



港大同學會書院
HKUGA COLLEGE

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營養紅綠燈

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TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 適宜 Choose at least 3 times per week 每週至少選擇3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每週至少選擇不多於2次	EAT LESS 少量 Limit to 4 times per month 每月至少選擇不多於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 least 1 vegetable 低脂蛋白質食物 (例如：雞胸肉、魚、豆腐) 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking 健康烹調方法 (例如：蒸、焗、煎、烤) 4. Full-fat milk or cheese 全脂牛奶或芝士 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. Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked noodle 含有或全部含有添加脂肪及油類的食物 (例如：炒麵、炒粉、焗粉) 2. Fatty cut of meat & poultry with skin 脂肪含量高的肉類及皮肉類 (例如：肥牛、肥雞) 3. Processed or preserved meat, egg and vegetable 加工或經製成肉類、蛋類及蔬菜類 (例如：臘腸、鹹蛋) 4. 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動物性脂肪的食物 (例如：豬油、牛油、忌廉、椰子油、椰漿) 3. Contains trans fat e.g. processed/premade pastries, biscuits, margarine, fried food, fast food, etc. 含有反式脂肪 (例如：加工製成的糕點、餅乾、人造奶油、油炸食品、快餐等) 4. Sugar sweetened beverages 含糖的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽含量的食品 (例如：鹹魚、鹹蛋)



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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

QR code for sign-up

COMPASS | HK GROUP

Lunch Menu March 2024

Monday

Tuesday

Wednesday

Thursday

Friday

01 Mar

Meal

A



Meal

B

Meal

C

Italian Aubergine
Parmigiana with Rice
意式烤千層茄子配飯



Chicken Burger with
Potato
雞扒漢堡配薯粒



Vietnamese Style
Lemongrass Pork Chop
with Rice
香茅豬扒飯



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適宜

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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 March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	04 Mar	05 Mar	06 Mar	07 Mar	08 Mar
<u>Meal A</u> ✓	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋配糙米飯 🥚	Green Burrito with Sweet Corn 墨西哥紅腰豆捲餅配粟米 🌽🌽	Italian Style Veg Meat with Rice 西西里素肉配飯 🥚🌽🌾	Assorted Veg, Carrots, Mushroom & Dried Bean Curd in Garlic & Rice 蒜香雜菜甘筍蘑菇豆乾配飯 🌽	Tomato & Scrambled Egg with Rice 蕃茄炒蛋配飯 🥚
<u>Meal B</u>	Baked Fish Fillet with Penne in Pumpkin Sauce 焗魚柳配南瓜汁長通粉 🐟🥚🌽🌾	Baked Tomato & Pork with Rice 焗鮮茄肉片配飯 🌽🌾	Shogayaki Pork Ginger with Rice 薑汁燒豬肉飯 🌽🌾	Baked Mac Carbonara 焗卡邦尼通粉 🥚🥚🌽	Hawaiian Pizza with Potato Wedges 夏威夷薄餅配薯角 🥚🌽🌾
<u>Meal C</u>	Stir Fried Beef with Rice Noodles (Less Oil) 干炒牛肉河 (少油) 🌽🌾	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 🥚🐟🌽🌾	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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適宜

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Vegetarian
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Sustainable Seafood
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Egg Alert
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Lunch Menu March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	11 Mar	12 Mar	13 Mar	14 Mar	15 Mar
<u>Meal A</u> ✓	Egg Sandwich with Fruit Cup 雞蛋三文治配生果杯  	Braised Veggie Meat & Pumpkin w/ Rice 南瓜炆素肉丸配飯   	Garlic Mixed Vegetables & Bean Curd Mixed Rice 蒜香雜菜豆乾拌飯 	Vegetarian Lasagne 雜菜千層麵   	Vegetarian BBQ Pork with Rice 素蜜汁叉燒飯  
<u>Meal B</u>	Baked Rice & Pork with Onion Gravy 焗洋蔥汁雞肉飯   	Baked Tuna Macaroni and Cheese 焗芝士吞拿魚通粉    	Braised Chicken in Portuguese Style & Rice (Without Coconut milk, with low fat milk) 葡國雞飯 (不含椰奶, 配低脂奶) 	Baked Pork Rice in Curry Sauce 焗咖喱肉片飯   	Fish Burger with Fries 魚柳包配薯條     
<u>Meal C</u>	Pan-fried Fish Fillet in Egg and Sweet Corn Sauce with Rice 滑蛋粟米煎魚柳配飯   	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  	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯  	Thai Style Pineapple Fried Rice 泰式菠蘿炒飯 



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Lunch Menu March 2024

	Monday 18 Mar	Tuesday 19 Mar	Wednesday 20 Mar	Thursday 21 Mar	Friday 22 Mar
<u>Meal A</u> ✓	Teriyaki Eggplant & Tofu with Rice 照燒茄子豆腐飯  	Shiitake & Lentil Bolognese with Macaroni 香菇蘭度醬配通粉 	Green Bean Omelet with Rice 豆角煎蛋配飯 	Italian Style Mixed Vegetables with Egg Rice 意式雜菜配炒蛋飯 	Scrambled Egg with Mushroom & Rice 蘑菇炒蛋配飯 
<u>Meal B</u>	Roasted Pork Loin in Apple Sauce (with low fat milk) with Spaghetti 低脂法式烤豬柳蘋果醬配意粉  	Baked Tomato Pan-fried Fish with Macaroni 焗鮮茄煎魚柳通粉   	Baked Napoleon Spaghetti 焗拿破崙意粉 	Teriyaki Onion & Pork with Rice 照燒汁洋蔥豚肉飯  	Chicken Burger with Potato 雞扒漢堡配薯粒  
<u>Meal C</u>	Braised Potato & Chicken with Rice 薯仔炆雞配飯   	Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯   	Low Fat HK Style Curry Chicken (Skinless) with Rice 低脂港式咖喱雞肉(去皮)配飯 	Fried Rice Vermicelli in Singapore Style (no seafood) 星洲炒米(不含海鮮)   	Lettuce & Shredded Beef Fried Rice (Less Oil) 生炒牛肉飯(少油) 



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