



港大同學會書院
HKUGA COLLEGE

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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(例如糙米、全麥粉) 2. Lean protein with at least 1 vegetable 低脂蛋白質(例如雞胸肉、魚、豆腐) 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking 健康烹調方法(例如蒸、焗、煎、炸、烤) 4. Full-fat milk or cheese 全脂牛奶或芝士 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	1. Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked noodle 含有或全部含有添加脂肪和油的穀物(例如炒飯、炒麵、焗麵) 2. Fatty cut of meat & poultry with skin 脂肪含量高的肉類及皮(例如豬扒、雞皮) 3. Processed or preserved meat, egg and vegetables 加工或經處理的肉類、蛋類及蔬菜(例如臘腸、鹹蛋) 4. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	1. Deep-fried foods 油炸食品 2. Added animal fats or saturated fat 添加動物脂肪或飽和脂肪(例如牛油、豬油、椰子油) 3. Contains trans fat 含有反式脂肪(例如人造奶油、人造黃油) 4. Sugar sweetened beverages 添加糖分的飲品 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)



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 sign-up

COMPASS | HK GROUP

Lunch Menu October 2025






























Monday

Tuesday

Wednesday

Thursday

Friday

		01 Oct	02 Oct	03 Oct
<u>Meal A</u> ✓			Tomato & Kidney Beans Stew with Macaroni 意式蕃茄紅腰豆配通粉  	Veggie Egg Foo Young with Rice 素芙蓉蛋配飯   
<u>Meal B</u>			Yeung Chow Fried Rice (No Seafood) 揚州炒飯 (不含海鮮)   	Stir Fried Pork, Onion & Tomato with Rice 鮮茄洋蔥肉片配飯 
<u>Meal C</u>		National Day	Pork Patty Burger with Baked Potato 豬柳漢堡配烤薯粒  	Chicken Spanish Paella 雞肉西班牙燴飯  
<u>Meal D</u>			Baked Penne Bolognaise (Served with Sweet Corn) 焗肉醬長通粉 (配粟米粒)    	Baked Tuna Macaroni and Cheese 芝士焗吞拿魚通粉    
<u>Meal E</u> Soup Noodle			Fish Block & Tofu Puff Laksa Noodle in Soup 魚片豆卜喇沙湯麵      	Pho Tom Yum Shrimp Rice Noodle Soup 泰式冬蔭功蝦湯粉(椰奶)      

Meal E Soup noodles will be available at the Tuck Shop during lunchtime only.

E 餐湯麵只在午餐時段在小食部提供。



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 October 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	06 Oct	07 Oct	08 Oct	09 Oct	10 Oct
<u>Meal A</u> ✓	Green Bean Omelette with Rice 豆角煎蛋配飯   	Day after Mid-Autumn Festival	Mushroom & Pea Risotto 野菌青豆意大利飯  	 Sustainable Dish Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯  	Hungarian Vegetable Stew with Rice 匈牙利燴雜菜配飯 
<u>Meal B</u>	Swiss Chicken with Rice 瑞士汁雞球配飯   		Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯   	Pork Cartilage with Rice 紅燒豬軟骨配飯  	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯  
<u>Meal C</u>	Tomato & Meatballs Mac 西西裡鮮茄肉丸通粉   		Pork Stroganoff & Mushroom with Mac 忌廉蘑菇豬肉配通粉   	Hot Dog with Roasted Wedges 熱狗配烤薯角   	Stir fried Beef Udon 牛肉片炒烏冬  
<u>Meal D</u>	Baked Curry Pork Chop & Onion with Rice 焗洋蔥豬扒飯    		Cottage Pie (Minced Beef & Mashed Potato) 農舍批(牛肉醬薯蓉)  	Baked Spaghetti Bolognese (Beef) with Mixed Vegetables 焗肉醬意粉(配雜菜粒)   	Baked Smoked Duck Breast & Pumpkin Rice 焗煙鴨胸南瓜飯   
<u>Meal E</u> Soup Noodle	Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩麵  		Scallop Tempura in Udon Soup 吉列炸帶子烏冬      	Lemongrass Chicken in Vermicelli Soup 香茅雞絲檬粉  	Tomato & Minced Pork in Rice Vermicelli Soup 蕃茄肉碎湯米粉  

