



港大同學會書院
HKUGA COLLEGE

chartwells

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分享你的意見

營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈

EAT MORE 適宜

Choose at least 3 times per week
每星期選擇3次或以上

- Whole grain or grains with added vegetables
全穀類食物(例如糙米、粟米)
- Lean protein with at trimmed fat
低脂肪、低熱量的蛋白質
- 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、煎)

AMBER 黃燈

EAT MODERATELY 限量

Limit to 2 times per week
每星期選擇不多於2次

- Grains with or all amount of added fat/oil e.g. fried rice, fried noodle, baked pasta
添加油脂的谷物
例如：炒麵、炒粉、焗意粉
- Fatty cut of meat & poultry with skin
脂肪含量較高的肉類
- Full fat milk or cheese
全脂的奶類
- Processed or preserved meat, egg and vegetables
加工預製肉類、蛋類及蔬菜
- Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或芡汁

RED 紅燈

EAT LESS 少量

Limit to 4 times per month
每月不超過4次

- Deep-fried foods
油炸食品
- Added animal fat or saturated fat
Added fat e.g. lard, butter, cream, coconut oil, coconut milk
增加了動物性脂肪或飽和脂肪的食物
例如：豬油、牛油、忌廉、椰子油、椰漿
- Contains trans fat
含有反式脂肪
e.g. processed/pre-made pastries
例如：夾心餅、餅乾、餅皮、酥皮及自製的酥餅等
- Sugar sweetened beverages
含糖飲料的飲品
- 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

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 February 2025









Monday

Tuesday

Wednesday

Thursday

Friday

		06 Feb		07 Feb
Meal A 	Chinese Year Break	Braised E-fu Noodles 干燒伊麵   		Mac & Cheese with Sweet Corn 粟米芝士焗通心粉  
Meal B		Baked Fish Fillet with Penne in Pumpkin Sauce (Served with Sweet Corn) 焗魚柳配南瓜汁長通粉 (配粟米粒)    		Hawaiian Pizza with Roasted Wedges 夏威夷薄餅配烤薯角   
Meal C		Braise Pork & Tofu with Carrot Rice 紅燒肉粒豆腐配甘筍飯   		Beef Slices 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

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Wednesday

Thursday

Friday

	10 Feb	11 Feb	12 Feb	13 Feb	14 Feb
<u>Meal A</u> V	Staff Development Day	Mushroom & Pea Risotto 野菌青豆意大利飯 i	Steamed Pumpkin and Egg with Rice 南瓜蒸水蛋配飯 o	Vegetable Bolognese Spaghetti 雜菜素肉醬意粉 o, v, !	Sports Day 1
<u>Meal B</u>		Shepherd's Pie (Mince Pork & Mashed Potato) (Served with Sweet Corn) 焗牧羊人批(豬肉醬薯蓉) (配粟米粒) i, v	Baked Chicken in Black Pepper Sauce with Rice (Served with Sweet Corn) 焗黑椒雞肉配飯 (配粟米粒) o, i, v, !, r	Nasi Goreng (Less Oil) 印尼炒飯(少油) o, v, !	
<u>Meal C</u>		Hainan Chicken Rice 海南雞脾肉飯 v	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 v, !	Stir-fried Oyster Mushroom, Green Beans & Sliced Pork with Rice 雞脾菇四季豆炒肉片 配飯 p, v, !	



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Lunch Menu February 2025

	Monday 17 Feb	Tuesday 18 Feb	Wednesday 19 Feb	Thursday 20 Feb	Friday 21 Feb
Meal A 	Portuguese Mixed Veggies & Kidney Beans Stew with Rice 葡汁雜菜紅腰豆配飯	Tomato and Egg with Rice 鮮茄炒蛋配飯	Japanese Curry with Veggies & Tofu with Rice 日式咖哩雜菜豆腐配飯	 Sustainable Dish Sweet & Sour Veggie Meat Ball with Rice 甜酸咕嚕素肉丸配糙米飯	Sports Day 2
Meal B	Baked Spaghetti Bolognese (Served with Sweet Corn) 焗肉醬意粉 (配粟米粒)	Butter Chicken with Corn Rice 印度咖喱雞配粟米飯	Baked Mac with Italian Fish Fillet (Served with Sweet Corn) 焗意式茄汁魚柳配扭紋粉 (配粟米粒)	Baked Tuna Penne (Served with Sweet Corn) 焗吞拿魚茄汁長通粉 (配粟米粒)	
Meal C	Sautéed Zucchini and Chicken with Rice 翠肉瓜炒雞柳配飯	Yaki Udon with Beef 雜菜牛肉炒烏冬	Lemon Chicken with Corn Rice 西檸雞球配粟米飯	Minced Pork & Mushroom in Steam Egg with Brown Rice 肉碎香菇蒸水蛋配糙米飯	



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	Monday 24 Feb	Tuesday 25 Feb	Wednesday 26 Feb	Thursday 27 Feb	Friday 28 Feb
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 Spaghetti Carbonara (Served with Sweet Corn) 焗卡邦尼意粉 (配粟米粒) 🥛🥛	Braised Chicken in Portuguese Style & Rice 葡國雞飯 🍳🥛🌱🥛	Pork Sausage with Peas, Mash and Onion Gravy 烤豬肉腸跟青豆,薯蓉及洋蔥燒汁 🍳🥛🌱🥛	Baked Fish in Low-fat White Sauce with Tricolour Fusilli (Served with Sweet Corn) 焗白汁魚柳配三色螺絲粉 (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	Vietnamese Lemongrass Porkchop with Rice 越式香茅豬扒配飯 🐟🌱🥛	Yeung Chow Fried Rice 揚州炒飯 🍳🍳🌱🥛	Swiss Chicken Wing with Rice 瑞士汁雞中翼配飯 🍳🌱🥛	Teriyaki Chicken with Rice 日式照燒雞肉配飯 🌱🥛	Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯 🍳🌱🥛



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