



HKUGA COLLEGE
港大同學會書院

Lunch
Menu

Jun
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
				01 Jun	02 Jun
<u>Meal A</u> ✔				Roasted Bell Pepper Sandwich with Corn Salad 雜椒三文治 配粟米沙律 ✔✔	Veggie Egg Fu Yong & Rice 素芙蓉蛋 配飯 🍳
<u>Meal B</u>				Vietnamese Style Lemongrass Pork Chop with Rice 香茅豬扒飯	Steamed Minced Pork & Water Chestnut with Rice 馬蹄肉餅配飯 ✔
<u>Meal C</u>				Spaghetti Bolognese 肉醬意粉 ✔	Chicken Dijonnaise with Roasted Potato 法式芥末燉雞 配薯粒
<u>Meal D</u>				Baked Chicken in Portuguese Style & Rice & Fruit Cup 焗葡汁雞皇飯及水果杯 ✔🍳	Ham Cheese Croissant with Sweet Corn & Yoghurt 芝士火腿牛角包 配粟米粒及乳酪 ✔✔
Side Dish for Meal A to D				Packed Drink 紙包飲品	Packed Drink 紙包飲品





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Jun
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	Monday	Tuesday	Wednesday	Thursday	Friday
	05 Jun (S1 - S3 ONLY)	06 Jun (S1 - S3 ONLY)	07 Jun	08 Jun	06 Jun
<u>Meal</u> A 	Tomato, Red Kidney Bean & Carrot with Rice 鮮茄紅腰豆燴甘筍配飯	Ratatouille with Rice 普羅旺斯雜燴配飯	Exam		
<u>Meal</u> B	Stir-fried Rice Noodles with Beef 干炒牛肉河 	Pork Chop in Garlic Sauce with Rice 蒜蓉豬扒配飯			
<u>Meal</u> C	Teriyaki Pork with Rice 日式照燒汁豚肉飯 	Classic Lasagna Bolognese 肉醬千層麵 			
<u>Meal</u> D	Bacon Cheese Ciabatta with Sweetcorn & Mixed Vegetables Soup 煙肉芝士軟包配粒粒粟米及蔬菜湯 	Baked Macaroni with Sweet Corn & Tuna and Fruit Cup 粟米吞拿魚芝士焗通粉及水果杯 			
Side Dish for Meal A to D	Blueberry Danish 藍莓酥	Packed Drink 紙包飲品			





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營養紅綠燈
Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐!



 GREEN 綠燈	<p>EAT MORE 健康之選</p> <p>Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物</p> <p>Lean protein with fat trimmed 脂肪比例較低的蛋白質</p> <p>Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康少油的烹調方法 例如: 蒸、燉煮、烤、焗</p>
 AMBER 黃燈	<p>EAT MODERATE 適宜之選</p> <p>Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta 添加少量油的穀物 例如: 炒飯、炒麵、焗意粉</p> <p>Fatty cut of meat & poultry with skin 脂肪比例較高及連皮的肉類</p> <p>Full fat milk or cheese 全脂奶品類</p> <p>Processed or preserved meat, egg and veggies 加工或醃製肉類、蛋類及蔬菜食品</p> <p>Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁</p>
 RED 紅燈	<p>EAT LESS 少選為佳</p> <p>Deep-fried foods 油炸食品</p> <p>Sugar-sweetened beverages 添加糖分的飲品</p> <p>Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性脂肪或植物性飽和脂肪 例如: 豬油、牛油、忌廉、椰子油、椰漿</p> <p>Contains trans fat e.g. processed/premade pastries 含反式脂肪 例如: 預先製作及包裝的烘焙食物</p> <p>Preserved foods with extremely high salt content e.g. salted fish and salted eggs 鹽分極高的食品 例如: 鹹魚、鹹蛋</p>