



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 每日或每週3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每週或每週不多於2次	EAT LESS 少量 Limit to 4 times per month 每月或每月不多於4次
1. Whole grain or grains with added vegetables 全穀類食物(例如全穀粉)	1. Grains with or all amount of a solid fat or oil (e.g. fried rice, fried noodle, baked items) 添加固態脂肪的食物 例如: 炸雞、炸麵、油條等	1. Deep-fried foods 油炸食品
2. Lean protein with a trimmed fat or skin 低脂肪或低皮類的蛋白質	2. Fatty cut of meat & poultry with skin 脂肪含量較高的肉及皮類的肉類	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食物 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、燉、焗、煎	3. Full-fat milk or cheese 全脂的奶類	3. Contains trans fat 含有反式脂肪 e.g. processed/premade pastries 加工食品/預製食品 例如: 酥餅、夾心餅及自製的餅乾等
	4. Processed or preserved meat, egg and veggies 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芡汁	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.

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SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER

QR code for newsletter sign-up

COMPASS | HK GROUP

Lunch Menu November 2025

	Monday 03 Nov	Tuesday 04 Nov	Wednesday 05 Nov	Thursday 06 Nov	Friday 07 Nov
Meal A ✓	Japanese Curry with Veggies & Tofu with Rice 日式咖哩雜菜豆腐配飯   	 Veggie Egg Fu Yong with Rice 素芙蓉蛋配飯   	Malaysian Curry with Veggies & Chickpeas with Rice 馬來西亞淡咖哩鷹嘴豆雜菜配飯   	 Shiitake & Lentil Bolognese with Rice 香菇蘭度豆醬配飯  	
Meal B	 Yeung Chow Fried Rice 揚州炒飯     	Western Fried Rice (Less Oil) 西炒飯 (少油)   	Low fat Sweetcorn & Diced Pork with Rice 低脂忌廉粟米肉粒飯  	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯  	
Meal C	Japanese Yuzu Roasted Chicken with Rice 和風柚子雞肉飯	Stir-fried Teriyaki Pork with Spaghetti 照燒豚肉片炒意粉  	Smoky Chicken w/ Mac in Tomato Sauce 茄汁香熏雞肉配通粉   	Pork Patty Burger with French Fries 豬柳漢堡配薯條  	20 Anniversary Picnic Day
Meal D	Baked Tuna Macaroni and Cheese (Served with Sweet Corn) 芝士白汁焗吞拿魚通粉 (配粟米粒)    	Steamed Shitake Mushroom & Chicken with Rice 原盅蒸冬菇滑雞飯   	Baked Pasta Carbonara (Served with Sweet Corn) 焗卡邦尼意粉 (配粟米粒)   	Red Curry Seafood with Fried Spaghetti (Spicy) 紅咖喱海鮮炒意粉 (辣)      	
Meal E Soup Noodle	Scallop Tempura in Udon Soup 吉列炸帶子湯烏冬      	Crab Stick & Fish Cake in Garlic Ramen Soup 蟹柳魚餅蒜香拉麵    	Duck Breast and Macaroni in Tomato Soup 煙鴨胸羅宋湯通心粉  	Tomato Beef in Soup Noodle 番茄牛肉湯麵    	

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
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Shellfish Alert
含貝殼類海鮮



Wheat Alert
含小麥

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Lunch Menu November 2025

	Monday 10 Nov	Tuesday 11 Nov	Wednesday 12 Nov	Thursday 13 Nov	Friday 14 Nov
Meal A 	 Sustainable Dish Green Bean Omelette with Rice 豆角煎蛋配飯   	Pesto Avocado, Carrot & Chickpea Fusilli 香草醬牛油果甘筍鷹嘴豆螺絲粉  	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 
Meal B	Nasi Goreng (Less Oil) 印尼炒飯(少油)   	Swiss Chicken with Rice 瑞士汁雞肉配飯   	Lemon Chicken with Rice 西檸雞球配飯    	Fried Pasta with Shredded Beef and Black Pepper 黑椒牛柳絲炒意粉  	Stir-fried Rice Noodles with Mixed Pepper & Chicken (Less Oil) 雜椒雞絲炒河粉(少油)  
Meal C	Meatballs in Tomato Sauce Fusilli 西西里汁鮮肉丸螺絲粉   	Thai Beef and Coconut Mild Curry with Rice 泰式椰汁淡咖喱配牛肉配飯 	Cottage Pie (Minced Beef & Mashed Potato) 農舍批(牛肉醬薯蓉)  	Hot Dog with Roasted Potato Wedges 熱狗配烤薯角   	 Sustainable Dish Baked Fish Fillet in Sweet Corn Cream Sauce with Pasta 白汁粟米焗魚柳意粉     
Meal D	Baked Orange Pumpkin & Chicken with Penne 焗香橙南瓜雞肉長通粉  	Pork Stroganoff & Mushroom with Rice 焗忌廉蘑菇豬肉配飯    	Stir-fried Thai Tom Yum Seafood Linguine (Spicy) 泰式冬蔭功海鮮扁意粉(辣)     	Baked Chicken with Rice 焗蕃茄雞肉配飯   	Steamed Rice with Pork Patty and Preserved Mustard Tuber 原盅蒸炸菜肉餅飯  
Meal E  Soup Noodle	Fish Balls & Sliced Fish in Oil Noodles Soup 魚丸魚片湯油麵    	Tomato & Minced Pork in Rice Vermicelli Soup 蕃茄肉碎湯米粉  	Hong Kong Style Wonton Noodle Soup 鮮蝦雲吞麵    	Pho Tom Yum Shrimp Rice Noodle Soup (coconut milk) 泰式冬蔭功蝦湯粉(椰奶)      	Japanese Style Beef in Udon Soup 日式牛肉湯烏冬    

