

 港大同學會書院
HKUGA COLLEGE

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營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 健康之選 Choose at least 3 times per week 每週至少吃3次或以上 <ul style="list-style-type: none"> 1. Whole grain or grains with added vegetables 全穀類或加了蔬菜五穀粉 2. Lean protein with "at trim med" 低脂比華、雞腿的選自雞 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康少油的烹煮方法 例如：蒸、燉、焗、煎 	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每週吃1-2次 <ul style="list-style-type: none"> 1. Grains with small amount of added fat and oil e.g. fried rice, fried noodle, baked snacks 添加了少量脂肪和油類 例如：炒麵、炒粉、焗肉卷 2. Fatty cut of meat & poultry e.g. steak 脂肪含量較高的肉類及雞肉 例如：牛柳、雞腿 3. Full fat milk or cheese 全脂奶及乳酪 4. Processed or preserved meat, egg and vegetables 加工或醃製肉類、蛋類及蔬菜食品 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁 	EAT LESS 少選為佳 No more than 1 time per week 每週吃不超過1次 <ul style="list-style-type: none"> 1. Deep fat or fried foods 油炸食品 2. Added animal fats or saturated fat fat e.g. land, butter, cream, coconut oil, coconut crisp, etc. 添加了動物性脂肪或飽和性脂肪的食品 例如：黃油、牛油、忌廉、椰子油、椰油 3. Contains trans fat e.g. processed/premade pastries, biscuits, etc. 含有反式脂肪 例如：餅乾、餅乾、餅乾 4. Sugar sweetened beverages 含糖飲料 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分或高糖食品 例如：鹹魚、鹹蛋



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COMPASS | HK GROUP

Lunch Menu September 2023

Monday

Tuesday

Wednesday

Thursday

Friday

1 Sep

Meal

A



Meal

B

Meal

C

Italian Aubergine
Parmigiana with
Mashed Potato

意式烤千層茄子配薯

蓉



Spaghetti Bolognese
肉醬意粉



Vietnamese Style
Lemongrass Pork
Chop with Rice

香茅豬扒飯



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



All meals are nut-free
所有食物均不含堅果



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



Wheat Alert
含小麥

Lunch Menu September 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	4 Sep	5 Sep	6 Sep	7 Sep	8 Sep
<u>Meal A</u> ✓	Roasted Bell Pepper Sandwich with Sweet Corn 雜椒三文治配粟米 🌱	Broccoli Mac & Cheese 焗芝士西蘭花通粉 🥛🌱	Egg Sandwich with Garden Salad 雞蛋三文治 配田園沙律 🥚🌱	Braised E-Fu Noodle with Mushroom 乾燒伊麵 🥚🌱🌱	Braised Teriyaki Eggplant with Rice 照燒茄子飯 🌱🌱
<u>Meal B</u>	Curry Pork Chop with Rice 咖喱豬扒配飯 🥛🌱🌱	Teriyaki Pork with Rice 日式照燒汁豚肉飯 🌱🌱	Lettuce & Shredded Pork Mixed Rice 生炒豬肉伴飯 🥚🌱🌱	Chicken Burger with Sweetcorn 雞扒漢堡配粟米 🥛🌱	Italian Beef Lasagna 意大利牛肉千層麵 🥚🥛🌱
<u>Meal C</u>	Stir-fried Rice Noodles with Sliced Pork 干炒肉片河 🌱🌱	Fish Fillet in Egg and Sweet Corn Sauce with Rice 滑蛋粟米魚柳配飯 🥚🐟🌱	Stir-fried Beef with Leek with Red Rice 京蔥牛肉配飯 🌱🌱	Lettuce & Shredded Beef Fried Rice 生炒牛肉飯 🥚🌱🌱	Portuguese Chicken with Rice 葡國雞飯 🥛



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



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含蛋類



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Fish Alert
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Shellfish Alert
含貝殼類海鮮



