

 **港大同學會書院**  
HKUGA COLLEGE

chartwells

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營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 健康之選</b> Choose at least 3 times per week 每日至少吃3次或以上 <ul style="list-style-type: none"> <li>1. Whole grain or grains with added vegetables 全穀類或加了蔬菜五穀粉</li> <li>2. Lean protein with "at trim med" 低脂比華、雞腿的選自雞</li> <li>3. 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、焗、煎</li> </ul>	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每日吃1-2次 <ul style="list-style-type: none"> <li>1. Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snacks 添加了少量脂肪的穀物 例如：炒麵、炒粉、焗食粉</li> <li>2. Fatty cut of meat &amp; poultry e.g. steak 脂肪比例較高及皮肉肉類</li> <li>3. Full fat milk or cheese 全脂奶類</li> <li>4. Processed or preserved meat, egg and vegetables 加工或醃製肉類、蛋類及蔬菜食品</li> <li>5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或菜汁</li> </ul>	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每星期不超過1次 <ul style="list-style-type: none"> <li>1. Deep fat or fried foods 油炸食品</li> <li>2. Added animal fats or saturated fat e.g. lard, 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：豬油、牛油、忌廉、椰子油、椰油</li> <li>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</li> <li>4. Sugar sweetened beverages 含糖飲料</li> <li>5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分或高鹽分食品 例如：鹹魚、鹹蛋</li> </ul>



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COMPASS | HK GROUP

# Lunch Menu October 2023

Monday

Tuesday

Wednesday

Thursday

Friday

3 Oct

4 Oct

5 Oct

6 Oct

Meal  
A

Meal  
B

Meal  
C

The Day Following China  
National Day

Braised Japanese  
Eggplant with Rice  
日式燒汁茄子配飯



Egg Salad Sandwich with  
Sweet Corn  
蛋沙律三文治配粟米粒



Braised E-Fu Noodle with  
Mushroom  
乾燒伊麵



Mac & Cheese with  
Mixed Mushroom  
雜菌芝士通粉



Baked Spaghetti & Duck  
Breast with Tomato  
Sauce

焗鮮茄鴨胸意粉



Miso-Caramel Fish with  
Rice

味噌焦糖魚柳配飯



Pork & Cheese Burger  
with Sweet Corn

豬柳芝士漢堡配粟米粒



Braised Pork & Apple  
Sauce with Rice

蘋果醬豬柳配飯

Western Fried Rice

西炒飯



HK Style Stir-fried  
Spaghetti with Black  
Pepper & Beef

港式牛柳炒意粉



Spaghetti Bolognese  
肉醬意粉



Braised Potato &  
Chicken with Rice

薯仔炆雞配飯



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適宜

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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  
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 October 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	9 Oct	10 Oct	11 Oct	12 Oct	13 Oct
<u>Meal A</u>	<p>Scrambled Egg with Mushroom &amp; Rice</p> <p>蘑菇炒蛋配飯</p> 	<p>Vegetables &amp; Egg White Fried Rice</p> <p>菜粒蛋白炒飯</p> 	<p>Tomato Cheese Ciabatta with Fruit</p> <p>芝士番茄軟包</p> <p>配水果粒</p>   	<p>Braised E-Fu Noodle with Mushroom</p> <p>乾燒伊麵</p>   	<p>Spinach &amp; Mushroom Frittata with Roasted Potatoes</p> <p>意式菠菜蘑菇烘蛋伴薯角粒</p> 
<u>Meal B</u>	<p>Baked Chicken &amp; Spaghetti in Tomato Sauce</p> <p>焗茄汁雞肉意粉</p>  	<p>Meat Balls with Tomato Sauce with Spaghetti</p> <p>意式番茄肉丸配意粉</p> 	<p>Lemon Rosemary Fish with Rice</p> <p>檸檬香草烤魚柳配飯</p>  	<p>Jumbo Hot Dog with Wedges</p> <p>珍寶熱狗配薯角</p>  	<p>Japanese Curry Pork Chop with Rice</p> <p>日式咖哩豬扒配飯</p>  
<u>Meal C</u>	<p>Young Chow Fried Rice</p> <p>楊州炒飯</p>    	<p>Fish Fillet in Egg and Sweet Corn Sauce with Rice</p> <p>滑蛋粟米魚柳配飯</p>   	<p>Steamed Shitake Mushroom &amp; Chicken with Rice</p> <p>北菇雲耳蒸雞飯</p> 	<p>Steamed Mushroom &amp; Pork Patty with Rice</p> <p>冬菇蒸肉餅配飯</p>  	<p>Stir-fried Rice Noodles with Beef</p> <p>干炒牛肉河</p>  



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Monday

Tuesday

Wednesday

Thursday

Friday

	16 Oct	17 Oct	18 Oct	19 Oct	20 Oct
<u>Meal A</u>	<p>Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉</p> 	<p>Italian Style Veg Meat with Rice 西西里素肉配飯</p> 	<p>Roasted Bell Pepper Sandwich with Sweet Corn 雜椒三文治配粟米粒</p> 	<p>Assorted Veg, Carrots &amp; Mushroom in Garlic &amp; Rice 蒜香雜菜甘筍蘑菇配飯</p>	Staff Development Day
<u>Meal B</u>	<p>Teriyaki Onion &amp; Pork with Rice 照燒洋蔥豚肉飯</p> 	<p>Napoleon Spaghetti 拿破崙意粉</p> 	<p>Baked Macaroni with Sweet Corn &amp; Tuna 焗粟米吞拿魚芝士通粉</p> 	<p>Chicken Burger with Sweet Corn 雞扒漢堡配粟米粒</p> 	
<u>Meal C</u>	<p>Braised Beef &amp; White Radish with Rice 蘿蔔炆牛肉配飯</p> 	<p>Sweet and Sour Pork with Rice 咕嚕肉飯</p> 	<p>Braised Pumpkin Pork with Red Rice 南瓜肉片紅米飯</p>	<p>Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯</p> 	



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Monday

Tuesday

Wednesday

Thursday

Friday

	30 Oct	31 Oct	
<u>Meal A</u>	Vegetarian BBQ Pork with Rice 素蜜汁叉燒配飯  	Broccoli & Onion Frittata with Roasted Potatoes 西蘭花洋蔥 意式烘蛋配薯粒 	
<u>Meal B</u>	Pork Chop in Peach Gravy with Rice 蜜桃汁豬扒配飯	Baked Curry Chicken with Rice 焗咖喱雞配飯 	
<u>Meal C</u>	Fried Rice Vermicelli in Singapore Style 星洲炒米    	Stir-fried Thai Style Pork & Pineapple with Rice 泰式菠蘿炒肉片配飯 	



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