

 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 適宜 Choose at least 3 times per week 每週選擇3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每週選擇不多於2次	EAT LESS 少量 Limit to 4 times per month 每月選擇不多於4次
1. Whole grain or grains with added vegetables 全穀類食物 (例如：糙米、全麥粉) 2. Lean protein with at trimmed 低脂蛋白、肉類的瘦白肉 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking 健康少油烹調方法 例如：蒸、燉、焗、烤	1. Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked noodle 添加油脂的穀類 例如：炒麵、炒粉、焗麵 2. Fatty cut of meat & poultry with skin 脂肪比例較高及皮肉類的肉類 3. Full fat milk or cheese 全脂的奶類 4. Processed or preserved meat, egg and vegetables 加工或新製肉類、蛋類及蔬菜類 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或羹	1. Deep-fried foods 油炸食品 2. Added animal fats or saturated animal fats e.g. lard, butter, cream, coconut oil, coconut milk 添加了動物性脂肪或飽和性脂肪的動物脂肪 例如：豬油、牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪的餅乾、餅類、餅干及餅乾類 4. Sugar sweetened beverages 含蔗糖分的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份的保存食品 例如：鹹魚、鹹蛋



立即follow我哋嘅平台，定期接收最新金巴斯集團(香港)嘅消息及營養資訊啦！
Stay tuned to our social media channels to receive latest news and regular Nutritional Information from Compass Group Hong Kong.

訂閱 每月營養資訊
SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER



 
 
 

 COMPASS | HK GROUP

Lunch Menu January 2024

Monday

Tuesday

Wednesday

Thursday

Friday

	01 Jan	02 Jan	03 Jan	04 Jan	05 Jan
<u>Meal A</u> A 	New Year's Day	Braised Chickpeas and Tomato w/ Rice 番茄燴雞心豆配飯	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯 	Swimming Gala	Staff Development Day
<u>Meal B</u> B		Baked Tuna Macaroni and Cheese 焗芝士吞拿魚通粉    	Baked Spaghetti Bolognaise 焗肉醬意粉 		
<u>Meal C</u> C		Braised Potato & Chicken with Rice 薯仔炆雞配飯   	Japanese BBQ Chicken with Rice 日式燒烤汁雞肉飯  		



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 January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	08 Jan (S1-S5)	09 Jan (S1-S5)	10 Jan (S1-S5)	11 Jan (S1-S3)	12 Jan (S1-S3)
<u>Meal A</u> ✓	Italian Style Veg Meat with Macaroni 西西里素肉配通粉 🌱🌾	Vegetarian Egg Foo Yung with Rice 素芙蓉蛋配飯 🥚	Braised E-Fu Noodle with Mushroom 乾燒伊麵 🥚🌱🌾	Stir Fried Veggie Chicken with Celery & Black Fungus 西芹雲耳炒素雞配飯 🌱	Scrambled Egg with Green Bean & Rice 豆角粒炒蛋配飯 🥚
<u>Meal B</u>	Baked Rice & Chicken with Onion Gravy 焗洋葱雞肉飯 🥛🥚	Baked Japanese Curry Chicken with Spaghetti 焗日式咖喱雞配意粉 🥛🌾	Meat Balls with Tomato Sauce with Spaghetti 意式番茄肉丸配意粉 🌾	Italian Beef Lasagna 意大利牛肉千層麵 🥚🥛🌾	Jumbo Hot Dog with Wedges 珍寶熱狗配薯角 🌱🌾
<u>Meal C</u>	Western Fried Rice 西炒飯 🥚	Braised Beef & White Radish with Rice 蘿蔔炆牛肉配飯 🌱	Fish Fillet in Egg and Sweet Corn Sauce with Rice 滑蛋粟米魚柳配飯 🥚🐟🌾	Tomato & Pork Meat with Rice 鮮茄肉片配飯	Portuguese Chicken with Rice 葡國雞飯 🥛



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Lunch Menu January 2024

Monday

Tuesday

Wednesday

Thursday

Friday

	15 Jan (S1-S3)	16 Jan (S1-S3)	17 Jan (S1-S3)	18 Jan (S1-S3)	19 Jan (S1-S3)
<u>Meal A</u> ✓	Tomato & Scrambled Egg with Rice 蕃茄炒蛋配飯 🥚	Japanese Style Braised Enoki Mushroom & Tofu with Rice 日式金菇豆腐飯 🍄	Assorted Veg, Carrots & Mushroom in Garlic & Rice 蒜香雜菜甘筍蘑菇配飯	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇烘蛋伴薯角粒 🥔	Mixed Mushroom Risotto 雜菌意大利飯 🍷
<u>Meal B</u>	Baked Spaghetti Carbonara 焗卡邦尼意粉 🍷🌾	Baked Cream Sauce & Seafood with Rice 焗白汁海鮮飯 🍷🐟🦐	Baked Pork Chop & Rice in Black Pepper Sauce 焗黑椒豬扒飯 🍷🌾	Teriyaki Onion & Pork with Rice 照燒汁洋蔥豚肉飯 🍷🌾	Ham Cheese Croissant with Wedges 芝士火腿牛角包配薯角 🌾🍷🥔
<u>Meal C</u>	Sweet & Sour Chicken & Rice 咕嚕雞球配飯 🥚🍷🌾	Lemongrass Pork Chop with Rice 香茅豬扒配飯 🐟	Stir-fried Rice Noodles with Sliced Pork 干炒肉片河 🍷🌾	Braised Potato & Chicken with Rice 薯仔炆雞配飯 🍷🍷🌾	Nasi Goreng (Less Oil) 印尼炒飯(少油) 🥚🍷🌾



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	Monday	Tuesday	Wednesday	Thursday	Friday
	22 Jan (S1-S3)	23 Jan (S1 Only)	24 Jan	24 Jan	24 Jan
<u>Meal A</u> ✓	Vegetarian Hachi 素菜芝士焗薯蓉  	Braised Chickpeas and Tomato w/ Rice 番茄燴雞心豆配飯			
<u>Meal B</u>	Barbecue Chicken With Rice 燒烤醬雞脾肉配飯 	Baked Pork Neck Rice in Curry Sauce (Without coconut milk) 焗咖喱豬頸肉飯 			
<u>Meal C</u>	Stir fried Spaghetti with Black Pepper & Beef 港式牛柳炒意粉  	Lettuce & Shredded Beef Fried Rice 生炒牛肉飯   			



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	Monday	Tuesday	Wednesday	Thursday	Friday
	29 Jan	30 Jan	31 Jan		
<u>Meal A</u> ✓	Scrambled Egg with Mushroom & Rice 蘑菇炒蛋配飯 🥚	Sweet & Sour Cauliflower with Rice 咕嚕椰菜花配飯 🌾	Tomato Cheese Ciabatta with Fruit 芝士番茄軟包配水果粒 🥛🥚🌾		
<u>Meal B</u>	Baked Pumpkin & Chicken with Penne 焗南瓜雞肉長通粉 🥛🌾	Chicken A La King with Spaghetti 白汁雞皇意粉 🥛🌾	Baked Spaghetti Bolognese (Beef) 焗肉醬意粉 🌾🥛		
<u>Meal C</u>	Steamed Mince Pork, Water Chestnut & Mushroom with Rice 馬蹄冬菇蒸肉餅配飯 🌾🥚	Honey Soy Chicken with Rice 港式豉油雞肉配飯 🌾🥚	Sweet and Sour Fish with Rice 糖醋魚柳配飯 🌾🐟🥚		



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