



HKUGA COLLEGE 港大同學會書院

Lunch Menu

Mar
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
			01 Mar	02 Mar	03 Mar
<u>Meal A</u> 			Stir Fried Rice with Mixed Bean & Cauliflower 椰菜花雜豆炒飯 	Italian Style Mixed Vegetables with Rice 意式雜菜配飯	Egg Sandwich with Garden Salad 雞蛋三文治 配田園沙律   
<u>Meal B</u>			Pork Chop Rice in Garlic Sauce 蒜蓉豬扒配飯	Braised Pumpkin Pork with Red Rice 南瓜肉片紅米飯	Lemongrass Chicken with Rice 香茅雞扒配飯
<u>Meal C</u>			Curry Chicken with Spaghetti 咖哩雞肉配意粉  	Spaghetti Bolognaise 肉醬意粉 	Russian Style Shredded Beef with Spaghetti 俄式牛柳絲意粉  
<u>Meal D</u>			Ham Cheese Ciabatta with Sweetcorn 火腿芝士軟包 配粒粒粟米  	BBQ Pork Ribs with Potato Cubes 燒烤排骨配薯粒  	Hawaiian Pizza & Corn 夏威夷薄餅 粟米粒  
Side Dish for Meal D			Fresh Fruit 水果杯	Cookie 曲奇   	Cream of Pumpkin Soup 南瓜湯 



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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	06 Mar	07 Mar	08 Mar	09 Mar	10 Mar
<u>Meal A</u> 	Yaki Udon Vegetables with Dried Tofu Card 蔬菜豆干炒烏冬 	Braised E-Fu Noodle with Mushroom 干燒伊麵 	Scrambled Onion, Green Bean & Egg with Rice 洋蔥豆角炒蛋 配飯 	Roasted Bell Pepper Sandwich with Corn Salad 雜椒三文治 配粟米沙律 	Sweet Potato & Chickpea with Red Rice 甘薯鷹咀豆 配紅米飯
<u>Meal B</u>	Diced Pork & Corn with Rice in Egg Sauce 粟米滑蛋肉粒飯 	Braised Beef & White Radish with Rice 蘿蔔炆牛肉 配飯 	Pan fried Onion & Pork Chop with Brown Rice 洋蔥煎豬扒 配糙米飯 	Honey BBQ Pork with Rice 蜜汁叉燒飯 	Braised Chicken Fillet & Cucumber with Rice 青瓜雲耳雞柳 配飯
<u>Meal C</u>	Chicken Paprikash with Fusilli 匈牙利燉雞配 螺絲粉 	Shak Shuka Fish Fillet with Rice 番茄蔬菜燉魚柳 配飯 	Meat Balls with Tomato Sauce with Pasta 番茄肉丸 配意粉 	Classic Lasagna Bolognese 肉醬千層麵 	Baked Cheese & Tuna with Penne 芝士焗吞拿魚 長通粉
<u>Meal D</u>	Baked Rice with Chicken in Mushroom Sauce 焗蘑菇汁雞絲飯 	Bacon Cheese Ciabatta with Sweetcorn 煙肉芝士軟包 配粒粒粟米 	Baked Pork Chop & Rice in Black Pepper Sauce 焗黑椒豬扒飯 	Chicken Wrap with Sweetcorn 凱撒雞肉卷 配粒粒粟米 	Ham Cheese Croissant with Sweetcorn 芝士火腿牛角包 配粟米粒
Side Dish for Meal D	Tofu Pudding 豆腐花 	Mixed Vegetables Soup 蔬菜湯	Yogurt 乳酪 	Cookie 曲奇 	Fresh Fruit 水果杯



