



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 每週選擇3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每週選擇不多於2次	EAT LESS 少量 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)及蔬菜 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking 健康烹調方法(例如蒸、焗、煎、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羹	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及油的穀類 例如：炒麵、炒粉、焗粉 2. Fatty cut of meat & poultry with skin 脂肪含量高的肉類及皮肉類 例如：肥牛、肥雞、油雞 3. Processed or preserved meat, egg and vegetables 加工或經製成肉類、蛋類及蔬菜類 例如：臘腸、臘肉、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羹	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、椰油 3. Contains trans fat 含有反式脂肪 例如：人造奶油、人造黃油、人造牛油、人造椰子油 4. Sugar sweetened beverages 添加糖分的飲品 例如：汽水、果汁、奶茶 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.

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 December 2025

	Monday 01 Dec	Tuesday 02 Dec	Wednesday 03 Dec	Thursday 04 Dec	Friday 05 Dec
<u>Meal A</u> ✓	Holiday After Open Day	 Veggie Egg Fu Yong with Rice 素芙蓉蛋配飯 	 Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯 	 Green Bean Omelette with Rice 豆角煎蛋配飯 	 Green Burrito with Sweet Corn 墨西哥捲餅配粟米 
<u>Meal B</u>		 Fish Fillet in Sweet Corn Sauce with Brown Rice 粟米魚柳配糙米飯 	Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯 	Spaghetti Bolognese (Beef) 肉醬意粉 	Sweet & Sour Pork with Rice 咕嚕肉配飯 
<u>Meal C</u>		Stir-fried Teriyaki Pork with Spaghetti 照燒豚肉片炒意粉 	Chicken Alfredo with Roasted Potato and Green Bean 白汁雞肉配青豆配薯粒 	Hot Dog with Roasted Wedges 熱狗配烤薯角 	Korean Chicken Bibimbap 韓式雞肉拌飯 
<u>Meal D</u>		Steamed Pork Sausage & Chicken with Rice 原盅臘腸片蒸滑雞蒸飯 	Roasted Spring Chicken with Grilled Veggies 燒春雞配烤雜菜 	Japanese Style Pork Cartilage with Rice 日式豬軟骨配飯 	Japanese Grilled Eel Peel Rice 蒲燒鰻魚珍珠飯 
 <u>Meal E</u> Soup Noodle		Crab Stick & Fish Cake in Garlic Ramen Soup 蟹柳魚餅蒜香拉麵 	Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩麵 	Grilled Pork Chop Vermicelli 香茅豬扒檬粉 	Duck Breast and Macaroni in Tomato Soup 煙鴨胸羅宋湯通心粉 

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。



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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



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	Monday 08 Dec	Tuesday 09 Dec	Wednesday 10 Dec	Thursday 11 Dec	Friday 12 Dec
<u>Meal A</u> ✓	Special Holiday After LegCo Elections	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 	Joint-school Staff Development Day
<u>Meal B</u>		Thai Style Pineapple & Chicken Fried Rice 泰式菠蘿雞肉炒飯 	Korean Glass Noodles & Beef 韓式牛肉燴粉絲 	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 	
<u>Meal C</u>		Pork Chop in Onion Sauce with Rice 洋蔥汁豬柳配飯 	 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 	
<u>Meal D</u>		Tuna Pasta bake (Served with Sweet Corn) 焗吞拿魚茄汁通粉 (配粟米粒) 	Steamed Chicken Feet & Pork Ribs with Rice 原盅鳳爪排骨蒸飯 	Chicken Spanish Paella 雞肉西班牙燴飯 	
 <u>Meal E</u> Soup Noodle		Swiss Sauce Chicken Wing Rice Noodles 瑞士汁雞翼湯麵 	Tomato & Minced Pork in Rice Vermicelli Soup 蕃茄肉碎湯米粉 	 Pho Tom Yum Shrimp Rice Noodle Soup (coconut milk) 泰式冬蔭功蝦湯粉(椰奶) 	

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





























Wheat Alert
含小麥

Internal



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	Monday 15 Dec	Tuesday 16 Dec	Wednesday 17 Dec	MERRY CHRISTMAS 18 Dec	Friday 19 Dec
<u>Meal A</u> ✓	Mixed Vegetable & Tamagoyaki Stir-fried Udon 雜菜玉子燒炒烏冬   	Mixed Mushroom Risotto 雜菌意大利飯 	Tomato & Kidney Beans Stew with Macaroni 意式蕃茄紅腰豆配通粉  	 Broccoli & Cheddar Frittata with Potato 西蘭花車打芝士焗蛋薯粒  	<div>   <p>Half Day</p>  </div>
<u>Meal B</u>	 Sweet and Sour Fish with Rice 糖醋魚柳配飯     	Western Fried Rice (Seafood Free) 西炒飯 (不含海鮮)    	Lemon Chicken with Brown Rice 香草檸檬烤雞配糙米飯    	Roasted Gravy Gammon Ham with Pasta 焗金門火腿扒配燒汁意粉  	
<u>Meal C</u>	Japanese Teriyaki Chicken with Rice 日式照燒汁雞扒配飯  	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   	Christmas Roasted Chicken Breast with Herbed Potato Mash 聖誕燒雞胸配香草薯蓉 	
<u>Meal D</u>	 Red Curry Seafood with Fried Spaghetti 紅咖喱海鮮炒意粉     	Baked Chicken & Rice in Black Pepper Sauce (Spicy) 焗黑椒雞扒飯 (辣)    	Hainan Chicken Rice 海南雞脾肉飯 	Creamy Black Truffle Chicken Pasta 黑松露雞肉忌廉燴扁意粉   	
 <u>Meal E</u> Soup Noodle	Vietnamese Style Pork Neck with Rice Noodle 越式豬頸肉河粉     	Japanese Pork Sukiyaki Ramen 豚肉壽喜燒湯拉麵   	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    	

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