



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(例如糙米、全麥粉) 2. Lean protein with all trimmed 低脂肪肉類、雞腿、雞胸肉 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking 以健康方法烹調(例如蒸、焗、煎、炸) 4. Full-fat milk or cheese 全脂奶類及乳酪 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 含有大量脂肪及油類的食物(例如：炒麵、炒粉、焗肉卷) 2. Fatty cut of meat & poultry with skin 脂肪含量較高的肉類及皮肉類 3. Processed or preserved meat, egg and vegetables 加工或經製處理之肉類及蔬菜 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 animal fats e.g. lard, butter, cream, coconut oil, coconut milk 添加了動物性脂肪或飽和性脂肪的食品(例如：牛油、牛油、椰子油、椰漿) 3. Contains trans fat e.g. processed/premade pastries, biscuits, margarine, fried food, etc. 含有反式脂肪的食品(例如：加工製成的糕點、餅乾、人造奶油、油炸食品等) 4. Sugar sweetened beverages 含人工糖分的飲品 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

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Lunch Menu January 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	05 Jan	06 Jan	07 Jan	08 Jan	09 Jan
<u>Meal A</u> ✓	Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋伴燒薯粒  	Veggie Egg Fu Yong with Rice 素芙蓉蛋配飯   	 Shiitake & Lentil Bolognese with Rice 香菇蘭度豆醬配飯  	Japanese Curry with Veggies & Tofu with Rice 日式咖哩雜菜豆腐配飯   	Tomato & Kidney Beans Stew with Rice 意式蕃茄紅腰豆配飯  
<u>Meal B</u>	Yeung Chow Fried Rice 揚州炒飯     	Western Fried Rice (Less Oil) 西炒飯 (少油)   	Singaporean Style Fried Rice Vermicelli 星洲炒米      	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯  	Teriyaki Chicken with Corn Rice 日式照燒雞扒配粟米飯  
<u>Meal C</u>	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  	Beef Bourguignon with Rice 法式燴牛肉飯  	Pork Patty Burger with French Fries 豬柳漢堡配薯條  	Japanese Teriyaki Pork & Konjac Egg Rice 日式蒟蒻豚肉蛋飯   
<u>Meal D</u>	Baked Tuna Macaroni and Cheese (Served with Sweet Corn) 芝士焗吞拿魚通粉 (配粟米粒)    	Steamed Shiitake Mushroom & Chicken with Rice 原盅蒸冬菇滑雞飯   	Red Curry Seafood with Fried Spaghetti (Spicy) 紅咖喱海鮮炒意粉 (辣)     	Baked Penne Bolognese (Served with Sweet Corn) 焗肉醬長通粉 (配粟米粒)   	Baked Pasta Carbonara (Served with Sweet Corn) 焗卡邦尼意粉 (配粟米粒)   
<u>Meal E</u> Soup Noodle	Scallop Tempura in Udon Soup 吉列炸帶子烏冬      	Crab Stick & in Garlic Ramen Soup 蒜香蟹柳拉麵    	Duck Breast and Macaroni in Tomato Soup 煙鴨胸羅宋湯通心粉  	Tomato Pork in Soup Noodle 番茄肉片湯麵    	Fish Block & Tofu Puff Laksa Noodle in Soup 魚片豆卜喇沙湯麵       

