



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 全穀類食品(例如糙米、全麥粉) 2. Lean protein with at least 1 vegetable 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) 4. Full-fat milk or cheese 全脂牛奶或芝士 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 含有或全部含有添加脂肪及油類的食物 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類 例如：肥牛、肥雞、油雞 3. Processed or preserved meat, egg and vegetables 加工或經製成肉類、蛋類及蔬菜類 例如：臘腸、臘肉、鹹蛋、鹹魚 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 fat 添加動物脂肪或飽和脂肪 例如：牛油、豬油、椰子油、椰油 3. Contains trans fat 含有反式脂肪 例如：人造奶油、人造黃油、人造牛油、人造椰子油 4. Sugar sweetened beverages 添加糖分的飲品 例如：汽水、果汁、奶茶、咖啡 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽含量的食品 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 September 2025

	Monday 01 Sept	Tuesday 02 Sept	Wednesday 03 Sept	Thursday 04 Sept	Friday 05 Sept
<u>Meal A</u> ✓	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  
<u>Meal B</u>		Steamed Shiitake 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  
<u>Meal C</u>		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   
<u>Meal D</u>		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    
<u>Meal E</u> 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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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 September 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	08 Sept	09 Sept	10 Sept	11 Sept	12 Sept
<u>Meal A</u> ✓	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 🌿
<u>Meal B</u>	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) 🍳🌿🌾
<u>Meal C</u>	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 🍳🌿🌾
<u>Meal D</u>	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 🌿🌾🥛
<u>Meal E</u> Soup Noodle	Soup Noodle with Beef Brisket and Turnip in Chu Han 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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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
Burger & Fries
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	
<u>Meal A</u> ✓	 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   	
<u>Meal B</u>	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)   	
<u>Meal C</u>	Japanese Fried Udon with Chicken & Narutomaki 日式雜錦海鮮炒烏冬      	Beef Biryani 印度牛肉香飯	
<u>Meal D</u>	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    	
<u>Meal E</u> 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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