HKUGA COLLEGE

Lunch Menu Nov 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	2/11	3/11	4/11	5/11	6/11
Meal A	粟米燴牛肉粒飯 Braised Diced Beef in Sweet Corn Sauce w/ Rice	蘑菇汁豬扒意粉 Mushroom Sauce & Pork Chop w/Spaghetti	卡邦尼雞球飯 Chicken Carbonara w/Rice	鮮茄吞拿魚長通粉 Tuna & Fresh Tomato w/Penne	Sports Day
Meal B	甜酸肉排飯 Sweet & Sour Spare Rib w/Rice	豉油皇雞中翼飯 Soy Sauce Chicken Wing w/Rice	番茄牛肉炒蛋飯 Sauteed Beef ,Tomato & Egg w/Rice	甘筍冬菇蒸肉餅飯 Steamed Patty & Carrot,Mushroom w/Rice	
Meal C	雜菜炒油麵 Stir-fry Oil Noodle w/Mixed Vegetables	木耳粉絲炒小瓜飯 Fried Chinese Jade w/ Black Fungus & Vermicelli w/ Rice	芝士粟米雲菌燴長通粉 Cheese,Sweet Corn & Mushroom w/Penne	糖醋玉子豆腐飯 Sweet & Sour Egg Tofu w/Rice	
Meal D	珍寶蔥油斯華哥腸雞扒飯 Scallion w/Jumbo Cervelat Sausage & Chicken Fillet Rice	台式肉燥炸魚大碗飯 Fried Fish & Mushroom & Minced Pork w/ Rice	椰香馬來咖喱焗豬柳腸仔飯 Baked Pork Loin & Sausage Rice w/Malaysian Curry	照燒雞肉薄餅拼香辣薯角 Teriyaki Chicken Pizza w/Spicy Potato Wedges	
Meal E	鮮滑牛肉酸辣米線 Beef w/Hot & Sour Noodle	唐揚炸雞讚岐湯烏冬 Udon in Soup w/Fried Japanese Chinken	雪菜肉絲餃子湯上海麵 Shredded Pork, Preserved Vegetable & Dumpling w/ Noodle Soup	五香肉丁厚餐肉撈麵 Tossed Noodles w/ Thick-cut Luncheon Meat & Spicy Diced Pork	

Go! Eat as much as you want. (適宜) Slow! "Sometimes Food! " (限量) Whoa! Once in a while.(少量)
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Asia Pacific Catering

HKUGA COLLEGE

Lunch Menu Nov 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	9/11	10/11	12/11	13/11	14/11
Meal A	白汁蘑菇牛肉扁意粉 Cream Sauce Mushroom & Beef w/Linguine	葡汁甘筍燴肉片飯 Stew Sliced Pork w/ Carrot in Portugese Sauce w/Rice	洋蔥豬柳飯 Pan-fried Pork Chop Fillet in Onion Sauce w/Rice	粟米肉粒飯 Diced Pork in Sweet Corn Sauce w/Rice	蒜茸雞扒飯 Garlic Chicken Fillet w/Rice
Meal B	南瓜椰奶炆雞球飯 Braised Chicken w/ Pumpkin in Coconut Milk Sauce w/Rice	粟米魚塊飯 Deep-fried Fish Fillet in Sweet Corn Sauce w/ Rice	港式牛肉炒意粉 Wok Fried Spaghetti w/ Black Pepper Beef	花菇蒸滑雞飯 Steamed Chicken & Mushroom w/Rice	鮮茄肉片飯 Braised Sliced Pork in Tomato Sauce w/Rice
Meal C	粉絲蒸水蛋飯 Steamed Egg & glass noodle w/Rice	茄醬雜菜扁意粉 Spaghetti w/ Assorted Vegetables in Tomato Sauce	羅漢扒豆腐飯 Braised Assorted Vegetables & Bean Curd w/Rice	忌廉白汁燴雙蔬長通粉 Mixed Vegetables w/ Creamy Sauce & Penne	素星洲炒米粉 Stir-fried Vegetarian Vermicelli in Singapora Style
Meal D	一哥厚切焗豬飯 Baked Thick Cut Pork Chop w/ Rice	香濃咖喱牛腩飯 Curry Beef Brisket w/Rice	雞扒包配蘋果薯仔沙律 Chicken Bun w/Apple & Potato Salad	芝士焗海鮮意粉 Baked Spaghetti w/ Seafood & Cheese	日式牛肉大碗飯 Gyudon (Japanese Beef Rice Bowl)
Meal E	芝麻牛肉湯拉麵 Sesame Beef Ramen in Soup	香煎雞扒牛尾湯通粉 Chicken Fillet w/Macarinii in Oxtail Soup	炸日式餃子湯讚岐烏冬 Fried Japanese Dumpling w/Udon in Soup	越式肥牛湯河粉 Vietnamese Sliced Beef w/ Ho Fan in Soup	台灣肉燥墨魚丸撈米粉 Taiwanese Minced Pork & Cuttlefish Ball w/ Vermicelli