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	Monday 17 Nov	Tuesday 18 Nov	Wednesday 19 Nov	Thursday 20 Nov	Friday 21 Nov
Meal A ✓	Sweet & Sour Veggie Chicken with Rice 甜酸汁素雞配飯 	 Sustainable Dish Green Burrito with Sweet Corn 墨西哥捲餅配粟米    	Sweet & Sour Cauliflower with Rice 咕嚕椰菜花配飯 	<h2>S1-S6 Parents Days</h2>	
Meal B	Stir Fried Noodle with Bean Sprouts & Sliced Pork in Soy Sauce 豉油皇肉絲銀芽炒麵   	Stir fried Beef Udon 牛肉片炒烏冬   	Chicken Parmigiana w/ Herbs Roasted Potato 芝士焗雞肉配烤薯粒 		
Meal C	Barbecue Chicken with Rice 燒烤醬雞腩肉配飯 	Sole Fillet Rice with Italian Tomato Sauce 西西里鮮茄魚柳配飯    	Shredded Pork in Portuguese Sauce with Rice 葡汁豬肉絲飯    		
Meal D	Steamed Rice with Chicken and Dried Octopus 原盅蒸章魚雞粒飯   	Chicken Alfredo with Penne (Served with Sweet Corn) 焗白汁雞肉長通粉 (配粟米粒)   	Stir-Fried Eel Peel Rice 蒲燒鰻魚粒炒珍珠飯    		
Meal E Soup Noodle	Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩麵 	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     		

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Monday

Tuesday

Wednesday

Thursday

Friday

Preparation Day for Open Day (Walk in Order Only)

	24 Nov	25 Nov	26 Nov	27 Nov	28 Nov
Meal A ✔	 Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋伴燒薯角  	Mixed Mushroom Risotto 雜菌意大利飯  	Vegetarian Ham and Tomato Pasta Bake 素火腿焗番茄長通粉    	Cheese Baked Penne with Broccoli 焗芝士西蘭花長通粉   	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉   
Meal B	Stir-fried Rice Noodles with Sliced Beef 干炒牛肉片河  	 Sweet and Sour Fish with Rice 糖醋魚柳配飯     	Soy Sauce Chicken with Brown Rice 豉油雞肉配糙米飯    	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯  	 Minced Pork & Mushroom in Steam Egg with Rice 肉碎香菇蒸水蛋配飯    
Meal C	Hungarian Braised Pork Stew with Rice 匈牙利燴豬肉配飯    	Low Fat Chicken Dijonnaise with Spaghetti 低脂法式芥末汁燉雞配意粉  	Pork Sausage and Mashed Potato 烤豬肉腸配薯蓉  	Hawaiian Pizza with Roasted Wedges 夏威夷薄餅配烤薯角   	Pumpkin Beef Stew Pasta 南瓜燴牛肉意粉  
Meal D	 Fujian Fried Rice 福建炒飯     	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯    	Steamed Chicken Feet & Pork Ribs with Rice 原盅蒸鳳爪排骨飯  	Steamed Egg w/ Sweet Corn & Diced Chicken Rice 粟米雞粒蒸水蛋飯   	Baked Pork & Rice in Black Pepper Sauce (Spicy) (Served with Sweet Corn) 焗黑椒豬肉飯(辣) (配粟米粒)    
Meal E Soup Noodle	Japanese Chicken Soup Udon 唐揚雞肉湯烏冬   	Malaysian Fried Chicken Wing Oil Noodle Soup 馬來炸雞翼油麵   	Tomato Beef in Soup Noodle 番茄牛肉湯麵    	Duck Breast and Macaroni in Tomato Soup 煙鴨胸羅宋湯通心粉  	Pho Chicken & Viet Pork Sausage 越式扎肉雞肉河  

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