



港大同學會書院  
HKUGA COLLEGE

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營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 適宜</b> Choose at least 3 times per week 每日或每週3次或以上	<b>EAT MODERATELY 限量</b> Limit to 2 times per week 每週或每週不多於2次	<b>EAT LESS 少量</b> Limit to 4 times per month 每月或每月不多於4次
1. Whole grain or grains with added vegetables 全穀類食物(例如全穀粉) 2. Lean protein with at trimmed 低脂肪肉類 或 低脂肪的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil 健康的烹調方法 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 含有固體脂肪的穀類 例如：炒麵、炒粉、焗菜粉 2. Fatty cut of meat & poultry with skin 脂肪含量高的肉類及皮肉類 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食品 例如：豬油、牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食品 例如：酥皮類及預製的餅乾 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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# Lunch Menu May 2026

	Monday 04 May	Tuesday 05 May	Wednesday 06 May	Thursday 07 May	Friday 08 May
<b>Meal A</b> ✓	Vegetarian Ham and Tomato Pasta Bake 素火腿焗番茄長通粉 	Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋伴燒薯粒 	Green Bean Omelette with Rice 豆角煎蛋配飯 	Japanese Curry with Veggies & Tofu with Rice 日式咖哩雜菜豆腐配飯 	Tomato & Kidney Beans Stew with Spaghetti 意式蕃茄紅腰豆配意粉 
<b>Meal B</b>	Braised Potato & Chicken with Rice 薯仔炆雞配飯 	Vietnamese Lemongrass Porkchop with Red Rice 越式香茅豬扒配紅米飯 	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 	Nasi Goreng (Less Oil) 印尼炒飯(少油) 	Teriyaki Chicken with Corn Rice 日式照燒雞扒配粟米飯 
<b>Meal C</b>	Stir-fried Teriyaki Pork with Spaghetti 照燒豚肉片炒意粉 	Meatballs in Tomato Sauce Fusilli 西西里鮮茄肉丸螺絲粉 	Spaghetti Bolognese 肉醬意粉 	Hot Dog with Roasted Wedges 熱狗配烤薯角 	Pork Stroganoff with Rice 俄羅斯忌廉豬肉配飯 
<b>Meal D</b>	Baked Chicken Meatballs in Tomato Sauce with Rice (Served with Sweet Corn) 焗鮮茄雞肉丸飯(配粟米粒) 	Steamed Shitake 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) 	Salmon with Cherry Tomato with Spaghetti 三文魚車厘茄炒意粉
<b>Meal E</b> 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 May 2026

Monday

Tuesday

Wednesday

Thursday

Friday

	11 May	12 May	13 May	14 May	15 May
<b>Meal A</b> ✓	Pesto Avocado, Carrot & Chickpea Fusilli 香草醬牛油果甘筍鷹嘴豆螺絲粉	Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯	Mushroom & Pea Risotto 野菌青豆意大利飯	Braised E-Fu Noodle with Mushroom 乾燒伊麵	Swimming Gala
<b>Meal B</b>	Stir fried Beef Udon 牛肉片炒烏冬	Swiss Chicken with Rice 瑞士汁雞肉配飯	Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯	HK Style Curry Chicken with Rice 港式咖哩雞配飯	
<b>Meal C</b>	Kazakhstan Pork Chakhobili with Rice 哈薩克蕃茄香草燉豬配飯	Shredded Pork in Portuguese Sauce with Spaghetti 葡汁豬肉絲意粉	Cottage Pie (Minced Beef & Mashed Potato) 農舍批(肉醬薯蓉)	Carbonara Spaghetti 卡邦尼意粉	
<b>Meal D</b>	Baked Curry Chicken & Onion with Rice (Spicy) 焗咖哩洋蔥雞扒飯(辣)	Steamed Rice with Chicken and Dried Octopus 原盅蒸章魚雞粒飯	Creamy Black Truffle Chicken Pasta 黑松露雞肉忌廉燴扁意粉	Japanese Style Pork Cartilage with Rice 日式豬軟骨配飯	
<b>Meal E</b> Soup Noodle	Soup Noodle with Beef Brisket and Turnip in Chu Hau 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	

