柱侯蘿蔔牛腩河



Vietnamese Style Pork
Neck with Rice Noodle
越式豬頸肉河粉



Crab Stick & Fish Cake in
Garlic Ramen Soup
蟹柳魚餅蒜香拉麵



Japanese Pork Char Siu
Ramen
日式豚肉湯拉麵



Lemongrass Chicken wing
with Ho Fun in Soup
越式香茅雞翼湯河粉



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Tuesday

Wednesday

Thursday

Friday

	29 Sept	30 Sept
Meal A ✓	 Sustainable Dish Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯   	Braised E-Fu Noodle with Mushroom 乾燒伊麵   
Meal B	Barbecue Chicken with Rice 燒烤醬雞脾肉配飯  	Kung Bo Chicken with Brown Rice (not spicy) 宮保雞丁配糙米飯 (不辣)   
Meal C	Japanese Fried Udon with Chicken & Narutomaki 日式雜錦海鮮炒烏冬      	Beef Biryani 印度牛肉香飯
Meal D	Baked Beef Chilli Con Carne with Spaghetti 焗墨西哥肉醬配意粉   	Baked Tuna Macaroni and Cheese 焗白汁芝士粟米吞拿魚通粉    
Meal E Soup Noodle	Fish Balls Mai Sin in Tomato Fish Soup 魚蛋蕃茄魚湯米線   	Scallop Tempura in Udon Soup 吉列炸帶子烏冬      

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