




港大同學會書院
HKUGA COLLEGE

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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 每週至少選擇不多於2次	EAT LESS 少量 Limit to 4 times per month 每月至少選擇不多於4次
1. Whole grain or grains with added vegetables 全穀類食品(例如全麥粉)包 2. Lean protein with at trimmed 低脂蛋白, 例如雞胸肉 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking 健康少油烹調方法 例如: 蒸、燉、焗、煎	1. Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked noodle 添加或少量脂肪和油 例如: 炒麵、炒粉、焗肉卷 2. Fatty cut of meat & poultry with skin 脂肪比例較高及皮肉類肉類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and vegetable 加工或新製肉類、蛋類及蔬菜類 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或羹	1. Deep-fried foods 油炸食品 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脂肪 例如: 豬油、牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如: 酥皮、酥餅及包點等類食品 4. Sugar sweetened beverages 含蔗糖分的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽和鹽漬食品 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

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COMPASS | HK GROUP

Lunch Menu July 2025

Monday

Tuesday

Wednesday

Thursday

Friday

01 July

02 July

03 July
(S4-S5 Students Only)

04 July

Meal

A



Meal

B

Meal

C

HKSAR
Establishment
Day

SG Graduation
Ceremony

Tomato & Scrambled Egg
with Rice
蕃茄炒蛋配飯



Baked Spaghetti
Carbonara
(Served with Sweet Corn)
焗卡邦尼意粉
(配粟米粒)



Honey Soy Chicken with
Rice (Skinless)
港式豉油雞肉(無皮)配飯



Pre Day for
World Day



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 July 2025

Monday		Tuesday	Wednesday	Thursday	Friday
07 July		08 July (S4-S5 Students Only)	09 July (S4-S5 Students Only)	10 July (S4-S5 Students Only)	11 July (S2,S4,S5 Students Only)
<u>Meal A</u> ✓	World Day	Veggie Egg Fu Yong with Rice 素芙蓉蛋配飯   	Braised Rice Vermicelli with Dried Bean Curd and Mixed Vegetables 豆乾雜菜炆米粉  	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯   	 Sustainable Dish Shiitake & Lentil Bolognese with Rice 香菇蘭度豆醬配飯  
		Korean Bulgogi Mixed Pearl Rice 韓式牛肉拌珍珠飯  	Baked Chicken Spaghetti in Curry Sauce (Served with Sweet Corn) 焗咖哩雞肉意粉 (配粟米粒)    	Thai Beef and Coconut Curry with Rice 泰式椰汁咖喱牛肉配飯 	Baked Tuna Macaroni and Cheese 焗芝士吞拿魚通粉    
		Fired Rice Vermicelli (No Seafood) 星洲炒米 (不含海鮮)    	Stir-fried Long Beans & Minced Pork with Brown Rice 肉碎炒四季豆配糙米飯     	Stir fried Pork Udon 豬肉片炒烏冬   	Braised Beef & White Radish with Rice 蘿蔔炆牛肉配飯  



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