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Shellfish Alert  
含貝殼類海鮮



Wheat Alert  
含小麥

Internal

# Lunch Menu May 2026

	Monday 18 May	Tuesday 19 May	Wednesday 20 May	Thursday 21 May	Friday 22 May
<u>Meal A</u> ✓			Stir-fried Spaghetti with Tri-pepper, Mushrooms & Red Kidney Beans 彩椒野菌紅腰豆炒意粉  	Cheese Baked Penne with Broccoli 焗芝士西蘭花長通粉   	Malaysian Curry with Veggies & Chickpeas with Rice 馬來西亞淡咖哩鷹嘴豆雜菜配飯   
<u>Meal B</u>			Korean Glass Noodles & Beef 韓式牛肉燴粉絲      	Sole Fillet Penne with Tomato Sauce 鮮茄魚柳長通粉    	Low fat Sweetcorn & Diced Pork with Rice 低脂忌廉粟米肉粒飯  
<u>Meal C</u>	20 <sup>th</sup> Anniversary Celebration Concert – The Elements (五行)		Butter Chicken with Corn Rice (Spicy) 印度咖喱雞粟米飯 (辣)    	Pan Fried Pork Chop w/ Thousand Island dressing Burger & Fries 香煎豬扒漢堡包配薯條    	Smoky Chicken with Macaroni 蕃茄香熏雞肉配通粉   
<u>Meal D</u>			Fujian Fried Rice 福建炒飯    	Chicken Spanish Paella 雞肉西班牙燴飯  	Tuna Pasta bake (Served with Sweet Corn) 焗吞拿魚茄汁通粉 (配粟米粒)     
<u>Meal E</u> Soup Noodle			Japanese Seafood Sukiyaki Udon 雜錦海鮮壽喜燒湯烏冬     	Hong Kong Style Wonton Noodle Soup 鮮蝦雲吞麵    	Vietnamese Style Pork Neck with Rice Noodle 越式豬頸肉河粉     

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# Lunch Menu May 2026

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<u>Meal A</u> ✓	The Day following the Buddha's Birthday	Mixed Mushroom Risotto 雜菌意大利飯 	Braised Rice Vermicelli with Dried Bean Curd and Mixed Vegetables 豆乾雜菜炆米粉  	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>		Stir-fried Rice Noodles with Mixed Pepper & Chicken 雜椒雞絲炒河粉  	Lemon Chicken with Brown Rice 香草檸檬烤雞配糙米飯    	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>		Pork Sausage and Mashed Potato 烤豬肉腸配薯蓉  	Japanese Fried Udon with Chicken & Narutomaki 日式雜錦海鮮炒烏冬      	Fish Burger with Sweet Corn 魚柳包配粟米粒      	Pumpkin Beef Stew Pasta 南瓜燴牛肉意粉  
<u>Meal D</u>		Baked Portuguese Seafood & Pumpkin with Rice (with coconut milk) 焗葡汁海鮮南瓜配飯 (含椰奶)    	Baked Hungarian Braised Pork Stew with Rice 焗匈牙利豬肉配飯    	Baked Spaghetti Carbonara (Mushroom) 焗卡邦尼蘑菇意粉   	Baked Chicken & Rice in Black Pepper Sauce (Spicy) 焗黑椒雞扒飯 (辣)    
<u>Meal E</u> Soup Noodle		Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩河  	Crab Stick & Fish Cake in Garlic Ramen Soup 蟹柳魚餅蒜香拉麵    	Japanese Pork Char Siu Ramen 日式豚肉湯拉麵   	Lemongrass Chicken Wing with Ho Fun in Soup 越式香茅雞翼湯河粉   



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