



港大同學會書院
HKUGA COLLEGE

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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)	1. Grains with or all amount of a solid fat or oil (e.g. fried rice, fried noodle, baked items) 添加固態脂肪的食物 例如: 煎麵、炒麵、焗菜粉	1. Deep-fried foods 油炸食品
2. Lean protein with a trimmed fat or oil 低脂蛋白質(例如雞胸肉)	2. Fatty cut of meat & poultry with skin 脂肪含量高的肉及皮肉類	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物 例如: 豬油、牛油、忌廉、椰子油、椰漿
3. Healthy cooking methods (e.g. steaming, poaching, grilling, baking) 健康的烹調方法 例如: 蒸、燉、焗、煎	3. Full-fat milk or cheese 全脂奶類	3. Contains trans fat 含有反式脂肪 e.g. processed/premade pastries 加工食品/預製食品 例如: 酥餅、餅干、蛋卷、自製的酥餅等
	4. Processed or preserved meat, egg and veggies 加工或新製肉類、蛋類及蔬菜	4. Sugar sweetened beverages 含糖飲料的飲品
	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	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

QR code for newsletter sign-up

COMPASS | HK GROUP

Lunch Menu July 2026

Monday

Tuesday

Wednesday

Thursday

Friday

				02 July (S4-5)	03 July (S4-5)
<u>Meal A</u> ✓				Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯 🥚🌿🌾	Veggie BBQ Pork with Rice 素叉燒配飯 🌿🌾
<u>Meal B</u>				Stir-fried Beef Spaghetti 牛柳絲炒意粉 🌿🌾	Low fat Sweetcorn & Pork with Rice 低脂忌廉粟米豬肉飯 🥛🌾
<u>Meal C</u>				Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯 🌿🌾	Smoky Chicken with Penne 蕃茄香熏雞肉配長通粉 🥛🌿🌾
<u>Meal D</u>				Baked Curry Pork with Rice (Spicy) 焗咖喱豬肉飯 (辣) 🥚🥛🌿🌾🌶️	Tuna Pasta bake (Served with SweetCorn) 焗吞拿魚茄汁通粉 (配粟米粒) 🐟🥛🌿🌾
<u>Meal E</u> Soup Noodle				Daily Special Noodle Soup 是日精選湯粉	Daily Special Noodle Soup 是日精選湯粉

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
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 July 2026

	Monday 06 July (S4-5)	Tuesday 07 July (S4-5)	Wednesday 08 July (No School)	Thursday 09 July (S4-5)	Friday 10 July (S4-5)
<u>Meal A</u> ✔	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉  	Cheese Baked Penne with Broccoli 焗芝士西蘭花長通粉   	No Lunch	 HK Style Stir-fried Tomato and Egg with Rice 鮮茄炒蛋配飯   	Braised Rice Vermicelli with Dried Bean Curd and Mixed Vegetables 豆乾雜菜炆米粉  
<u>Meal B</u>	Vietnamese Lemongrass Pork with Red Rice 越式香茅豬肉配紅米飯   	Korean Glass Noodles & Pork 韓式牛肉燴粉絲    		Yeung Chow Fried Rice 揚州炒飯     	Lemon Chicken with Brown Rice 香草檸檬烤雞配糙米飯    
<u>Meal C</u>	Thai Beef and Coconut Curry with Rice 泰式椰汁咖喱牛肉配飯   	Japanese Teriyaki Chicken with Rice 日式照燒汁雞配飯  		Hawaiian Pizza with Sweet Corn 夏威夷薄餅配粟米粒   	Hungarian Braised Pork Stew with Rice 匈牙利燴牛肉配飯 
<u>Meal D</u>	Steamed Chicken Feet & Pork Ribs with Rice 原盅鳳爪排骨蒸飯  	Crab & Tobiko with Pearl Rice 蟹柳蟹籽伴珍珠飯    		Baked Rice & Chicken with Black Pepper Sauce 焗黑椒雞肉飯    	Japanese Grilled Eel Pearl Rice 蒲燒鰻魚珍珠飯    
<u>Meal E</u> Soup Noodle	Daily Special Noodle Soup 是日精選湯粉	Daily Special Noodle Soup 是日精選湯粉		Daily Special Noodle Soup 是日精選湯粉	Daily Special Noodle Soup 是日精選湯粉

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