



HKUGA COLLEGE 港大同學會書院

Lunch Menu

Nov
2022

	Monday	Tuesday	Wednesday	Thursday	Friday
		01 Nov	02 Nov	03 Nov	04 Nov
Meal A \$32 		Sports Day 運動會	Egg Sandwich with Garden Salad 雞蛋三文治 配田園沙律 	Italian Style Mixed Vegetables with Rice 意式雜菜配飯 	Sweet Potato & Chickpea with Red Rice 甘薯鷹咀豆 配紅米飯
Meal B \$40			Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯	Stir Fried Rice Noodles with Beef 干炒牛肉河	Singapore Style Fried Vermicelli (Seafood Free) 星洲炒米粉 (不含海鮮)
Meal C \$40			Portuguese Chicken with Pasta 葡國雞配意粉	Honey Chicken with Rice 蜜糖雞肉配飯	Lemongrass Pork with Rice 香茅豬扒配飯
Meal D \$48			Baked Fish & Rice in Black Pepper Sauce 焗黑椒魚柳飯 	Chicken Wrap with Sweetcorn 凱撒雞肉卷 配粒粒粟米 	Bacon Cheese Ciabatta with Sweetcorn 煙肉芝士軟包配 粒粒粟米
Starter for Meal D				Vegetables Soup 蔬菜湯	Salad 沙律



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
Seafood
可持續海鮮



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



Peanut Alert
含花生



Tree Nuts Alert
含堅果



Wheat Alert
含小麥



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	07 Nov	08 Nov	09 Nov	10 Nov	11 Nov
Meal A \$32	Curry Mixed Vegetables with Penne 雜菜咖喱長通粉	Roasted Bell Pepper Sandwich with Corn Salad 雜椒三文治 配粟米沙律	Assorted Veg, Carrots and Dried Tofu in Garlic & Rice 蒜香雜菜甘筍豆 乾配飯	Vegetables & Egg White Fried Rice 菜粒蛋白炒飯	Teriyaki Eggplant with Rice 照燒茄子飯
Meal B \$40	Braised Chicken Taiwanese Style with Rice 台式雞球配飯	Stir-fried Sliced Beef with Bell Pepper & Rice 彩椒牛柳絲配飯	HK Style Stir-fried Spaghetti with Black Pepper & Pork 港式肉片炒意粉	Steamed Mince Pork, Water Chestnut & Mushroom with Rice 馬蹄冬菇蒸肉餅 配飯	Braised Chicken Fillet & Cucumber with Rice 青瓜雲耳雞柳配飯
Meal C \$40	Braised Pork & Apple Sauce with Rice 蘋果醬豬柳配飯	Tandoori Chicken with Rice 天多利烤雞配飯	Chicken A La King with Rice 白汁雞皇飯	Beef Spaghetti Bolognese 肉醬意粉	Grilled Sole in Pumpkin Sauce with Mac 南瓜汁魚柳通粉
Meal D \$48	Ham Cheese Croissant with Sweet Corn 芝士火腿牛角包 配粟米粒	Baked Pork Chop Penne in Black Pepper Sauce 焗黑椒豬扒長通粉	Duck Breast and Cucumber Wrap with Sweetcorn Salad 鴨胸青瓜卷 配粟米沙律	Baked Macaroni with Sweet Corn & Tuna 粟米吞拿魚 芝士焗通粉	Hot Dog with Sweet Corn 熱狗配粟米
Starter for Meal D	Fresh Fruit 水果	Salad 沙律	Mushroom Soup 蘑菇湯	Yogurt 乳酪	Fresh Fruit 水果



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	14 Nov	15 Nov	16 Nov	17 Nov	18 Nov
<u>Meal A</u> \$32 	Teriyaki Tofu with Rice 照燒豆腐配飯 	Egg Sandwich with Corn Salad 雞蛋三文治 配粟米沙律 	Mixed Mushroom, Kidney Beans & Tomato Basil Sauce with Rice 香草鮮茄雜菌 紅腰豆配飯 	Assorted Veg, Carrots & Mushroom in Garlic & Rice 蒜香雜菜甘筍 蘑菇配飯 	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋 配糙米飯
<u>Meal B</u> \$40	Sweet & Sour Chicken & Rice 咕嚕雞球配飯	Stir Fried Chicken with Rice Noodles 干炒雞肉河 	Sliced Pork in Egg and Sweet Corn Sauce with Rice 滑蛋粟米肉片 配飯 	Sweetcorn & Diced Pork with Rice 粟米肉粒飯 	Sliced Pork Fried Rice Noodle 肉片炒河
<u>Meal C</u> \$40	Fish Fillet & Mac in Corn Sauce 粟米汁魚柳通粉 	Beef Goulash with Fusilli 匈牙利燴牛肉配 螺絲粉 	Napoleon Spaghetti 拿破崙意粉 	Minced Pork Arrabiata Penne 茄醬肉碎長通粉 	Curry Chicken & Rice 咖哩雞飯
<u>Meal D</u> \$48	Ham Cheese Ciabatta with Corn 火腿芝士軟包 配粟米 	Baked Pork Neck Rice in Black Pepper Sauce 焗黑椒豬頸肉飯 	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯 	Baked Rice & Pork Chop in Onion Gravy 焗洋蔥豬扒飯 	Chicken Burger with French Fries 雞扒包配薯條
Starter for Meal D	Fresh Fruit 水果	Salad 沙律	Vegetables Soup 蔬菜湯	Jelly 啫喱	Fresh Fruit 水果



