




港大同學會書院
HKUGA COLLEGE

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SHARE YOUR THOUGHTS

分享你的意見

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(例如全穀粉) | 1. Grains with or all amount of a solid fat such as oil e.g. fried rice, fried noodle, baked meat 含有固態脂肪的食物 例如: 煎飯、炒麵、焗肉卷 | 1. Deep-fried foods 油炸食品 |
| 2. Lean protein with a trimmed fat 低脂肪、低脂的蛋白質 | 2. Fatty cut of meat & poultry with skin 脂肪含量較高的肉類及家禽 | 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. 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 含有反式脂肪的食物 例如: 酥餅、餅干及自製的酥餅類 |
| | 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 |



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

QR code for newsletter sign-up

COMPASS | HK GROUP

聲明: 儘管我們已採取一切措施確保廚房內的交叉污染最小化, 但可能會出現我們無法控制的情況, 並可能改變所提供過敏原信息的準確性。因此, 我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。
 DISCLAIMER: Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights.

Lunch Menu October 2024

| | Monday | Tuesday 1 Oct | Wednesday 2 Oct | Thursday 3 Oct | Friday 4 Oct |
|--------------------|--------|------------------|--|---|---|
| <u>Meal A</u> ✓ | | National Day | Sriracha Cauliflower Flour Tortilla with Garden Salad 甜辣椰菜花墨西哥卷餅 配田園沙律  | Scrambled Onion, Green Bean & Egg with Rice 洋葱豆角炒蛋配飯    | Tofu & Spinach Curry with Rice 豆腐菠菜咖喱配飯  |
| <u>Meal B</u> | | | Baked Rice with Hungarian Braised Pork Stew 匈牙利燴豬肉焗飯     | Baked Creamy Seafood with Rice 白汁海鮮焗飯      | Fish Burger & Chips 炸魚柳漢堡配薯條     |
| <u>Meal C</u> | | | Lemon Chicken with Corn Rice 檸檬雞肉配粟米飯     | Vietnamese Lemongrass Pork Chop with Rice 越式香茅豬扒配飯    | Minced Pork & Mushroom in Steam Egg with Rice 肉碎香菇蒸水蛋配飯     |



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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 October 2024

| | Monday 7 Oct | Tuesday 8 Oct | Wednesday 9 Oct | Thursday 10 Oct | Friday 11 Oct |
|--------------------|---|---|---|-----------------------|----------------------|
| <u>Meal A</u> ✓ | Macaroni & Cheese with Corn 粟米芝士通粉   | Braised Rice Vermicelli with Dried Bean Curd and Mixed Vegetables 豆乾雜菜炆米粉   | Tomato and Egg with Rice 鮮茄炒蛋配飯     | Staff Development Day | Chung Yeung Festival |
| <u>Meal B</u> | Baked Italian Tomato Chicken with Rice 焗意式番茄雞肉配飯     | Baked Beef Chilli Con Carne with Rice 焗墨西哥牛肉醬配飯   | Pork Sausage and Mashed Potato 烤豬肉腸配薯蓉   | | |
| <u>Meal C</u> | Fried Rice Vermicelli in Singapore Style (No seafood) 星洲炒米 (不含海鮮)     | Tandoori Fish with Rice 天多利魚塊配飯    | Sautéed Zucchini and Chicken with Rice 翠肉瓜炒雞柳配飯      | | |



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Lunch Menu October 2024

| | Monday 14 Oct | Tuesday 15 Oct | Wednesday 16 Oct | Thursday 17 Oct | Friday 18 Oct |
|--------------------|---|---|---|---|---|
| Meal A ✔ |  Sustainable Dish Sweet & Sour Veggie Meat Ball with Rice 甜酸咕嚕素肉丸配糙米飯    | Vegetarian Ham and Tomato Pasta Bake 素火腿焗番茄長通粉    | Roast Cauliflower & Chickpea Korma with Rice 烤椰菜花鷹嘴豆印式咖喱配飯  | Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇烘蛋伴薯粒   | Vegetable Lasagne 素菜千層麵     |
| Meal B | Baked Spaghetti Carbonara 焗卡邦尼意粉   | Chicken Alfredo with Roasted Potato and Green Bean 白汁燒雞肉配青豆及薯仔     | Baked Orange Pumpkin & Chicken with Penne 焗香橙南瓜雞肉長通粉   | Teriyaki Onion & Pork with Rice 照燒汁洋葱豚肉飯   | Jumbo Hot Dog with Roasted Wedges 珍寶熱狗配烤薯角    |
| Meal C | Korean Glass Noodles & Chicken with Rice 韓式雞肉燴飯      | Fish Fillet in Sweet Corn Sauce with Rice 粟米魚柳配飯       | Sweet & Sour Pork with Red Rice 咕嚕肉配紅米飯     | Steamed Egg with Sweet Corn & Diced Chicken with Rice 粟米雞粒蒸水蛋配飯     | Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯      |



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Lunch Menu October 2024

| | Monday 21 Oct | Tuesday 22 Oct | Wednesday 23 Oct | Thursday 24 Oct | Friday 25 Oct |
|--------------------|--|---|--|--|--|
| Meal A ✓ | Braised Teriyaki Eggplant & Tofu with Rice 照燒茄子豆腐飯   | Braised Chestnut with Carrots in Tomato Sauce w/ Rice 茄汁燴栗子甘筍飯  | Mixed Bean & Veggie with Rice 鮮茄雜豆燉菜配飯  | Pad Ped Jay (Stir Fried Thai Vegetables) with Rice 泰式炒雜菜配飯(少辣)   | Low Fat Mixed Mushroom Risotto 低脂雜菌意大利飯   |
| Meal B | Baked Pork & Rice in Black Pepper Sauce 焗黑椒豬肉飯     | Baked Pork Chop with Rice in Onion Sauce 焗洋蔥汁燒豬扒飯     | Baked Mac with Italian Fish Fillet 焗意式茄汁魚柳配扭通粉     | Shepherd's Pie (Mince Pork & Mashed Potato) 焗牧羊人批(豬肉醬薯蓉)   | Pork Patty Cheeseburger with Fries 豬柳芝士漢堡配薯條    |
| Meal C | Steamed Shitake Mushroom & Chicken with Rice 冬菇蒸滑雞飯    | Yeung Chow Fried Rice 揚州炒飯     | Swiss Chicken Wing with Rice 瑞士汁雞中翼配飯    | HK Style Curry Chicken with Rice 港式咖哩雞飯   | Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯   |



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