



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
<b>EAT MORE 適宜</b> Choose at least 3 times per week 每週至少選擇3次或以上	<b>EAT MODERATELY 限量</b> Limit to 2 times per week 每週選擇不多於2次	<b>EAT LESS 少量</b> 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 (例如麥片) 2. Lean protein with at trimmed fat 低脂肪的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grill or baking 低油低脂的烹調方法 例如：蒸、燉、焗、煎	1. Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked items 添加少許脂肪的食物 例如：炒麵、炒粉、焗食品 2. Fatty cut of meat & poultry with skin 脂肪含量較高的肉類 3. Full fat milk or cheese 全脂的奶類 4. Processed or preserved meat, egg and veggies 加工或新製肉類、蛋類及蔬菜食品 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或夾汁	1. Deep-fried foods 油炸食品 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. Contains trans fat (e.g. processed/premade pastries, biscuits, margarine) 含有反式脂肪的食品 例如：餅乾、牛油、人造牛油、自來油、酥餅、油條 4. Sugar sweetened beverages 含糖調味的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份的食品 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

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# Lunch Menu March 2025

	Monday 03 Mar	Tuesday 04 Mar	Wednesday 05 Mar	Thursday 06 Mar	Friday 07 Mar
Meal A	<p>Hungarian Vegetable Stew with Macaroni 匈牙利燴雜菜配通粉</p> 	<p>Stir-fried Udon w/ Veg &amp; Shredded Eggs 雜菜蛋絲炒烏冬</p>   	<p>Braised Rice Vermicelli with Dried Bean Curd and Mixed Vegetables 豆乾雜菜炆米粉</p>  	<p>Roast Cauliflower &amp; Chickpea Korma with Rice 烤椰菜花鷹嘴豆 印式咖喱配飯</p> 	<p>Veggie Egg Fu Yong with Rice 素芙蓉蛋配飯</p>   
Meal B	<p>Baked Chicken in Black Pepper Sauce with Rice (Served with Sweet Corn) 焗黑椒雞肉配飯 (配粟米粒)</p>   	<p>Baked Spaghetti Carbonara (Served with Sweet Corn) 焗卡邦尼意粉 (配粟米粒)</p>  	<p>Korean Bulgogi Mixed Pearl Rice 韓式牛肉拌珍珠飯</p>  	<p>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)</p>    	<p>Jumbo Hot Dog with Roasted Wedges 珍寶熱狗配烤薯角</p>   
Meal C	<p>Fish Fillet in Sweet Corn Sauce with Rice 粟米魚柳配飯</p>      	<p>Teriyaki Onion &amp; Chicken with Rice 照燒汁洋蔥雞肉飯</p>  	<p>Steamed Mushroom &amp; Pork Patty with Rice 冬菇蒸肉餅配飯</p>   	<p>Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯</p>  	<p>Sweet &amp; Sour Pork with Rice 咕嚕肉配飯</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

Internal

# Lunch Menu March 2025

	Monday 10 Mar	Tuesday 11 Mar	Wednesday 12 Mar	Thursday 13 Mar	Friday 14 Mar
<b>Meal A</b> ✓	Stir Fried Rice Noodles with Mixed Vegetables & Shredded Eggs 素三絲炒米粉(含蛋) 	Cheese Baked Penne with Broccoli 焗芝士西蘭花長通粉 	Steamed Pumpkin and Egg with Rice 南瓜蒸水蛋配飯 	Mixed Bean & Vegetable with rice 鮮茄雜豆燉菜配飯 	 Shiitake & Lentil Bolognese with Rice 香菇蘭度豆醬配飯 
<b>Meal B</b>	Pork Stroganoff & Mushroom with Rice (Served with Sweet Corn) 焗忌廉蘑菇豬肉配飯 (配粟米粒) 	Thai Chicken & Pineapple Fried Rice 泰式菠蘿雞粒炒飯 	Baked Chicken Spaghetti in Curry Sauce (Served with Sweet Corn) 焗咖哩雞肉意粉 (配粟米粒) 	Beef Chilli Con Carne with Rice 墨西哥牛肉醬配飯 	Grilled Chicken Burger with Sweet Corn 雞扒漢堡配甜粟米 
<b>Meal C</b>	Steamed Shitake Mushroom & Chicken with Brown Rice 冬菇蒸滑雞配糙米飯 	Fresh Tomato & Sliced Pork with Rice 鮮茄肉片配飯 	Young Chow Fried Rice 揚州炒飯 	Fried Rice Vermicelli in Singapore Style (No seafood) 星洲炒米 (不含海鮮) 	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 



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Wheat Alert  
含小麥

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# Lunch Menu March 2025

	Monday 17 Mar	Tuesday 18 Mar	Wednesday 19 Mar	Thursday 20 Mar	Friday 21 Mar
<u>Meal A</u> ✓	Baked Mac & Corn, Cheese 焗粟米芝士通心粉  	 Sustainable Dish Sweet & Sour Veggie Meat Ball with Rice 甜酸咕嚕素肉丸配飯   	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇焗蛋伴燒薯角  	Half Day	Swimming Gala
<u>Meal B</u>	Italian Tomato Chicken with Rice 意式番茄燴雞肉配飯    	Baked Creamy Tuna Macaroni (Served with Sweet Corn) 焗吞拿魚白汁通粉 (配粟米粒)     	Braised Chicken in Portuguese Style & Rice (with Coconut Milk) 葡國雞飯 (含椰奶) 		
<u>Meal C</u>	Sautéed Zucchini and Pork with Rice 翠肉瓜炒肉片配飯     	Yaki Noodles with Beef 雜菜牛肉炒蛋麵    	Western Fried Rice (Less Oil) 西炒飯 (少油)    		



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# Lunch Menu March 2025

Monday

Tuesday

Wednesday

Thursday

Friday

31 Mar

<p><u>Meal</u> A ✓</p>	<p>Portuguese Mixed Veggies &amp; Kidney Beans Stew with Rice 葡汁雜菜紅腰豆配飯</p>	
<p><u>Meal</u> B</p>	<p>Baked Spaghetti Bolognese 焗肉醬意粉 🥛🍷🍴</p>	
<p><u>Meal</u> C</p>	<p>Chicken in Garlic Sauce with Brown Rice 蒜蓉汁雞脾肉跟配飯 🍳🥛🍷🍴</p>	



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