



港大同學會書院
HKUGA COLLEGE

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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 (例如全麥粉)	1. Grains with or all amount of a solid fat such as oil (e.g. rice, rice, fried noodle, baked noodle) 含固態脂肪的穀類 (例如: 煎麵、炒麵、油焗粉)	1. Deep-fried foods 油炸食品
2. Lean protein with at trimmed fat (e.g. chicken, fish) 低脂蛋白質 (例如: 雞、魚)	2. Fatty cut of meat & poultry with skin 脂肪含量較高的肉類及家禽類	2. Added animal fats or saturated fat (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, grilling, baking) 健康的烹調方法 (例如: 蒸、焗、煎、烤)	3. Full-fat milk or cheese 全脂奶類及芝士	3. Contains trans fat (e.g. processed/pre-made pastries) 含有反式脂肪 (例如: 餅類、餅乾、牛油、酥皮及自製的糕點類)
	4. Processed or preserved meat, egg and vegetables 加工或新製肉類、蛋類及蔬菜類	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肉汁	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 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 January 2025

Monday

Tuesday

Wednesday

Thursday

Friday

		02 Jan		03 Jan
Meal A ✓	Christmas Break	Japanese Curry with Veggies & Tofu with Rice 日式咖哩雜菜豆腐配飯  		Tomato and Egg with Rice 鮮茄炒蛋配飯 
Meal B		Tuna Pasta Bake 焗吞拿魚茄汁通粉     		New Yorker Hotdog with Corn(w/Onion) 美式紐約熱狗配粟米 (含洋蔥)   
Meal C		Minced Pork & Mushroom in Steam Egg with Brown Rice 肉碎香菇蒸水蛋 配糙米飯    		Sautéed Zucchini and Chicken with Rice 翠肉瓜炒雞柳配飯     



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 January 2025

	Monday 06 Jan (S1-S5 Only)	Tuesday 07 Jan (S1-S5 Only)	Wednesday 08 Jan (S1-S5 Only)	Thursday 09 Jan (S1-S3 Only)	Friday 10 Jan (S1-S3 Only)
Meal A ✓	Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋伴燒薯角 🥚🥛	Braised Teriyaki Eggplant & Tofu with Brown Rice 照燒茄子豆腐配糙米飯 🌱🥚	Mushroom Stroganoff with Rice 忌廉蘑菇配飯 🥛🌱🥚	Vegetarian Stir-fired Shanghai Noodles 素上海粗炒 🌱🥚	Malaysian Curry with Veggies & Chickpeas with Rice 馬來西亞淡咖哩鷹嘴豆雜菜配飯 🥛🥚
Meal B	Baked Italian Tomato Chicken with Spaghetti (Served with Sweet Corn) 焗意式番茄雞肉意粉 (配粟米粒) 🥚🥛🌱🥚	Baked Chili Con Carne with Rice (Served with Sweet Corn) 焗墨西哥肉醬配飯 (配粟米粒) 🥚🥛🌱🥚	Pork Sausage with Peas, Mash and Onion Gravy 烤豬肉腸配青豆,薯蓉及洋蔥燒汁 🥚🥛🌱🥚	Honey Mustard Roast Chicken Steak with Roasted Potatoes 蜜糖芥辣烤雞扒配燒薯角 🥚	Pork Chop Burger with French Fries 豬扒漢堡配薯條 🌱🥚
Meal C	Vietnamese Lemongrass Porkchop with Red Rice 越式香茅豬扒配紅米飯 🐟🌱🥚	Fired Rice Vermicelli (No Seafood) 星洲炒米 (不含海鮮) 🥚🥛🌱🥚	Tandoori Fish with Brown Rice 印度天多利魚塊配糙米飯 🐟🥛🥚🥚	Tomato, Minced Pork and Egg with Brown Rice 鮮茄肉碎炒蛋配糙米飯 🥚🥛🌱🥚	Teriyaki Chicken with Corn Rice 日式照燒雞扒配粟米飯 🌱🥚



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Shellfish Alert
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Wheat Alert
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Lunch Menu January 2025

	Monday 13 Jan (S1-S3 Only)	Tuesday 14 Jan (S1-S3 Only)	Wednesday 15 Jan (S1-S3 Only)	Thursday 16 Jan (S1-S3 Only)	Friday 17 Jan (S1-S3 Only)
Meal A ✓	Hungarian Vegetable Stew with Red Rice 匈牙利燴雜菜配紅米飯 	Stir-fried Udon w/ Veg & Shredded Eggs 雜菜蛋絲炒烏冬 	Braised E-Fu Noodle with Mushroom 乾燒伊麵 	Roast Cauliflower & Chickpea Korma with Rice 烤椰菜花鷹嘴豆 印式咖喱配白飯 	Stir-fried Spaghetti with Tri-pepper, Mushrooms & Red Kidney Beans 彩椒野菌紅腰豆炒意粉 
Meal B	Baked Spaghetti Carbonara (Served with Sweet Corn) 焗卡邦尼意粉 (配粟米粒) 	Thai Beef and Coconut Curry with Rice 泰式椰汁咖喱牛肉配飯 	Baked Chicken Alfredo with Penne and Green Bean (Served with Sweet Corn) 焗白汁雞肉青豆長通粉 (配粟米粒) 	Baked Sliced Pork in Black Pepper Sauce with Rice (Served with Sweet Corn) 焗黑椒豬肉配飯 (配粟米粒) 	Hawaiian Pizza with Potato Wedges 夏威夷薄餅配薯角 
Meal C	Korean Glass Noodles & Chicken 韓式雞肉燴粉絲 	Fish Fillet in Sweet Corn Sauce with Rice 粟米魚柳配飯 	Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯 	Braised Potato and Chicken Stew with Rice 薯仔炆雞配飯 	Sweet & Sour Pork with Red Rice 咕嚕肉配紅米飯 



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