



港大同學會書院
HKUGA COLLEGE

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QR code for sharing thoughts



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(例如全麥粉)	1. Grains with or all amount of a cold fat/oil e.g. rice, rice, fried noodle, baked meat 含飽和脂肪的食物 例如: 炸雞、炸薯、油條	1. Deep-fried foods 油炸食品
2. Lean protein with at trimmed 低脂肪、低熱量的蛋白質	2. Fatty cut of meat & poultry with skin 脂肪含量高的肉及皮肉類	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脂肪的食品 例如: 豬油、牛油、忌廉、椰子油、椰漿
3. Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil 健康的烹調方法 例如: 蒸、燉、焗、烤	3. Full-fat milk or cheese 全脂奶類	3. Contains trans fat 含有反式脂肪 e.g. processed/premade pastries 預加工食品/預製食品 例如: 酥餅、餅干及夾心餅乾等
	4. Processed or preserved meat, egg and veggies 加工或製成肉類、蛋類及蔬菜	4. Sugar sweetened beverages 含糖的飲品
	5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁	5. Preserved foods with extremely high salt content e.g. salted fish and salted veg 高鹽含量的食品 例如: 鹹魚、鹹菜



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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










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QR code for newsletter sign-up

Facebook, YouTube, LinkedIn QR codes

COMPASS | HK GROUP

Lunch Menu July 2024

	Monday 01 July	Tuesday 02 July (S4-S5 Students Only)	Wednesday 03 July	Thursday 04 July (S4-S5 Students Only)	Friday 05 July (S4-S5 Students Only)
<u>Meal A</u> ✔	HKSAR Establishment Day	Braised E-Fu Noodle with Mushroom 乾燒伊麵 	SG Graduation Ceremony	Tomato & Scrambled Egg with Rice 蕃茄炒蛋配飯 	Sweet & Sour Cauliflower with Rice 咕嚕椰菜花配飯 
<u>Meal B</u>		Baked Spaghetti Bolognese 焗肉醬意粉 		Baked Curry Pork Chop with Rice 焗咖喱豬扒配飯 	Pork Patty & Cheese Burger with Bake Potato Wedges 豬柳芝士漢堡配焗薯角 
<u>Meal C</u>		Honey Soy Chicken with Rice (Skinless) 港式豉油雞肉(去皮)配飯 		Honey Glazed BBQ Chicken with Rice 蜜汁叉燒醬雞肉配飯 	Korean Beef & Vegetable with Rice 韓式雜菜牛肉拌飯 



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限量

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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 July 2024

	Monday 08 July (S4-S5 Students Only)	Tuesday 09 July (S4-S5 Students Only)	Wednesday 10 July (S4-S5 Students Only)	Thursday 11 July (S4-S5 Students Only)	Friday 12 July
Meal A ✓	Scrambled Egg with Mushroom & Rice 蘑菇炒蛋配飯   	Low Fat Mixed Mushroom Risotto 低脂雜菌意大利飯 	Egg Sandwich with Garden Corn Salad 雞蛋三文治 配田粟米沙律  	 Sustainable Dish Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸 配糙米飯  	Online School Day
Meal B	Baked Chicken A La King with Rice 焗白汁雞皇飯   	Baked Pork Chop & Rice in Black Pepper Sauce 焗黑椒豬扒飯   	Baked Tuna Macaroni and Cheese 焗芝士吞拿魚通粉    	Baked Chicken Rice in Tomato Sauce 焗鮮茄雞肉配飯   	
Meal C	Chilli Con Carne with Mac 墨西哥肉醬配通粉 	Pan Fried Fish in Pumpkin Sauce with Brown Rice 南瓜汁魚柳配糙米飯    	Sweetcorn & Diced Pork with Rice in Creamy Sauce 忌廉粟米肉粒飯 	Braised Beef & White Radish with Rice 蘿蔔炆牛肉配飯   	



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