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	13 Mar	14 Mar	15 Mar	16 Mar	17 Mar
<u>Meal A</u> 	Cauliflower, Pumpkin & Pea Korma with Brown Rice 椰菜花南瓜青豆 印度乳酪配糙米飯 	Italian Style Vegetarian Meat with Rice 西西里素肉 配飯 	Baked Macaroni with Sweet Corn & Tuna 粟米芝士焗通粉 	Tomato & Cheese Sandwich with Thai Vermicelli Salad 番茄芝士三文治 配泰式粉絲沙律 	Stir-fried Lotus Root, Zucchini & Bean Curd with Brown Rice 炒蓮藕翠肉瓜 豆乾配糙米飯
<u>Meal B</u>	Singapore Style Fried Vermicelli (no sea food) 星洲炒米 (不含海鮮) 	Stir Fried Rice Noodles with Beef 干炒牛肉河 	Kung Po Chicken with Rice (No Nuts) 宮保雞丁配飯 (不含堅果) 	Vietnamese Style Lemongrass Pork Chop with Rice 香茅豬扒飯	Stir Fried Noodles with Chicken & Shitake Mushroom 冬菇雞絲炒麵
<u>Meal C</u>	Teriyaki Beef with Rice 日式照燒汁 牛肉飯 	Chicken Steak with Spaghetti in Mushroom Sauce 意大利蘑菇 雞扒意粉 	Japanese Curry Pork Chop with Brown Rice 日式咖喱豬扒 配糙米飯 	Tandoori Chicken with Rice 天多利烤雞配飯 	Japanese Style Pork Ginger Sauté with Brown Rice 豚肉生薑燒 糙米飯
<u>Meal D</u>	Baked Pork Neck Rice in Curry Sauce 焗咖喱豬頸肉飯 	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 	Jumbo Hot Dog with Potato Cube 珍寶熱狗配薯角 粒
Side Dish for Meal D	Donut 甜甜圈 	Salad 沙律	Vegetables Soup 蔬菜湯	Fruit Jelly 水果啫喱 	Fresh Fruit 水果杯



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<u>Meal A</u> ✓	Scrambled Egg & Tomato with Brown Rice 番茄炒蛋 配糙米飯 	Sports Day (No Lunch)	Veg Mapo Tofu with Rice 素麻婆豆腐 配飯  	Silky Egg Tofu & Enoki in Egg Drop Sauce with Quinoa Rice 滑蛋金菇玉子 豆腐配藜麥飯  	Japanese Grilled Eggplant with Rice 日式茄子配飯  
<u>Meal B</u>	Sweet and Sour Pork with Rice 咕嚕肉飯  		Braised Pumpkin Pork with Red Rice 南瓜肉片紅米飯 	Western Fried Rice 西炒飯 	Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯  
<u>Meal C</u>	Chicken Dijonnaise with Mac 法式芥末燉雞 配通粉 		Korean Chicken with Potato Cubes 韓式炸雞 配烤薯粒 	Pork & Cheese Burger with Sweetcorn 豬柳芝士漢堡 配粟米粒  	Chicken Cacciatore Pasta 獵人燴雞意粉 
<u>Meal D</u>	Ham & Cheese Ciabatta with Corn 火腿芝士軟包 配粟米  		Burgundy Beef Finger with Rice 紅酒燉牛肋條 配飯  	Baked Rice & Pork Chop in Onion Gravy 焗洋蔥豬扒飯  	Hawaiian Pizza with Wedges 夏威夷薄餅 配薯角  
Side Dish for Meal D	Cookie 曲奇   		Salad 沙律	Fresh Fruit 水果杯	Yogurt 乳酪 



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	27 Mar	28 Mar (S.5 Only)	29 Mar (S.5 Only)	30 Mar	31 Mar
<u>Meal A</u> 	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋 配飯 			Half Day (No Lunch)	School Holiday
<u>Meal B</u>	Stir-fried Thai Style Pork & Pineapple with Red Rice 泰式菠蘿炒肉片 配紅米飯				
<u>Meal C</u>	Japanese Curry Chicken with Rice 日式咖哩雞配飯  	Lemon Rosemary Chicken with Brown Rice 檸檬香草烤雞 配糙米飯	Shanghainese Fried Noodles with Shredded Pork 上海粗炒  		
<u>Meal D</u>	Chicken Wrap with Sweetcorn 凱撒雞肉卷 配粒粒粟米   	Baked Pork Neck Rice in Black Pepper Sauce 焗黑椒豬頸肉飯 	Baked Rice & Duck Breast with Tomato Sauce 鮮茄鴨胸飯 		
Side Dish for Meal D	Fresh Fruit 水果杯	Salad 沙律	Cookie 曲奇   		



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