Wheat Alert
含小麥

Lunch Menu September 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	11 Sep	12 Sep	13 Sep	14 Sep	15 Sep
<u>Meal A</u> A 	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋配糙米飯 	Italian Style Veg Meat with Rice 西西里素肉配飯  	Tomato & Cheese Sandwich with Thai Vermicelli Salad 番茄芝士三文治 配 泰式粉絲沙律  	Assorted Veg, Carrots & Mushroom in Garlic & Rice 蒜香雜菜甘筍蘑菇配飯	Tomato & Scrambled Egg with Rice 蕃茄炒蛋配飯 
<u>Meal B</u> B	Pan Fried Fish Fillet with Penne in Pumpkin Sauce 香煎魚柳配南瓜汁長通粉    	Pork Goulash with Fusilli 匈牙利燴肉片配螺絲粉 	Chicken A La King with Rice 白汁雞皇飯 	Pork & Cheese Burger with Sweet Corn 豬柳芝士漢堡配粟米粒  	Spaghetti Carbonara 卡邦尼意粉  
<u>Meal C</u> C	Honey Soy Chicken with Rice 港式豉油雞肉配飯  	Stir Fried Chicken with Rice Noodles 干炒雞肉河  	Braised Beef & White Radish with Rice 蘿蔔炆牛肉配飯 	Steamed Shitake Mushroom & Chicken with Rice 北菇蒸雞飯  	Sweet & Sour Chicken & Rice 咕嚕雞球配飯   



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限量

Eat Less
少量



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Monday

Tuesday

Wednesday

Thursday

Friday

18 Sep

19 Sep

20 Sep

21 Sep

22 Sep

Meal

A



Sweet & Sour
Cauliflower with Rice
咕嚕椰菜花配飯



Japanese Style
Braised Enoki
Mushroom & Tofu
with Rice
日式金菇豆腐飯



Tomato Cheese
Ciabatta with
Sweetcorn
蕃茄芝士軟包
配粒粒粟米



Cauliflower &
Pumpkin Lentils Curry
with Rice
咖喱椰菜花扁豆南瓜
配飯



Japanese Grilled
Eggplant & Tofu
with Rice
日式茄子豆腐配飯

Meal

B

Chicken Dijonnaise
with Rice
法式芥末燉雞配飯



Pork Chop in Garlic
Sauce with Rice
蒜蓉豬扒配飯



Mushroom Chicken
with Rice
磨菇汁雞肉配飯



Hawaiian Pizza with
Potato Wedges
夏威夷薄餅配薯角



Meat Balls with
Tomato Sauce with
Pasta
番茄肉丸配意粉

Meal

C

Fried Rice Vermicelli in
Singapore Style
星洲炒米



Taiwanese Style
Three Cup Chicken
with Rice
三杯雞配飯



Western Fried Rice
西炒飯



Steamed Mince Pork,
Water Chestnut &
Mushroom with Rice
馬蹄冬菇蒸肉餅配飯



Lemongrass Chicken
with Rice
香茅雞扒配飯

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限量Eat Less
少量Vegetarian
素食Sustainable Seafood
可持續海鮮All meals are nut-free
所有食物均不含堅果Egg Alert
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Lunch Menu September 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	25 Sep	26 Sep	27 Sep	28 Sep	29 Sep
<u>Meal A</u> ✓	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯 🥚	Braised Veggie Meat & Pumpkin w/ Rice 南瓜炆素肉丸配飯 🥬🌿	Roasted Bell Pepper Sandwich with Corn Salad 雜椒三文治配粟米沙律 🌿	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇烘蛋伴薯粒 🥚	Vegetarian BBQ Pork with Rice 素蜜汁叉燒飯 🥬🌿
<u>Meal B</u>	Curry Beef with Spaghetti 咖喱牛肉意粉 🥛🌿	Lemon Rosemary Fish with Rice 檸檬香草烤魚柳配飯 🐟🌿	Braised Chicken in Portuguese Style & Rice 葡國雞飯 🥛	Fish Burger with Fries 魚柳包配薯條 🥛🐟🥚🥬🌿	Chilli Con Carne with Mac 墨西哥肉醬配通粉 🌿
<u>Meal C</u>	Nasi Goreng (Less Oil) 印尼炒飯(少油) 🥚🥬🌿	Stir-fried Rice Noodles with Mixed Pepper & Chicken (Less Oil) 雜椒雞絲炒河粉(少油) 🥬🌿	Japanese Pork Chop with Rice 日式燒汁豬扒飯 🥬🌿	Fresh Tomato & Sliced Pork with Rice 鮮茄肉片配飯	Thai Style Pineapple Fried Rice 泰式菠蘿炒飯 🥚🥬🌿



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