



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
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(例如粟米粉) 2. Lean protein with at trimmed 低脂肪肉類 或 低脂肪海鮮 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 脂肪多及皮肉類的肉類 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芡汁	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 含糖類飲料的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽類食品 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

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Lunch Menu Jun 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	01 June (S1-3)	02 June (S1-3)	03 June (S1-3)	04 June	05 June
Meal A ✔	Pesto Avocado, Carrot & Chickpea Fusilli 香草醬牛油果甘筍鷹嘴豆螺絲粉 🌱	Tomato & Kidney Beans Stew with Spaghetti 意式蕃茄紅腰豆配意粉 🥚🌾	Green Bean Omelette with Rice 豆角煎蛋配飯 🥚🌾		
Meal B	Vietnamese Lemongrass Chicken with Red Rice 越式香茅雞扒配紅米飯 🐟🌱🌾	Nasi Goreng (Less Oil) 印尼炒飯(少油) 🥚🌱🌾	Singaporean Style Fried Rice Vermicelli 星洲炒米 🥚🥛🌱🌾		
Meal C	Carbonara Spaghetti 卡邦尼意粉 🥛🌱🌾	Pork Stroganoff with Rice 俄羅斯忌廉豬肉配飯 🥛🌱🌾	Chicken with Spaghetti in Mushroom Sauce 意大利蘑菇雞意粉 🌾		
Meal D	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 🍄🌱🌾	Baked Penne Bolognese (Served with Sweet Corn) 焗肉醬長通粉 (配粟米粒) 🥛🌱🌾		
Meal E 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 🌱🌾		

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 Jun 2026

Monday

Tuesday

Wednesday

Thursday

Friday

	08 June (S5A Tutorial Lessons Order)	09 June (S5A Tutorial Lessons Order)	10 June (S5A Tutorial Lessons Order)	11 June (S5A Tutorial Lessons Order)	12 June (S5A Tutorial Lessons Order)
<u>Meal A</u>	Stir-fried Teriyaki Pork with Spaghetti 照燒豚肉片炒意粉 	Shredded Pork in Portuguese Sauce with Spaghetti 葡汁豬肉絲意粉 	Creamy Black Truffle Chicken Pasta 黑松露雞肉忌廉燴扁意粉 	Green Bean Omelette with Rice 豆角煎蛋配飯 	 Sustainable Dish Baked Tuna Macaroni and Cheese 芝士焗吞拿魚通粉 
<u>Meal B</u>	Braised Potato & Chicken with Rice 薯仔炆雞配飯 	Swiss Chicken with Rice 瑞士汁雞肉配飯 	Steamed Pork Patty & Mushroom with Rice 香菇蒸肉餅配飯 	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 	Sweet and Sour Pork with Rice 咕嚕肉配飯 



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Lunch Menu Jun 2026

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Tuesday

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Friday

	15 June (S4C & S5A Tutorial Lessons Order)	16 June (S4C & S5A Tutorial Lessons Order)	17 June (S4C & S5A Tutorial Lessons Order)	18 June (S4C & S5A Tutorial Lessons Order)	19 June
<u>Meal A</u>	<p>Korean Glass Noodles & Pork 韓式豬肉燴粉絲</p> 	<p>Stir fried Chicken Udon 雞肉絲炒烏冬</p> 	<p> Sustainable Dish Sweet and Sour Fish with Rice 糖醋魚柳配飯</p> 	<p>Spaghetti Bolognese (Chicken) 雞肉醬意粉</p> 	<p>Dragon Boat Festival 端午節</p>
<u>Meal B</u>	<p>Japanese Teriyaki Chicken with Rice 日式照燒汁雞扒配飯</p> 	<p>Kazakhstan Pork Chakhobili with Rice 哈薩克蕃茄香草燉豬配飯</p> 	<p>Pumpkin Pork Stew Pasta 南瓜燴肉片意粉</p> 	<p> Sustainable Dish Seafood Spanish Paella 海鮮西班牙燴飯</p> 	



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Lunch Menu Jun 2026

	Monday 22 June(S4-5)	Tuesday 23 June(S4-5)	Wednesday 24 June (S4-5)	Thursday 25 June(S4-5)	Friday 26 June(S4-5)
Meal A ✔	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉 	Vegetarian Stir-fried Shanghai Noodles 素上海粗炒 	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 	Malaysian Curry with Veggies & Chickpeas with Rice 馬來西亞淡咖哩鷹嘴豆雜菜配飯 
Meal B	 Minced Pork & Mushroom in Steam Egg with Rice 肉碎香菇蒸水蛋配飯 	Low fat Sweetcorn & Diced Pork with Rice 低脂粟米肉粒飯 	Lemon Chicken with Brown Rice 香草檸檬烤雞配糙米飯 	Singaporean Style Fried Rice Vermicelli 星洲炒米 	Low fat Sweetcorn & Diced Pork with Rice 低脂忌廉粟米肉粒飯 
Meal C	Carbonara Spaghetti 卡邦尼意粉 	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯 	Hungarian Braised Pork Stew with Rice 匈牙利燴豬肉配飯 	Hawaiian Pizza with Sweet Corn 夏威夷薄餅配粟米粒 	Smoky Chicken with Macaroni 蕃茄香熏雞肉配通粉 
Meal D	Fujian Fried Rice 福建炒飯 	Crab & Tobiko with Pearl Rice 蟹柳蟹籽伴珍珠飯 	Hainan Chicken Rice 海南雞脾肉飯 	Baked Rice & Chicken with Black Pepper Sauce 焗黑椒雞肉飯 	Tuna Pasta bake (Served with Sweet Corn) 焗吞拿魚茄汁通粉 (配粟米粒) 
Meal E Soup Noodle	Korean Beef Noodle Soup 韓式雞肉湯麵 	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 Style Beef in Noodle Soup 日式牛肉湯麵 	Vietnamese Style Pork with Rice Noodle 越式豬肉河粉 

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	29 June (S4-5)	30 June	
<u>Meal A</u> 🌱	Green Burrito with Sweet Corn 墨西哥捲餅配粟米 🍳 🥛 🌱 🌾	Graduation Ceremony (No class for S1-5)	
<u>Meal B</u>	Vietnamese Lemongrass Porkchop with Red Rice 越式香茅豬扒配紅米飯 🐟 🌱 🌾		
<u>Meal C</u>	Butter Chicken with Corn Rice (Spicy) 印度咖喱雞粟米飯 (辣) 🍳 🥛 🌱 🌾		
<u>Meal D</u>	Baked Spaghetti Carbonara (Mushroom) 焗卡邦尼蘑菇意粉 🥛 🌱 🍳		
<u>Meal E</u> Soup Noodle	Japanese Pork Char Siu Ramen 日式豚肉湯拉麵 🍳 🌱 🌾		

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