



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(例如全麥粉)的 2. Lean protein with at trimmed 低脂肪肉類 或 他的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil 健康烹調方法 例如: 蒸、燉、焗、煎	1. Grains with or all amount of a solid fat e.g. oil e.g. fried rice, fried noodle, baked items 含脂肪的穀類食物 例如: 炒麵、炒粉、焗菜粉 2. Fatty cut of meat & poultry with skin 脂肪的紅肉及白肉肉類 3. Full-fat milk or cheese 全脂的奶類 4. Processed or preserved meat, egg and veggies 加工或新製肉類、蛋類及蔬菜類 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或夾汁	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動物性脂肪的脂肪 例如: 豬油、牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪的 例如: 餅類、餅仔及自製的餅乾等類 4. Sugar sweetened beverages 含糖類分的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽類分的食品 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

Facebook, YouTube, LinkedIn QR codes

COMPASS | HK GROUP

Lunch Menu April 2026






















Monday

Tuesday

Wednesday

Thursday

Friday

		08 Apr	09 Apr	10 Apr
<u>Meal A</u> ✓		Tomato & Kidney Beans Stew with Spaghetti 意式蕃茄紅腰豆配意粉  	Japanese Curry with Veggies & Tofu with Rice 日式咖哩雜菜豆腐配飯   	Vegetarian Ham and Tomato Pasta Bake 素火腿焗番茄長通粉    
<u>Meal B</u>		HK Style Curry Chicken with Rice 港式咖哩雞配飯    	Nasi Goreng (Less Oil) 印尼炒飯(少油)   	Braised Potato & Chicken with Rice 薯仔炆雞配飯   
<u>Meal C</u>		Carbonara Spaghetti 卡邦尼意粉   	Hawaiian Pizza with Roasted Wedges 夏威夷薄餅配烤薯角   	Stir-fried Teriyaki Pork with Spaghetti 照燒豚肉片炒意粉  
<u>Meal D</u>		Baked Pork Chop Rice in Tomato Sauce 焗鮮茄豬扒飯    	Baked Fusilli Bolognese (Served with Sweet Corn) 焗肉醬螺絲粉 (配粟米粒)   	Baked Curry Pork Chop & Onion with Rice (Spicy) 焗咖哩洋蔥豬扒飯(辣)     
<u>Meal E</u> Soup Noodle		Scallop Tempura in Udon Soup 吉列炸帶子烏冬      	Tomato Pork in Soup Noodle 番茄肉片湯麵  	Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩麵   

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 April 2026

	Monday 20 Apr	Tuesday 21 Apr	Wednesday 22 Apr	Thursday 23 Apr	Friday 24 Apr
Meal A ✓	Margherita Pizza with Roasted Potato Cubes 瑪格麗特薄餅配烤薯粒  	Pesto Avocado, Carrot & Chickpea Fusilli 香草醬牛油果甘筍鷹嘴豆螺絲粉  	 Sustainable Dish Green Burrito with Sweet Corn 墨西哥捲餅配粟米    	<h2>S1-S5 Parents' Days</h2>	
Meal B	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯  	Thai Style Pineapple & Chicken Fried Rice (Less Oil) 泰式菠蘿雞肉炒飯 (少油)    	Barbecue Chicken with Rice 燒烤醬雞脾肉配飯  		
Meal C	Spaghetti Bolognese (Beef) 肉醬意粉  	Roasted Pork Loin in Apple Sauce with Spaghetti 法式烤豬柳蘋果醬配意粉  	Japanese Fried Udon with Chicken & Narutomaki 日式雜錦海鮮炒烏冬      		
Meal D	Baked Orange Pumpkin & Chicken with Fusilli 焗橙南瓜雞肉螺絲粉  	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     		

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Lunch Menu April 2026



























































Monday

Tuesday

Wednesday

Thursday

Friday

	27 Apr	28 Apr	29 Apr	30 Apr	
Meal A ✓	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉  	Green Bean Omelette with Rice 豆角煎蛋配飯   	Mushroom Stroganoff with Rice 忌廉蘑菇配飯   	Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋伴燒薯粒  	
Meal B	Chicken Steak in Garlic Sauce with Brown Rice 蒜蓉汁雞扒配糙米飯    	Lemon Chicken with Carrot Rice 西檸雞球配甘筍飯    	Tandoori Fish with Brown Rice 印度天多利魚塊配糙米飯   	Nasi Goreng (Less Oil) 印尼炒飯(少油)   	
Meal C	Pork Sausage with Peas, Mash and Onion Gravy 烤豬肉腸青豆薯蓉及洋蔥燒汁    	Tomato & Meatball with Spaghetti 意式番茄肉丸意粉   	Spaghetti Bolognese (Pork) 豬肉醬意粉  	Hot Dog with Roasted Wedges 熱狗配烤薯角   	
Meal D	 Fujian Fried Rice 福建炒飯    	Crab & Tobiko with Pearl Rice 蟹柳蟹籽伴珍珠飯    	Thai Beef and Coconut Curry with Rice 泰式椰汁咖喱牛肉配飯   	Baked Chicken & Rice in Black Pepper Sauce (Spicy) 焗黑椒雞扒飯(辣)    	
Meal E Soup Noodle	Pho Tom Yum Shrimp Rice Noodle Soup (coconut milk) 泰式冬蔭功蝦湯粉(椰奶)      	Tomato & Minced Pork in Rice Vermicelli Soup 蕃茄肉碎湯米粉  	Prawn Tempura in Ramen Soup 吉列炸蝦拉麵      	BBQ pork Soup Noodle 蜜汁叉燒湯麵  	

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