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	21 Nov	22 Nov	23 Nov	24 Nov	25 Nov
Meal A \$32 	Stir Fried Veggie BBQ Pork with Green Bean & Rice 豆角炒素叉燒 配飯 	Roasted Bell Pepper Sandwich with Garden Salad 雜椒三文治 配田園沙律 	Cauliflower & Pumpkin Bean with Rice 咖哩椰菜花扁豆 南瓜配飯 	Parents Day 家長日	
Meal B \$40	Braised Potato Chicken with Rice 雞肉薯仔配飯	Steamed Egg with Crab stick with Rice 蟹柳蒸蛋配飯 	Steamed Mince Pork, Water Chestnut & Mushroom with Rice 馬蹄冬菇蒸肉餅 配飯 		
Meal C \$40	Pumpkin Beef Stew Pasta 南瓜燴牛肉意粉 	Pork Chop in Garlic Sauce with Mash Potato 蒜蓉豬扒配薯蓉	Fresh Tomato Pan Fried Fish with Fusilli 鮮茄煎魚柳 配螺絲粉 		
Meal D \$48	Chicken wrap with Sweetcorn 凱撒雞肉卷 配粒粒粟米 	Baked Rice with Chicken in Mushroom Sauce 焗蘑菇汁雞絲飯 	Bacon Cheese Ciabatta with Potato 煙肉芝士軟包配薯粒 		
Starter for Meal D	Fresh Fruit 水果	Salad 沙律	Corn Soup 粟米湯		



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	Monday	Tuesday	Wednesday	Thursday	Friday
	28 Nov	29 Nov	30 Nov		
Meal A \$32 	Stir Fried Rice Noodles with Mixed Vegetables 干炒雜菜河 	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇 烘蛋伴薯角粒 	Stir Fried Pasta with Herb, Dried Tomato & Bell Pepper 雜椒茄乾香草醬 炒意粉 		
Meal B \$40	Japanese Chicken Curry with Root Veg & Rice 日式咖喱雜菜雞肉飯	Sweetcorn & Diced Pork with Rice 粟米肉粒飯	Fresh Tomato and Sliced Pork with Rice 鮮茄肉片配飯		
Meal C \$40	Beef Stroganoff with Pasta 俄式牛肉配意粉 	Spaghetti Bolognaise 肉醬意粉 	Herb Baked Fish Fillet with Pasta in Cream Sauce 香草白汁焗魚柳 配通粉 		
Meal D \$48	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯 	Japanese Style Pork Cartilage with Rice 日式豬軟骨配飯	Baked Rice with Chicken in Mushroom Sauce 焗蘑菇汁雞絲飯 		
Starter for Meal D	Fresh Fruit 水果	Jelly 啫喱	Salad 沙律		



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HKUGA COLLEGE
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Lunch
Menu

Dec
2022

	Monday	Tuesday	Wednesday	Thursday	Friday
				01 Dec	02 Dec
<u>Meal A</u> \$32 				Italian Style Mixed Vegetables with Rice 意式雜菜配飯 	Scrambled Tomato & Egg with Rice 蕃茄炒蛋配飯
<u>Meal B</u> \$40				Stir Fried Rice Noodles with Beef 干炒牛肉河	Singapore Style Fried Vermicelli (Seafood Free) 星洲炒米粉 (不含海鮮)
<u>Meal C</u> \$40				Lemongrass Chicken with Rice 香茅雞扒配飯	Portuguese Chicken with Rice 葡國雞配飯
<u>Meal D</u> \$48				Tuna Wrap with Sweetcorn 凱撒吞拿魚卷 配粒粒粟米 	Bacon Cheese Ciabatta with Sweetcorn 煙肉芝士軟包配 粒粒粟米
Starter for Meal D				Salad 沙律	Fresh Fruit 水果



