

Healthy Diet Guidelines for School Meal

Lunch Nutritious Requirements

★ Quantity Requirements

- The ratio of starchy items, vegetable and meat (or substitute) is 3:2:1
- One third of daily intake of nutritious value & energy for the students



★ Quality Requirements

- Minimum supply of vegetable in every lunch is 100G
- Trimmed off the observable animal fat (fat meat) and minimize the use of excess oil in cooking and supply

Healthy Ingredients

- Daily supply of minimum of one food grain or vegetable added rice as staple food grain



Red Rice



Oatmeal Rice



Brown Rice



Vegetable Rice



Corn Rice

Healthy cooking Method

- Use steaming, baking and grilling cooking method to retain the original food taste
- Use less oil, less salt, less sugar as principle of recipe, original food taste will be used to substitute the seasoning.
- Less sauce will be used and starchy food and sauce will be served separately



Meal Choice

● N) Vegetarian Meal

- ▲ To promote the vegetarian meal, more vegetarian ingredients and meal choice will be provided in this meal type

● A) Asian Deli Meal

- ▲ Traditional Chinese /Korean /Japanese Meal Type

● B) Western Pasta

- ▲ We use low fat to prepare white & curry sauce versus full cream milk that has less fat & calorie

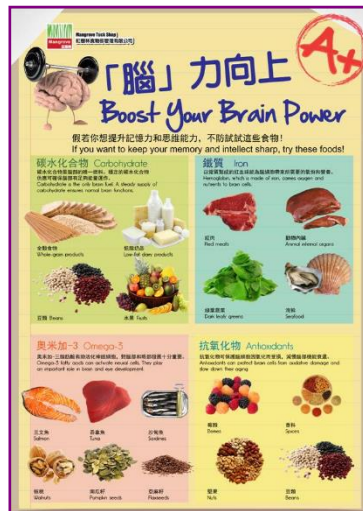
● C) Miscellaneous Staple Food and Fried Noodle and Vermicelli Type

- ▲ Provision of Wide Variety Food Choice
- ▲ Light Meal is provided to fulfill light eating quantity personnel

Monthly Themed Nutritious Menu Design

Our employed dietitian will design (Monthly Nutritious Themed Menu) to enrich and interact with the students about the nutritious information.

At the same time, information about Kcal of the menu will be provided for reference of the students.




Menu Design

- All the menu will be provided by the company dietitian with calories information.
- Monthly healthy theme promotion

蒜蓉牛肉漢堡雞翼全麥意粉
Wheat spaghetti with beef patty and
chicken wing in garlic sauce
705 KCAL

學生存根】

日期	星期	款式	N 款	卡路里	A 款	卡路里	B 款	卡路里	C 款	卡路里
2016	年	6	月份--午膳飯盒訂購表							
學生姓名：			學號：							
2/6	四		粟米雞心豆長通粉	531	日式冬菇腩肉粒蒸蛋珍珠飯	654	高纖雜糧肉醬三色飯	724	家鄉西芹雞柳銀針粉	614
3/6	五		香菜素雞絲米粉配西水蛋	623	福建香耳豬肉飯	683	白菌火腿皇燕麥飯	723	日式雜菜豬肉絲烏冬	616
6/6	一		低脂粟米白汁燴雙菇飯	603	*菠菜魚柳粒蒸蛋飯	630	^淡沙麥洋蔥牛肉全麥意粉	640	香草雞扒包配鮮茄薯蓉	577
7/6	二		野菌西蘭花飯	536	*白菌蛋花魚柳飯	633	粒粒香芋雞球螺絲粉	727	全麥比得包配墨西哥辣雞燒雞	542
8/6	三		菠菜芋絲蒸蛋白糙米飯	553	京都甜酸豬柳飯	736	健怡葡國南瓜雞球長通粉	665	香菇木耳牛肉碎米粉	624
10/6	五		車厘茄什豆腐肉意粉	611	海皇雞粒蟹柳豆腐燕麥飯	688	雜式洋蔥芝麻牛肉飯	711	雞肉腸熱狗配雞腿、粟米	556
13/6	一		健怡葡汁薯粒豆腐飯	639	香耳蒸滑雞粟米飯	698	芝味豬肉丁長通粉	675	什菌時蔬豬肉絲炒米粉	643
14/6	二		蓮藕香耳燴什菌飯	594	燕麥豬肉碎蒸水蛋飯	683	日式照燒芋絲雞柳飯	726	全麥豬扒包配茄汁什菜、粟米	574
15/6	三		紅腰豆茄子什菜螺絲粉	521	糖醋芝麻牛肉絲糙米飯	732	野菌洋蔥豬柳粒飯	703	*日式甜咖哩魚柳撈烏冬	589
16/6	四		全麥雞包配芝士什菌燴薯粒	502	麻婆豆腐豬肉碎飯	700	低脂白汁吞拿魚蟹柳意粉	647	糯米雞配魚肉燒賣	565
17/6	五		鳳梨甜酸素雞紅米飯	664	*中式粟米草菇魚柳飯	656	高纖鮮茄黃豆豬柳蝦粉	644	芝麻豬柳漢堡配雞腿、粟米	604
20/6	一		燕麥金瓜蒸蛋飯	594	冬瓜苜蓿豬肉粒米紅米飯	690	粟米雞肉普通心粉	663	星洲雞絲撈麵	623
21/6	二		北菇玉子豆腐飯	617	五彩牛肉飯	693	蒜蓉牛肉漢堡雞翼全麥意粉	705	香式雞扒包配青芥什菜、粟米	556
22/6	三		健怡咖哩白麵根長通粉	589	西芹珍珠筍雞球飯	695	法式香茅菌菇牛肉糙米飯	696	泰式香茅豬肉絲米粉	614
23/6	四		淡黑椒雜菌薯粒螺絲粉	528	翠塘豬肉粒蒸蛋白燕麥飯	689	低脂芝士洋蔥雞絲飯	733	淡豉油皇什菜豬肉絲米線	609
24/6	五		黃金粟米素雞飯	652	*西蘭花草菇魚柳飯	619	美式茄汁燴豆腐豬柳長通粉	673	全麥牛肉漢堡、健怡雞腿、粟米	571

 **營養師推介--【全穀系列】：**
 全穀類的食物如全麥麵包、糙米、紅米、燕麥、蕎麥、粟米等都沒有經過加工過程，因此當中所含的礦物質、維他命和纖維比精製五穀如白米、白麵包等高出數倍。