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Lunch Menu October 2025

Monday

Tuesday

Wednesday

Thursday

Friday

13 Oct

14 Oct

15 Oct

16 Oct

17 Oct

Meal

A



Broccoli Mac & Cheese
焗芝士西蘭花通粉



Veggie Chicken Steak &
Mushroom Burger with
Sweet Potato Fries
蘑菇素雞扒漢堡配番薯條



Stir-fried Spaghetti with
Tri-pepper, Mushrooms &
Red Kidney Beans
彩椒野菌紅腰豆炒意粉



Steamed Shiitake,
Vermicelli and Egg with
Rice
冬菇粉絲蒸水蛋配飯



Broccoli & cheddar
frittata with Roasted
Potatoes
西蘭花車打芝士焗蛋
伴燒薯粒



Meal

B

Braised Potato & Chicken
with Rice
薯仔炆雞配飯



Thai Style Pineapple &
Chicken Fried Rice
(Less Oil)
泰式菠蘿雞肉炒飯 (少油)



Korean Glass Noodles &
Chicken
韓式雞肉燴粉絲



Honey Glazed BBQ Pork
with Rice
蜜汁叉燒配飯



Low fat Sweetcorn &
Diced Pork with Rice
低脂忌廉粟米肉粒飯



Meal

C

Korean Beef Bibimbap
韓式牛肉拌飯



Kazakhstan Pork
Chakhokhbili with Rice
哈薩克蕃茄香草燉豬配飯



Miso-Caramel
Glazed Sole
With Rice
味噌焦糖龍脷柳配飯



Hawaiian Pizza with
Roasted Wedges
夏威夷薄餅配烤薯角



Tomato & Meatball with
Spaghetti
意式番茄肉丸意粉



Meal

D

Fujian Fried Rice
福建炒飯



Baked Rice & Duck Breast
with Tomato Sauce
焗鮮茄鴨胸飯



Baked Spaghetti
Carbonara (Mushroom)
焗卡邦尼蘑菇意粉



Chicken Spanish Paella
雞肉西班牙燴飯



Tuna Pasta bake
(Served with
Sweet Corn)
焗吞拿魚茄汁通粉
(配粟米粒)



Meal

E

Soup Noodle

Crab Stick & Fish Cake in
Garlic Ramen Soup
蟹柳魚餅蒜香拉麵



Tomato Beef in Soup
Noodle
番茄牛肉湯麵



Japanese Chicken Soup
Udon
唐揚雞肉湯烏冬



Hong Kong Style Wonton
Noodle Soup
鮮蝦雲吞麵



Duck Breast and
Macaroni in Tomato Soup
煙鴨胸羅宋湯通心粉



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Monday

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Friday

20 Oct

21 Oct

22 Oct
(ASA Students or Teachers Only)

23 Oct

24 Oct

Meal

A



Mixed Vegetable & Tamagoyaki Mixed Udon
雜菜玉子燒拌烏冬



Mixed Mushroom Risotto
雜菌意大利飯



Sustainable Dish
Green Burrito with Sweet Corn
墨西哥捲餅配粟米



Pesto Avocado, Carrot & Chickpea Fusilli
香草醬牛油果甘筍鷹嘴豆螺絲粉



Vegetarian Neapolitan Pizza with Fries
拿坡里薄餅配薯條



Meal

B

Tandoori Fish with Brown Rice
印度天多利魚塊配糙米飯



Beef Curry with Carrot Rice
咖哩牛肉跟甘筍飯



Lemon Chicken with Brown Rice
香草檸檬烤雞配糙米飯



Vietnamese Lemongrass Porkchop with Red Rice
越式香茅豬扒配紅米飯



Minced Pork & Mushroom in Steam Egg with Rice
肉碎香菇蒸水蛋配飯



Meal

C

Nasi Goreng (Less Oil)
印尼炒飯(少油)



Pork Sausage and Mashed Potato
烤豬肉腸配薯蓉



Pork Stroganoff with Rice
俄羅斯忌廉豬肉配飯



Fish Burger with Sweet Corn
魚柳包配粟米粒



Pumpkin Beef Stew Pasta
南瓜燴牛肉意粉



Meal

D

Steamed Shitake Mushroom & Chicken with Rice
盅頭冬菇蒸滑雞蒸飯



Baked Portuguese Seafood & Pumpkin with Rice (with coconut milk)
焗葡汁海鮮南瓜配飯(含椰奶)



Steamed Chicken Feet & Pork Ribs with Rice
盅頭鳳爪排骨蒸飯



Baked Hungarian Braised Beef Stew with Rice
焗匈牙利牛肉配飯



Baked Chicken & Rice in Black Pepper Sauce (Spicy)
焗黑椒雞扒飯(辣)



Meal

E

Soup Noodle

Japanese Pork Sukiyaki Ramen
豚肉壽喜燒湯拉麵



Vietnamese Style Pork Neck with Rice Noodle
越式豬頸肉河粉



Scallop Tempura in Udon Soup
吉列炸帶子烏冬



Lemongrass Chicken Wing with Ho Fun in Soup
越式香茅雞翼湯河粉



Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce
柱侯蘿蔔牛腩麵



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