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
含魚類



Shellfish Alert
含貝殼類海鮮



Wheat Alert
含小麥

Internal



Lunch Menu January 2025

	Monday 12 Jan (S1-3 Only)	Tuesday 13 Jan (S1-3 Only)	Wednesday 14 Jan (S1-3 Only)	Thursday 15 Jan (S1-3 Only)	Friday 16 Jan (S1-3 Only)
<u>Meal A</u> ✓	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  	Vegetarian Ham and Tomato Pasta Bake 素火腿焗番茄長通粉    	Hungarian Vegetable Stew with Spaghetti 匈牙利燴雜菜配意粉  
<u>Meal B</u>	Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯     	Swiss Chicken with Rice 瑞士汁雞肉配飯   	Lemon Chicken with Rice 西檸雞球配飯    	BBQ pork with Brown Rice 蜜汁叉燒配糙米飯 	Nasi Goreng (Less Oil) 印尼炒飯 (少油)   
<u>Meal C</u>	Chicken Meatballs in Tomato Sauce Fusilli 西西里鮮茄雞肉丸螺絲粉   	Shredded Pork in Portuguese Sauce with Rice 葡汁豬肉絲飯    	Cottage Pie (Minced Pork & Mashed Potato) 農舍批(豬肉醬薯蓉)  	Hot Dog with Roasted Wedges 熱狗配烤薯角   	Carbonara Spaghetti 卡邦尼炒意粉   
<u>Meal D</u>	Baked Curry Pork Chop & Onion with Rice (Spicy) 焗咖哩洋蔥豬扒飯 (辣)     	Steamed Rice with Chicken and Dried Octopus 原盅蒸章魚雞粒飯   	Pork Stroganoff & Mushroom with Rice 焗忌廉蘑菇豬肉配飯   	Baked Chicken in Black Pepper Sauce with Rice (Served with Sweet Corn) 焗黑椒雞肉配飯 (配粟米粒)     	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 Han Sauce 柱侯蘿蔔牛腩麵  	Fish Balls Mai Sin in Tomato Fish Soup 魚蛋蕃茄魚湯米線   	Korean Beef Noodle Soup 韓式雞肉湯麵  	Grilled Pork Chop Vermicelli 香茅豬扒檬粉   	Tomato & Minced Pork in Rice Vermicelli Soup 蕃茄肉碎湯米粉  

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Lunch Menu January 2025

Monday

Tuesday

Wednesday

Thursday

Friday

19 Jan (S1-3 Only)

20 Jan (S1-3 Only)

21 Jan (S1-3 Only)

22 Jan

23 Jan

Meal

A



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



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



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



Meal

B

Yeung Chow Fried Rice
(No Seafood)
揚州炒飯



Stir fried Beef Udon
牛肉片炒烏冬



Korean Glass Noodles &
Chicken
韓式雞肉燴粉絲



Meal

C

Japanese Teriyaki Chicken
with Rice
日式照燒汁雞扒配飯



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



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



Meal

D

Baked Orange Pumpkin &
Chicken with Penne
焗香橙南瓜雞肉長通粉



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



Steamed Chicken Feet &
Pork Ribs with Rice
原盅鳳爪排骨蒸飯



Meal

E

Soup Noodle

Japanese Style
Beef in Noodle Soup
日式牛肉湯麵



Shrimp Tempura in Udon
Soup
吉列炸蝦烏冬



Japanese Seafood Sukiyaki
Udon
雜錦海鮮壽喜燒湯烏冬



No Lunch

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	Monday 26 Jan	Tuesday 27 Jan	Wednesday 28 Jan	Thursday 29 Jan	Friday 30 Jan
<u>Meal A</u> ✓	No Lunch			HK Style Stir-fried Tomato and Egg with Rice 鮮茄炒蛋配飯 🍳	Vegetarian Stir-fried Shanghai Noodles 素上海粗炒 🌱🌱
<u>Meal B</u>				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 🍳🥛🌱🌱
<u>Meal C</u>				Fish Burger with Sweet Corn 魚柳包配粟米粒 🥛🍳🌱🌱🐟🌱	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯 🌱🌱
<u>Meal D</u>				Fujian Fried Rice 福建炒飯 🌱🍳🌱🌱	Baked Chicken & Rice in Black Pepper Sauce (Spicy) 焗黑椒雞扒飯(辣) 🍳🥛🌱🌱
<u>Meal E</u> Soup Noodle				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 柱侯蘿蔔牛腩河 🌱🌱

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