



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(例如全穀粉)	1. Grains with or all amount of a cold fat/oil e.g. rice, rice, fried noodle, baked meat 含油及高熱量的食物 例如: 炸雞、炸麵、油浸魚	1. Deep-fried foods 非水烹調
2. Lean protein with at trimmed 低脂肪、低熱量的蛋白質	2. Fatty cut of meat & poultry with skin 脂肪含量高的肉類及皮肉類	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物 例如: 豬油、牛油、忌廉、椰子油、椰漿
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、焗	3. Full-fat milk or cheese 全脂奶類	3. Contains trans fat e.g. processed/premade pastries 含反式脂肪的食物 例如: 酥餅、餅干、及自製的酥餅類
	4. Processed or preserved meat, egg and vegetables 加工或新製肉類、蛋類及蔬菜類	4. Sugar sweetened beverages 含糖類飲品
	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	5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽類食物 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 newsletter sign-up

Facebook, YouTube, LinkedIn QR codes

COMPASS | HK GROUP

Lunch Menu May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
			01 May	02 May	03 May
<u>Meal A</u> A 			Labour Day 勞動節	Steamed Shiitake, Vermicelli and Egg with Rice 冬菇粉絲蒸水蛋配飯   	Tomato & Scrambled Egg with Rice 蕃茄炒蛋配飯 
<u>Meal B</u> B				Baked Mac Carbonara 焗卡邦尼通粉   	BBQ Chicken Pizza with Potato Fries 烤雞肉簿餅配薯條  
<u>Meal C</u> C				Stir Fried Beef with Rice Noodles (少油) 干炒牛肉河 (Less Oil)  	Vietnamese Style Lemongrass Pork Chop with Rice 香茅豬扒飯   



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

Lunch Menu May 2024

	Monday 06 May	Tuesday 07 May	Wednesday 08 May	Thursday 09 May	Friday 10 May
Meal A 	Scrambled Onion, Green Bean & Egg with Rice 洋蔥豆角炒蛋配飯 	 Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸 配糙米飯  	Vegetarian Lasagna 雜菜千層麵  	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉  	Broccoli Mac & Cheese 焗芝士西蘭花通粉  
Meal B	Baked Tomato & Shredded Pork with Rice 焗鮮茄肉絲配飯    	Baked Mac Carbonara 焗卡邦尼通粉   	Baked Spaghetti Bolognese 焗肉醬意粉   	Portuguese Chicken with Spaghetti (with coconut milk) 焗葡國雞配意粉 (含椰奶)  	Hot Dog with Roasted Wedges 熱狗配烤薯角   
Meal C	Vietnamese Style Lemongrass Chicken with Rice 香茅雞扒飯   	Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯   	Honey BBQ Pork with Rice 蜜汁叉燒配飯  	Spaghetti Bolognese (Beef) 肉醬意粉  	Braised Chicken in Portuguese Style & Rice (without coconut milk, with low fat milk) 葡國雞飯 (不含椰奶, 配低脂奶)  



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	Monday 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May
<u>Meal A</u> ✓	Green Bean Omelette with Rice 豆角煎蛋配飯 🍳	Fried Udon with Mixed Vegetables and Dried Bean Curd (Less Oil) 雜菜豆乾炒烏冬 (少油) 🥬🌿	Buddha's Birthday 佛誕	 Green Burrito with Sweet Corn 墨西哥捲餅配粟米 🍳🥛🥬🌿	Vegetarian Lasagna 雜菜千層麵 🥛🌿
<u>Meal B</u>	Baked Meat Balls with Tomato Sauce with Pasta 焗番茄肉丸配通粉 🍳🥛🥬🌿	Baked Bolognese Sauce with Spaghetti 焗蕃茄肉醬意粉 🥛🥬🌿		Baked Curry Pork Chop with Rice 焗咖哩豬扒配飯 🍳🥛🌿	Fish Burger with Fries 魚柳包配薯條 🍳🥬🐟🌿
<u>Meal C</u>	Braised Potato & Chicken with Rice 薯仔炆雞配飯 🥬🍷🌿	Swiss Chicken Wing with Rice 瑞士汁雞中翼配飯 🥬🌿		Stir Fried Beef with Rice Noodles (Less Oil) 干炒牛肉河 (少油) 🥬🌿	Thai Style Pineapple & Chicken Fried Rice (Less Oil) 泰式菠蘿雞肉炒飯 (少油) 🍳🥬🍷🐟🌿



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	Monday 20 May	Tuesday 21 May	Wednesday 22 May	Thursday 23 May	Friday 24 May
Meal A 	Egg Sandwich with Garden Corn Salad 雞蛋三文治 配田園粟米沙律 	Braised Veggie Meat & Pumpkin with Rice 南瓜炆素肉丸配飯 	Stir Fried Garlic Mixed Vegetables & Dried Bean Curd with Rice 蒜香雜菜炒豆乾配飯 	Tofu & Enoki in Egg Drop Sauce with Rice 滑蛋金菇豆腐配飯 	Spinach & Mushroom Frittata with Roasted Wedges 意式菠菜蘑菇烘蛋伴烤薯角 
Meal B	Baked Cream Sauce & Seafood with Rice 焗白汁海鮮飯 	Baked Rice with Chicken in Mushroom Sauce 焗白汁蘑菇雞絲飯 	Baked Japanese Curry Chicken with Rice 焗日式咖喱雞配飯 	Chili Con Carne with Penne (Beef) 墨西哥辣牛肉醬配長通粉 	Ham Cheese Ciabatta with Sweetcorn 芝士火腿意大利包配粟米粒 
Meal C	Fried Rice Vermicelli in Singapore Style (no seafood) (Less Oil) 星洲炒米(不含海鮮) (少油) 	Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉餅配飯 	Taiwanese Minced Pork with Rice 台式肉燥配飯 	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯 	Fresh Tomato & Sliced Chicken with Rice 鮮茄雞柳配飯 



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	Monday 27 May	Tuesday 28 May	Wednesday 29 May	Thursday 30 May	Friday 31 May
Meal A 	 Sustainable Dish Shiitake & Lentil Bolognese with Brown Rice 香菇蘭度醬配糙米飯 	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋配糙米飯 	Italian Style Veg Meat with Rice 西西里素肉配飯   	Tomato Cheese Pizza with Roasted Wedges 番茄芝士簿餅配烤薯角   	Mixed Mushroom Risotto 雜菌意大利飯  
Meal B	Baked Orange Pumpkin & Chicken with Penne 焗香橙南瓜雞肉 長通粉   	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯    	Baked Pork Chop & Rice in Black Pepper Sauce 焗黑椒豬扒飯    	Diced Pork in Egg and Sweet Corn Sauce with Rice 滑蛋粟米肉粒飯 	Baked Sole Fillet Spaghetti with Tomato Sauce 焗鮮茄魚柳意粉     
Meal C	Fresh Tomato & Sliced Pork with Rice 鮮茄肉片配飯	Stir Fried Rice Noodles with Mixed Pepper & Chicken (Less Oil) 雜椒雞絲炒河粉(少油)  	Braised Beef & White Radish with Rice 蘿蔔炆牛肉配飯   	Nasi Goreng (Less Oil) 印尼炒飯(少油)   	Sweet and Sour Pork with Rice 咕嚕肉飯  



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