



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(例如全穀粉) 2. Lean protein with at trimmed 低脂肪肉類 或 低脂肪的蛋白質 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 含有固態脂肪的穀類 例如：炒麵、炒粉、焗菜粉 2. Fatty cut of meat & poultry with skin 脂肪含量高的肉類及皮肉類 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芡汁	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食品 例如：豬油、牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食品 例如：酥皮類及預製食品 4. Sugar sweetened beverages 含糖類飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽類食品 例如：鹹魚、鹹蛋



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訂閱 每月營養資訊
SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER

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Lunch Menu March 2026

	Monday 02 Mar	Tuesday 03 Mar	Wednesday 04 Mar	Thursday 05 Mar	Friday 06 Mar
Meal A ✓	Tomato & Kidney Beans Stew with Spaghetti 意式蕃茄紅腰豆配意粉  	Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋伴燒薯粒  	Baked Cauliflower & Broccoli in Portuguese Sauce with Rice 葡汁焗雙花配飯   	Japanese Curry with Veggies & Tofu with Rice 日式咖哩雜菜豆腐配飯   	Pesto Avocado, Carrot & Chickpea Fusilli 香草醬牛油果甘筍鷹嘴豆螺絲粉  
Meal B	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   	Yeung Chow Fried Rice (No Seafood) 揚州炒飯(不含海鮮)   	Nasi Goreng (Less Oil) 印尼炒飯(少油)   	Teriyaki Chicken with Corn Rice 日式照燒雞扒配粟米飯  
Meal C	Carbonara Spaghetti 卡邦尼意粉   	Meatballs in Tomato Sauce Fusilli 西西里鮮茄肉丸螺絲粉   	 Sustainable Dish Sole Fillet Penne with Tomato Sauce 鮮茄魚柳長通粉    	Hawaiian Pizza with Roasted Wedges 夏威夷薄餅配烤薯角   	Pork Stroganoff with Rice 俄羅斯忌廉豬肉配飯   
Meal D	Baked Pork Chop Rice in Tomato Sauce 焗鮮茄豬扒飯    	Steamed Shitake Mushroom & Chicken with Rice 原盅蒸冬菇滑雞飯   	 Sustainable Dish 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)   	Salmon with Cherry Tomato with Spaghetti 三文魚車厘茄炒意粉   
Meal E Soup Noodle	Scallop Tempura in Udon Soup 吉列炸帶子烏冬      	Crab Stick in Garlic Ramen Soup 蒜香蟹柳拉麵    	Duck Breast and Macaroni in Tomato Soup 煙鴨胸羅宋湯通心粉  	Tomato Pork in Soup Noodle 番茄肉片湯麵  	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



All meals are nut-free
所有食物均不含堅果



Egg Alert
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Dairy Alert
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Soy Alert
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Shellfish Alert
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Wheat Alert
含小麥

Internal

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	Monday 09 Mar	Tuesday 10 Mar	Wednesday 11 Mar	Thursday 12 Mar	Friday 13 Mar
Meal A ✓	Vegetarian Ham and Tomato Pasta Bake 素火腿焗番茄長通粉 	<small>Sustainable Dish</small> Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯 	Mushroom & Pea Risotto 野菌青豆意大利飯 	Green Bean Omelette with Rice 豆角煎蛋配飯 	Hungarian Vegetable Stew with Rice 匈牙利燴雜菜配飯
Meal B	Braised Potato & Chicken with Rice 薯仔炆雞配飯 	Swiss Chicken with Rice 瑞士汁雞肉配飯 	Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯 	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 	Low fat Sweetcorn & Diced Pork with Rice 低脂粟米肉粒飯
Meal C	Stir-fried Teriyaki Pork with Spaghetti 照燒豚肉片炒意粉 	Shredded Pork in Portuguese Sauce with Rice 葡汁豬肉絲飯 	Cottage Pie (Minced Beef & Mashed Potato) 農舍批(肉醬薯蓉) 	Hot Dog with Roasted Wedges 熱狗配烤薯角 	Baked Tuna Macaroni and Cheese 芝士焗吞拿魚通粉
Meal D	Baked Curry Pork Chop & Onion with Rice (Spicy) 焗咖喱洋蔥豬扒飯(辣) 	Steamed Rice with Chicken and Dried Octopus 原盅蒸章魚雞粒飯 	Creamy Black Truffle Chicken Pasta 黑松露雞肉忌廉燴扁意粉 	Japanese Style Pork Cartilage with Rice 日式豬軟骨配飯 	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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Lunch Menu March 2026

	Monday 16 Mar	Tuesday 17 Mar	Wednesday 18 Mar	Thursday 19 Mar	Friday 20 Mar
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   	<h2>Sports Day 1</h2>
Meal B	Korean Glass Noodles & Pork 韓式豬肉燴粉絲    	Stir fried Chicken Udon 雞肉絲炒烏冬   	 Sweet and Sour Fish with Rice 糖醋魚柳配飯     	Spaghetti Bolognese (Chicken) 雞肉醬意粉  	
Meal C	Japanese Teriyaki Chicken with Rice 日式照燒汁雞扒配飯  	Kazakhstan Pork Chakhobbili with Rice 哈薩克蕃茄香草燉豬配飯    	Pumpkin Pork Stew Pasta 南瓜燴肉片意粉  	Pork Chop Burger with French Fries 豬扒漢堡配薯條  	
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    	Steamed Chicken Feet & Pork Ribs with Rice 原盅鳳爪排骨蒸飯  	 Seafood Spanish Paella 海鮮西班牙燴飯    	
Meal E Soup Noodle	Japanese Style Beef in Noodle Soup 日式牛肉湯麵    	Shrimp Tempura in Udon Soup 吉列炸蝦烏冬      	Japanese Seafood Sukiyaki Udon 雜錦海鮮壽喜燒湯烏冬     	Vietnamese Style Pork Neck with Rice Noodle 越式豬頸肉河粉      	

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	Monday 23 Mar	Tuesday 24 Mar	Wednesday 25 Mar	Thursday 26 Mar	Friday 27 Mar
Meal A ✓	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉  	Vegetarian Stir-fried Shanghai Noodles 素上海粗炒   	Braised Rice Vermicelli with Dried Bean Curd and Mixed Vegetables 豆乾雜菜炆米粉  	 Sustainable Dish HK Style Stir-fried Tomato and Egg with Rice 鮮茄炒蛋配飯   	<h2>Sports Day 2</h2>
Meal B	 Sustainable Dish Minced Pork & Mushroom in Steam Egg with Rice 肉碎香菇蒸水蛋配飯   	Sweet and Sour Pork with Rice 咕嚕肉配飯   	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   	
Meal C	Chicken Alfredo with Roasted Potato and Green Bean 白汁雞肉配青豆配薯粒    	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯  	Hungarian Braised Pork Stew with Rice 匈牙利燴豬肉配飯 	Fish Burger with Sweet Corn 魚柳包配粟米粒     	
Meal D	 Sustainable Dish Fujian Fried Rice 福建炒飯    	Crab & Tobiko with Pearl Rice 蟹柳蟹籽伴珍珠飯    	Thai Beef and Coconut Curry with Rice 泰式椰汁咖喱牛肉配飯   	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   	Fish Balls Mai Sin in Tomato Fish Soup 魚蛋蕃茄魚湯米線   	Hong Kong Style Wonton Noodle Soup 鮮蝦雲吞麵    	BBQ pork Soup Noodle 蜜汁叉燒湯麵  	

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