港大同學會書院
HKUGA COLLEGE

SCHOOL MENU

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serving up happy & healthy

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SHARE YOUR THOUGHTS
分享你的**意見**

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營養紅綠燈
TRAFFIC LIGHT
GUIDE

GREEN 綠燈 **AMBER 黃燈** **RED 紅燈**

EAT MORE 適宜
Choose at least 3 times per week
每星期至選擇3次或以上

1. Whole grain or grains with added vegetables
全穀類或穀物配搭蔬菜
2. Lean protein with fat trimmed
瘦肉比其它配的優白質
3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil
健康少油的烹調方法
例如：蒸、慢煮、烤、焗

EAT MODERATELY 限量
Limit to 2 times per week
每星期宜選擇不多於2次

1. Grains with small amount of added fat and oil e.g. fried rice, fried noodles, boiled pasta
添加少量油脂的穀物
例如：炒飯、炒麵、烏冬
2. Fatty cut of meat & poultry with skin
脂肪較多的肉類及連皮的肉類
3. Full fat milk or cheese
全脂奶或芝士
4. Processed or preserved meat, egg and veggies
加工或醃製的肉類、蛋類及蔬菜食品
5. Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

EAT LESS 少量
Limit to 4 times per month
每月宜選擇不多於4次

1. Deep-fried foods
油炸食品
2. Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和植物性脂肪的食品
例如：豬油、牛油、忌廉、椰子油、椰奶
3. Contains trans fat e.g. processed/premade pastries
含反式脂肪，例如：預先製作及包裝的酥皮食物
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
非常高鹽的食品，例如：鹹魚、鹹蛋

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
SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER

COMPASS | HK GROUP

Lunch Menu April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	08 Apr	09 Apr	10 Apr	11 Apr	12 Apr
Meal A ✓	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉	Sustainable Dish Green Burrito with Sweet Corn 墨西哥紅腰豆捲餅配粟米	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯	Tomato Cheeseburger with Roasted Potato Cubes 蕃茄芝士漢堡配薯粒	Tomato & Scrambled Egg with Rice 蕃茄炒蛋配飯
Meal B	Baked Curry Pork Chop with Rice 焗咖哩豬扒配飯	Baked Tomato & Pork with Rice 焗鮮茄肉片配飯	Baked Mac Carbonara 焗卡邦尼通粉	Baked Fish Fillet with Penne in Pumpkin Sauce 焗魚柳配南瓜汁長通粉	Pork Cheeseburger with Wedges 豬柳芝士漢堡配薯角
Meal C	Stir Fried Beef with Rice Noodles (Less Oil) 干炒牛肉河 (少油)	Pan-fried Fish Fillet in Egg and Sweet Corn Sauce with Rice 滑蛋粟米煎魚柳配飯	Fresh Tomato & Sliced Chicken with Rice 鮮茄雞柳配飯	Yeung Chow Fried Rice (No Seafood) (Less Oil) 揚州炒飯 (不含海鮮) (少油)	Sweet & Sour Chicken & Rice 咕嚕雞球配飯

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

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Lunch Menu April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	15 Apr	16 Apr	17 Apr	18 Apr	19 Apr
Meal A ✔	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋配糙米飯	Vegetarian Lasagne 雜菜千層麵	Italian Style Veg Meat with Rice 西西里素肉配飯	Assorted Veg, Carrots, Mushroom & Dried Bean Curd in Garlic & Rice 蒜香雜菜甘筍蘑菇豆乾配飯	Staff Development Day
Meal B	Baked Rice with Chicken in Mushroom Sauce 焗白汁蘑菇雞絲飯	Shogayaki Pork Ginger with Rice 薑汁燒豬肉飯	Japanese Curry Chicken with Rice 焗白汁雞皇配飯	Baked Napoleon Chicken Spaghetti 焗拿破崙雞肉意粉	
Meal C	Fried Rice Vermicelli in Singapore Style (no seafood) (Less Oil) 星洲炒米(不含海鮮)(少油)	Honey Soy Chicken (with skin) with Rice 港式豉油雞肉(有皮)配飯	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯	Diced Pork Rice in Sweet Corn & Egg Sauce 滑蛋粟米肉粒配飯	

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	Monday	Tuesday	Wednesday	Thursday	Friday
	22 Apr	23 Apr	24 Apr	25 Apr	26 Apr
Meal A	Egg Sandwich with Mixed Fruit 雞蛋三文治配雜果	Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯 (Sustainable Dish)	Braised Dried Bean Curd with Cucumber & Black Fungus 青瓜雲耳燴豆乾配飯	Shiitake & Lentil Bolognese with Brown Rice 香菇蘭度醬配糙米飯 (Sustainable Dish)	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇烘蛋伴薯角粒
Meal B	Baked Rice & Pork Chop with Onion Gravy 焗洋葱汁豬扒飯	Baked Tuna Macaroni and Cheese 焗芝士吞拿魚通粉	Baked Creamy Seafood with Rice 白汁海鮮焗飯	Baked Pork Rice in Curry Sauce 焗咖哩肉片飯	Fish Burger with Fries 魚柳包配薯條
Meal C	Braised Potato & Chicken with Rice 薯仔炆雞配飯	Swiss Chicken Wing with Rice 瑞士汁雞中翼配飯	Japanese Sliced Pork & Onion with Rice 日式照燒汁洋蔥豬肉飯	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯	Thai Style Pineapple & Chicken Fried Rice (Less Oil) 泰式菠蘿雞肉炒飯 (少油)

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	Monday	Tuesday	Wednesday	Thursday	Friday
	29 Apr	30 Apr			
Meal A ✓	S1-S5 Parents Days				
Meal B					
Meal C					

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Eat Less 少量

Vegetarian 素食
Sustainable Seafood 可持續海鮮
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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

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