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Lunch Menu

Dec
2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	05 Dec	06 Dec	07 Dec	08 Dec	09 Dec
Meal A \$32 	Curry Mixed Vegetables with Rice 雜菜咖喱飯 	Roasted Bell Pepper Sandwich with Corn Salad 雜椒三文治 配粟米沙律 	Assorted Veg, Carrots and Dried Tofu in Garlic & Rice 蒜香雜菜甘筍豆 乾配飯 	Vegetables & Egg White Fried Rice 菜粒蛋白炒飯 	Teriyaki Eggplant with Rice 照燒茄子飯
Meal B \$40	Western Fried Rice 西炒飯 	Chinese Beef Stew with Red Rice 薯仔甘筍炆牛肉 配紅米飯	Pineapple & Beef with Rice 菠蘿牛肉飯	Chinese BBQ Pork with Rice 蜜汁叉燒飯	Sweet & Sour Chicken & Rice 咕嚕雞球配飯
Meal C \$40 	Chicken Paprika & Herbs with Pasta 香草紅甜椒烤雞 配意粉 	Neapolitan Pasta 拿破崙螺絲粉 	Chicken A La King with Rice 白汁雞皇飯 	Diced Chicken in Sweet Corn served with Rice 粟米雞肉粒飯	Chilli Con Carne with Pasta 墨西哥肉醬 配通粉
Meal D \$48 	Ham Cheese Croissant with Sweet Corn 芝士火腿牛角包 配粟米粒 	Baked Pork Chop Rice in Black Pepper Sauce 焗黑椒豬扒飯	Duck Breast and Cucumber Wrap with Sweetcorn Salad 鴨胸青瓜卷 配粟米沙律 	Baked Macaroni with Sweet Corn & Tuna 粟米吞拿魚 芝士焗通粉 	Hot Dog with Sweet Corn 熱狗配粟米
Starter for Meal D	Salad 沙律	Yogurt 乳酪 	Fresh Fruit 水果	Salad 沙律	Fresh Fruit 水果





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	Monday	Tuesday	Wednesday	Thursday	Friday
	12 Dec	13 Dec	14 Dec	15 Dec	16 Dec
Meal A \$32 	Tomato & Scrambled Egg with Rice 蕃茄炒蛋配飯 	Italian Style Veg Meatballs with Rice 西西里素肉丸配飯 	Long Bean Omelet with Rice 豆角煎蛋配飯 	Assorted Veg, Carrots & Mushroom in Garlic & Rice 蒜香雜菜甘筍蘑菇配飯 	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋配糙米飯
Meal B \$40	Stir Fried Beef with Rice Noodles 干炒牛肉河	Sweet & Sour Fish Fillet with Rice 咕嚕魚柳飯 	Young Chow Fried Rice 楊州炒飯 	HK Style Chicken Wings in Soy Sauce with Rice 港式豉油雞中翼飯	Pineapple Chicken Fried Rice 菠蘿雞肉炒飯
Meal C \$40	Tandoori Chicken with Rice 天多利烤雞配飯	Chicken & Herbs with Pasta 香草雞肉配意粉 	Chicken Cacciatore Pasta 獵人燴雞意粉 	Spaghetti Bolognese 肉醬意粉 	Honey Mustard Pork Loin with Mashed Potato 蜜糖芥末焗豬柳配薯蓉
Meal D \$48	Ham Cheese Ciabatta with Corn 火腿芝士軟包配粟米 	Baked Pork Neck Rice in Sauce 焗咖哩豬頸肉飯 	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯 	Baked Rice & Pork Chop in Onion Gravy 焗洋蔥豬扒飯 	Fish Cheese Burger with French Fries 芝士魚柳包配薯條
Starter for Meal D	Fresh Fruit 水果	Salad 沙律	Vegetables Soup 蔬菜湯	Yogurt 乳酪 	Fresh Fruit 水果





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	19 Dec	20 Dec	21 Dec		
<u>Meal A</u> \$32 	Stir-fried Celery, Black Fungus & Bean Curd with Rice 西芹雲耳 炒豆乾配飯 	Steamed Egg with Pumpkin with Rice 南瓜蒸蛋配飯 	Christmas Programme Half Day School 半日學	Christmas Holidays 聖誕假期	
<u>Meal B</u> \$40	HK Style Beef in Egg Drop Sauce with Rice 滑蛋牛肉配飯 	Singapore Noodle (Seafood Free) 星洲炒米 (不含海鮮) 			
<u>Meal C</u> \$40	Pork Chop with Spaghetti In Onion Sauce 洋蔥煎豬扒意粉 	Mushroom Chicken with Rice 磨菇汁雞肉配飯			
<u>Meal D</u> \$48	Baked Rice with Chicken in Mushroom Sauce 焗磨菇汁雞絲飯 	Chicken Wrap with Sweetcorn 凱撒雞肉卷 配粒粒粟米 			
Starter for Meal D	Fresh Fruit 水果	Jelly 啫喱			



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