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Lunch Menu Nov 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	16/11	17/11	18/11	19/11	20/11
Meal A	洋蔥薯仔黑椒牛肉長通粉 Beef & Potato w/Onion in Black Pepper Sauce w/Penne	卡真魚柳配茄汁意粉 Cajun Fish Fillet w/Tomato Sauce Spaghetti	意式肉醬扁意粉 Italian Bolognese Linguine	粟米豬柳腸仔意粉 Pan-fried Pork Loin in Sweet Corn Sauce w/Spaghetti	Sports Day
Meal B	椒鹽豬扒飯 Salt & Pepper Pork Chop w/Rice	豆腐蠔油牛肉飯 Braised Beef & Bean Curd in Oyster Sauce w/Rice	滑蛋肉片飯 Egg Drop Sauce & Slice Pork w/Rice	薯仔炆雞球飯 Brasiedf Potato & Diced Chicken w/Rice	
Meal C	蕃茄炒蛋飯 Stir-Fried Scramble Egg & Tomato w/Rice	意式茄蕈白菌炒意粉 Fried Spaghetti w/ Mushrooms in Pomodora Sauce	照燒豆腐飯 Teriyaki Tofu	菜脯煎蛋角配飯 Pan-fried Egg w/ Preserved Turnip w/Rice	
Meal D	泼咖喱雞球焗飯 Baked Rice w/ Mild Curry Chicken	珍寶蔥油斯華哥腸豬扒飯 Scallion w/Jumbo Cervelat Sausage & Pork Chop Rice	脆炸吉列豬扒飯 Deep-fried Pork Chop Cutlet w/ Rice	芝士焗肉醬意粉 Baked Spaghetti Bolognaise w/ Cheese	
Meal E	炸魚皮餃撈炸貢丸撈麵 Tossed Noodles w/Fried Pork Balls & Fish Skin Dumplings	雞絲咖沙湯米線 Shredded Chicken Laska w/ Vietnamese Noodles	香茅雞翼番茄湯讚岐烏冬 Lemon Grass Chicken Wing w/Udon in Tomato Soup	越式豬扒湯河粉 Vietnamese Pork Chop w/ Ho Fan	

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Lunch Menu Nov 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	23/11	24/11	25/11	26/11	27/11
Meal A	百加地豬柳扁意粉 Piccata Pork Loin w/Linguine	匈牙利燴牛肉長通粉 Beef Goulash w/Linguine	白菌燴雞里意粉 Creamy Chicken & Mushroom w/Spahgetti	Parents Days	
Meal B	栗子炆雞飯 Braised Chicken & Chestnut w/Rice	五香肉丁炒飯 Fried Rice w/ Spicy Pork Cubes	南瓜炒牛肉飯 Sauteed Beef & Pumpkin w/Rice		
Meal C	黑椒雜菌翠玉瓜飯 Sauteed Mushroom & Chinese Jade in Black Pepper w/Rice	淡咖喱雜菜燴飯 Japanese Mixed Veg Mild Curry with Rice	紅燒豆腐飯 Braised Bean Curd In Brown Sauce w/Rice		
Meal D	香煎大牛扒配薯茸 Grilled Steak w/ Mash Potato	芝士焗南瓜雞里飯 Baked Rice w/ Cheese, Pumpkin & Chicken	香濃咖喱吉列豬扒飯 Curry Pork Chop Cutlet w/Rice		
Meal E	香茅雞翼碎腩米粉 Lemon Grass Chicken Wings & Minced Beef Brisket w/Vermicelli in Soup	叉燒餃子湯米線 BBQ Pork & Dumplings w/ Rice Noodle in Soup	鮮蝦雲吞麵 Wonton w/ Rice Noodles in Soup		

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HKUGA COLLEGE

Lunch Menu Nov 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	30/11				
Meal A	葡汁香薯燴牛肉粒飯 Diced Beef w/ Potato in Portugese Sauce w/Rice				
Meal B	京式回鍋肉飯 Sauteed Spicy Pork & Pepper w/Rice				
Meal C	鮮雜菌伊麵 E-Fu Noodles w/ Fresh Mixed Mushrooms				
Meal D	椰香馬來咖喱焗雞扒腸仔飯 Baked Chinken Fillet & Sausage Rice w/Malaysian Curry				
Meal E	虎揚炸雞撈麵 Tossed Noodles w/Fried Japanese Chicken				

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