



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 含油及高熱量的食物 例如: 炸雞、炸麵、油條	1. Deep-fried foods 油炸食品
2. Lean protein with a trimmed fat 低脂肪、低熱量的蛋白質	2. Fatty cut of meat & poultry with skin 脂肪多、高熱量的肉類	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性脂肪的食物 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 e.g. processed/premade pastries 含反式脂肪的食物 例如: 酥餅、餅干、牛油、椰漿
	4. Processed or preserved meat, egg and vegetables 加工或新製肉類、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 eggs 高鹽份的保存食物 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

Facebook, YouTube, LinkedIn QR codes

COMPASS | HK GROUP

Lunch Menu September 2024

	Monday 02 Sep	Tuesday 03 Sep	Wednesday 04 Sep	Thursday 05 Sep	Friday 06 Sep
<u>Meal A</u> ✔	First Day School	Broccoli Mac & Cheese 焗芝士西蘭花通粉  	Garlic Mixed Vegetables & Fresh Bean Curd Mixed Rice 蒜香雜菜鮮豆乾拌飯  	Scrambled Onion, Green Bean & Egg with Rice 洋蔥豆角炒蛋配飯   	Sustainable Dish Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯  
<u>Meal B</u>		Spaghetti Bolognese (Beef) 肉醬意粉  	Baked Sole Fillet Penne with Tomato Sauce 焗鮮茄魚柳長通粉    	Baked Braised Chicken in Portuguese Style & Rice 焗葡國雞飯  	Pork Burger with Roasted Potato Wedges 豬柳漢堡配薯角  
<u>Meal C</u>		Japanese Teriyaki Chicken with Rice 日式照燒汁雞脾肉配飯  	Steamed Shitake Mushroom & Chicken with Rice 北菇雲耳蒸雞飯   	Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯   	Yeung Chow Fried Rice 揚州炒飯    



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適宜

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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 September 2024

	Monday 09 Sep	Tuesday 10 Sep	Wednesday 11 Sep	Thursday 12 Sep	Friday 13 Sep
Meal A ✓	Low Fat Mixed Mushroom Risotto 低脂雜菌意大利飯  	Braised Rice Vermicelli with Dried Bean Curd and Mixed Vegetables 豆乾雜菜炆米粉  	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋配糙米飯   	Braised Teriyaki Eggplant & Tofu with Rice 照燒茄子豆腐飯  	 Sustainable Dish Green Burrito with Sweet Corn 墨西哥捲餅配粟米    
Meal B	Baked Penne & Duck Breast with Tomato Sauce 焗鮮茄鴨胸通粉   	Baked Creamy Seafood with Rice 白汁海鮮焗飯     	Shepherd's Pie 牧羊人批  	Baked Pork Chop & Rice in Black Pepper Sauce 焗黑椒豬扒飯   	Chicken Burger with Fries 雞扒漢堡配薯條  
Meal C	Braised Potato & Chicken with Rice 薯仔炆雞配飯   	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯  	Curry Chicken with Rice 咖哩雞配飯 	Japanese Yuzu Roasted Chicken with Rice 和風柚子雞肉飯	Low fat Sweetcorn & Diced Pork with Rice 低脂粟米肉粒飯  



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Lunch Menu September 2024

	Monday 16 Sep	Tuesday 17 Sep	Wednesday 18 Sep	Thursday 19 Sep	Friday 20 Sep
<u>Meal A</u> ✓	Veg Mapo Tofu with Rice 素麻婆豆腐配飯  	Mixed Mushroom Risotto 雜菌意大利飯  	Day after Mid-Autumn Festival	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇烘蛋伴薯粒  	Spaghetti Mushrooms Chickpeas Bolognese 番茄蘑菇鷹咀豆意粉  
<u>Meal B</u>	Roasted Spring Chicken with Grilled Veggies 燒春雞配烤雜菜	Baked Bolognese Sauce with Spaghetti 焗蕃茄肉醬意粉   		Baked Orange Pumpkin & Chicken with Penne 焗香橙南瓜雞肉長通粉  	Jumbo Hot Dog with Roasted Wedges 珍寶熱狗配烤薯角   
<u>Meal C</u>	Fried Rice Vermicelli in Singapore Style 星洲炒米   	Swiss Chicken Wing with Rice 瑞士汁雞中翼配飯  		Western Fried Rice (Less Oil) 西炒飯 (少油)   	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯  



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Lunch Menu September 2024

	Monday 23 Sep	Tuesday 24 Sep	Wednesday 25 Sep	Thursday 26 Sep	Friday 27 Sep
Meal A 	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯 	Green Bean Omelette with Rice 豆角煎蛋配飯   	Italian Style Veg Meat with Rice 西西里素肉配飯   	Tomato Cheese Pizza with Roasted Wedges 番茄芝士薄餅配烤薯角  	Pesto, Carrot & Chickpea Fusilli 香草醬甘筍鷹嘴豆螺絲粉 
Meal B	Baked Rice & Pork with Onion Gravy 焗洋葱汁雞肉飯   	Korean Beef Bibimbap 韓式牛肉拌飯  	Baked Tuna Macaroni and Cheese 焗芝士吞拿魚通粉    	Teriyaki Onion & Pork with Rice 照燒汁洋葱豚肉飯  	Chicken Burger with Potato 雞扒漢堡配薯粒  
Meal C	Fresh Tomato & Sliced Pork with Rice 鮮茄肉片配飯 	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  	Nasi Goreng (Less Oil) 印尼炒飯(少油)   	Thai Style Pineapple & Chicken Fried Rice (Less Oil) 泰式菠蘿雞肉炒飯(少油) 



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Lunch Menu September 2024

Monday











Tuesday

Wednesday

Thursday

Friday

30 Sep

<p><u>Meal</u> A</p> 	<p>Vegetarian Lasagne 雜菜千層麵</p>   	
<p><u>Meal</u> B</p>	<p>Baked Pork Rice in Curry Sauce 焗咖哩肉片飯</p>   	
<p><u>Meal</u> C</p>	<p>Vietnamese Style Lemongrass Chicken with Rice 香茅雞扒飯</p>   	



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