

SCHOOL MENU



港大同學會書院
HKUGA COLLEGE

chartwells

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營養紅綠燈
TRAFFIC LIGHT GUIDE

chartwells

GREEN 綠燈 AMBER 黃燈 RED 紅燈

EAT MORE 適量

Choose at least 3 times per week 每三周選擇3次或以上

- Whole grain or grains with added vegetables 全穀類或穀類(蔬菜米飯)
- Lean protein with fat trimmed 肌肉比較少的蛋白質
- Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康少油的烹調方法
- Full fat milk or cheese 全脂奶類
- Processed or preserved meat, egg and veggies 加工或醃製肉類、蛋類及蔬菜
- Sauces or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁

EAT MODERATELY 限量

Limit to 2 times per week 每三周選擇不多於2次

- Grains with overall amount of added fat and oil e.g. fried rice, fried noodle, baked potato 油和少量油的穀物
- Fatty cuts of meat e.g. beef, pork, lamb, chicken 肌肉比例較高及肥肉的肉類
- Fatty dairy products e.g. butter, cream, coconut oil, coconut milk, cheese 有肥肉的奶類或植物油(如牛油、鮮奶油、椰子油、芝士)
- Contains trans fat 含反式脂肪
- Highly processed/preserved foods e.g. biscuits, cakes, bread, chips, sausages, pizzas, crisps, etc. 高加工或醃製食物
- Sugar sweetened beverages 含糖飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs 有高鹽分的食肆(如鹹魚、鹹蛋)

EAT LESS 少量

Limit to 4 times per month 每月選擇不多於4次



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

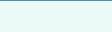
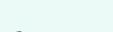
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QR code for newsletter sign-up

Social media icons: Facebook, YouTube, LinkedIn

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Lunch Menu February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	02 Feb	03 Feb	04 Feb	05 Feb	06 Feb
<u>Meal A</u> ✓	 Japanese Style Stir-fried Udon Mix Vegetables & Shredded Egg 日式蔬菜蛋絲炒烏冬   	 Veggie Chicken Steak & Mushroom Burger with Sweet Potato Fries 蘑菇素雞扒漢堡配番薯條   	 Tomato & Kidney Beans Stew with Macaroni 意式蕃茄紅腰豆配通粉   	 Steamed Shiitake, Vermicelli & Egg with Rice 冬菇粉絲蒸水蛋配飯   	
<u>Meal B</u>	 Fish Fillet in Sweet Corn Sauce with Brown Rice 粟米魚柳配糙米飯      	 Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯   	 Stir-fried Tomato with Sliced Pork and Egg with Rice 番茄炒豬肉片炒蛋配飯   	  Chicken Teriyaki with Rice 照燒雞肉配飯   	
<u>Meal C</u>	Korean Beef Bibimbap 韓式牛肉拌飯  	 Fish Fillet in Creamy Thyme Mustard Sauce with Rice 百里香芥末魚柳配飯      	 Roasted Paprika-Lemon Chicken with Potato & Cauliflower with Pasta 紅椒檸檬薯仔花椰菜焗雞配意粉   	  Pork Patty Burger with French Fries 豬柳漢堡配薯條   	Staff Development Day
<u>Meal D</u>	Chicken Alfredo with Penne (Served with Sweet Corn) 焗白汁雞肉長通粉 (配粟米粒)   	 Steamed Chicken Feet & Pork Ribs with Rice 原盅蒸鳳爪排骨飯   	 Baked Penne Bolognaise (Served with Sweet Corn) 焗肉醬長通粉 (配粟米粒)   	 Red Curry Seafood with Fried Spaghetti (Spicy) 紅咖喱海鮮炒意粉 (辣)    	
<u>Meal E</u> Soup Noodle	Fish Block & Tofu Puff Laksa Noodle in Soup 魚片豆卜喇沙湯麵      	Korean Beef Noodle Soup 韓式牛肉湯麵   	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   	

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



All meals are nut-free
所有食物均不含堅果



Lunch Menu February 2026

	Monday 09 Feb	Tuesday 10 Feb	Wednesday 11 Feb	Thursday 12 Feb CNY Theme	Friday 13 Feb
<u>Meal A</u> ✓	Pasta Baked with Creamy Mushroom & Spinach 蘑菇菠菜忌廉焗意粉 	Veggie Egg Fu Yong with Rice 素芙蓉蛋配飯 	Spiced Quinoa with Corn, Beans, and Black-Eyed Peas with Rice 粟米雜菜眉豆香料炒藜麥配飯 	Lou Hon Vegetarian with Rice 羅漢齋配飯 	
<u>Meal B</u>	Swiss Chicken with Rice 瑞士汁雞肉配飯 	Shanghai Fried Noodle with Pork & Cabbage 豬肉絲椰菜上海粗炒 	Chicken Korma with Rice 北印度咖哩雞配飯 	Honey Glazed BBQ Pork with Red Rice 蜜汁叉燒配紅米飯 	
<u>Meal C</u>	Diced Pork Loin with Vegetables in Mustard Gravy with Mashed Potatoes 芥末燒汁雜菜燉豬肉粒配薯蓉 	Chicken Alfredo with Rice 白汁雞肉配飯 	Fish Fillet with Lemon Capers Tomato Sauce with Pasta 檸檬酸豆番茄醬魚柳配意粉 	Sweet and Sour Fish with Rice 糖醋魚柳配飯 	Half Day School
<u>Meal D</u>	Fujian Fried Rice 福建炒飯 	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯 	Stir-Fried Eel Pearl Rice 蒲燒鰻魚粒炒珍珠飯 	Steamed Rice with Chicken and Dried Octopus 原盅蒸章魚雞粒飯 	
<u>Meal E</u> Soup Noodle	Japanese Style Beef in Noodle Soup 日式牛肉湯麵 	Fish Balls Mai Sin in Tomato Fish Soup 魚蛋蕃茄魚湯米線 	Scallop Tempura in Udon Soup 吉列炸帶子烏冬 	Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩麵 	

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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
含貝類海鮮
Wheat Alert
含小麥

Internal

Lunch Menu February 2026

Monday

Tuesday

Wednesday

Thursday

Friday

26 Feb

27 Feb

<u>Meal A</u> ✓
<u>Meal B</u>
<u>Meal C</u>
<u>Meal D</u>
 <u>Meal E</u> Soup Noodle

CNY Holidays

 Sustainable Dish Green Bean Omelette with Rice 豆角煎蛋配飯 
Spaghetti Bolognese (Beef) 肉醬意粉 
Hot Dog with Roasted Wedges 熱狗配烤薯角 
Japanese Style Pork Cartilage with Rice 日式豬軟骨配飯 
Grilled Pork Chop Vermicelli 香茅豬扒檬粉 
 Sustainable Dish Green Burrito with Sweet Corn 墨西哥捲餅配粟米 
Sweet & Sour Pork with Rice 咕嚕肉配飯 
Korean Chicken Bibimbap 韓式雞肉拌飯 
Baked Pork Chop & Rice in Black Pepper Sauce (Spicy) 焗黑椒豬扒飯 (辣) 
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。

 Eat More 適宜	 Vegetarian 素食
 Eat Moderately 限量	 Sustainable Seafood 可持續海鮮
 Eat Less 少量	All meals are nut-free 所有食物均不含堅果

 Egg Alert 含蛋類	 Fish Alert 含魚類
 Dairy Alert 含奶類	 Shellfish Alert 含貝類海鮮
 Soy Alert 含大豆	 Wheat Alert 含小麥

Internal