



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 全穀類食物 (例如：糙米、全麥) 2. Lean protein with at least 1 vegetable 低脂蛋白質食物 (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、烤) 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、焗麵) 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) 3. Processed or preserved meat, egg and vegetable 加工或經處理的肉類、蛋類及蔬菜類 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) 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)



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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 social media sign-up

COMPASS | HK GROUP

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   	Staff Development Day
<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  	
<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 Bolognese (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



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 February 2026


Monday

Tuesday

Wednesday

Thursday

Friday

	09 Feb	10 Feb	11 Feb	12 Feb CNY Theme	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	Half Day School
<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	
<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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 Dairy Alert
含奶類

 Soy Alert
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 Shellfish Alert
含貝殼類海鮮

 Wheat Alert
含小麥

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Monday

Tuesday

Wednesday

Thursday

Friday

		26 Feb	27 Feb
Meal A 	CNY Holidays	 Sustainable Dish Green Bean Omelette with Rice 豆角煎蛋配飯   	 Sustainable Dish Green Burrito with Sweet Corn 墨西哥捲餅配粟米    
Meal B		Spaghetti Bolognese (Beef) 肉醬意粉  	Sweet & Sour Pork with Rice 咕嚕肉配飯   
Meal C		Hot Dog with Roasted Wedges 熱狗配烤薯角   	Korean Chicken Bibimbap 韓式雞肉拌飯  
Meal D		Japanese Style Pork Cartilage with Rice 日式豬軟骨配飯  	Baked Pork Chop & Rice in Black Pepper Sauce (Spicy) 焗黑椒豬扒飯(辣)    
Meal E  Soup Noodle		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  

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