



港大同學會書院
HKUGA COLLEGE

chartwells

SHARE YOUR THOUGHTS

分享你的意見

QR code for sharing thoughts



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 含固體脂肪的食物 例如: 煎麵、炒麵、焗肉骨	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品 例如: 豬油、牛油、忌廉、椰子油、椰漿
3. Healthy cooking methods e.g. steaming, poaching, grilling 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 含有反式脂肪的食品 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

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 November 2024

	Monday 04 Nov	Tuesday 05 Nov	Wednesday 06 Nov	Thursday 07 Nov	Friday 08 Nov
Meal A 	Hungarian Babgulyas Mushroom & Bean Goulash with Rice 匈牙利燉雜菜配飯 	 Sustainable Dish Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯 	Ratatouille Pasta Bake 焗普羅旺斯雜燴意粉 	Broccoli & Cheddar Frittata with Baked Potato 西蘭花芝士焗蛋配薯粒 	Spinach & chickpeas with Rice 印度菠菜鷹嘴豆配飯
Meal B	Baked Tuna Macaroni and Cheese (Served with Sweet Corn) 焗芝士吞拿魚通粉 (配粟米粒) 	Japanese Teriyaki Chicken with Rice 日式照燒汁雞肉配飯 	Spanish Chicken Paella 雞肉西班牙飯 	Spaghetti Bolognese (Beef) (Served with Sweet Corn) 牛肉醬意粉 	New York Hot Dog (w/ Onion) with Roasted Wedges 紐約熱狗(含洋蔥) 配烤薯角 
Meal C	HK Style Curry Chicken with Rice 港式咖哩雞配飯 	Stir-fried Long Beans & Minced Pork with Rice 肉碎炒四季豆配飯 	Egg Foo Young with Rice 芙蓉蛋配飯 	Hainan Chicken Rice 海南雞脾肉飯 	Beef and Turnip in Chu Hau Sauce with Rice 柱侯蘿蔔牛肉配飯 



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 November 2024

	Monday 11 Nov	Tuesday 12 Nov	Wednesday 13 Nov	Thursday 14 Nov	Friday 15 Nov
Meal A ✔	Margherita Pizza with Sweet Corn Salad 瑪格麗特薄餅配粟米沙律 	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉 	Mushroom, Pea & Parmesan Risotto 蘑菇青豆芝士意大利飯 	Shiitake & Lentil Bolognese with Brown Rice 香菇蘭度醬配糙米飯 	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋配糙米飯
Meal B	Baked Chicken with Macaroni (Served with Sweet Corn) 焗蕃茄雞肉配通粉 (配粟米粒) 	Nasi Goreng (Less Oil) 印尼炒飯(少油) 	Baked Pork Meatballs in Tomato Sauce Spaghetti (Served with Sweet Corn) 焗鮮茄肉丸意粉 (配粟米粒) 	Baked Spaghetti Bolognese (Beef) (Served with Sweet Corn) 焗牛肉醬意粉(配粟米粒) 	Peruvian Spiced Grilled Chicken Burger with Sweet Corn 秘魯紅椒雞扒漢堡配粟米
Meal C	Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯 	Stir Fried Pork, Onion & Tomato with Rice 鮮茄洋蔥肉片配飯 	Bean Curd, Diced Chicken and Corn in Scrambled Egg Sauce with Rice 滑蛋粟米雞粒豆腐配飯 	Stir fried Spaghetti with Black Pepper & Beef 港式牛柳炒意粉 	Lettuce & Shredded Beef Fried Rice 生炒牛肉飯



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 November 2024

	Monday 18 Nov	Tuesday 19 Nov	Wednesday 20 Nov	Thursday 21 Nov	Friday 22 Nov
<u>Meal A</u> ✓	Tofu & Spinach Curry with Macaroni 豆腐菠菜咖喱配扭通粉 	Steamed Pumpkin and Egg with Rice 南瓜蒸水蛋配飯 	Mixed Mushroom Risotto 雜菌意大利飯 	S1-S6 Parents Days	
<u>Meal B</u>	Baked Chicken in Black Pepper Sauce with Rice (Served with Sweet Corn) 焗黑椒雞肉配飯 (配粟米粒)  	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯  	Baked Pork Rice in Curry Sauce (Served with Sweet Corn) 焗咖哩肉片飯 (配粟米粒)   		
<u>Meal C</u>	Vietnamese Lemongrass Porkchop with Rice 越式香茅豬扒配飯   	Stir fried Beef Udon 牛肉片炒烏冬  	Lemon Chicken with Rice 香草檸檬烤雞配飯    		



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 November 2024

	Monday 25 Nov	Tuesday 26 Nov	Wednesday 27 Nov	Thursday 28 Nov	Friday 29 Nov
Meal A	<p>Veggie Chicken Burger with Roasted Potato Cubes 素雞扒漢堡配烤薯粒</p> 	<p>Mushroom Stroganoff with Rice 俄式蘑菇汁配飯</p> 	<p>Indian Sweet Potato Curry with Rice 印度咖哩甜薯配飯</p> 	<p>Braised E-Fu Noodle with Mushroom 乾燒伊麵</p> 	<p>Tomato & Kidney Beans Stew with Pasta 意式蕃茄紅腰豆意粉</p> 
Meal B	<p>Baked Italian Tomato Chicken with Spaghetti 焗意式番茄雞肉配意粉</p> 	<p>Baked Pork Sausage and Mashed Potato 烤焗豬肉腸配薯蓉</p> 	<p>Baked Beef Chilli Con Carne with Spaghetti 焗墨西哥肉醬配意粉</p> 	<p>Braised Chicken in Portuguese Style & Rice 焗葡國雞飯</p> 	<p>Hawaiian Pizza with Potato Wedges 夏威夷薄餅配薯角</p> 
Meal C	<p>Sweet and Sour Fish with Rice 糖醋魚柳配飯</p> 	<p>Fried Rice Vermicelli in Singapore Style 星洲炒米</p> 	<p>Sautéed Zucchini and Chicken with Rice 翠肉瓜炒雞柳配飯</p> 	<p>Tandoori Fish with Rice 天多利魚塊配飯</p> 	<p>Yeung Chow Fried Rice (No Seafood) 揚州炒飯</p> 



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