



SCHOOL MENU



YMCA of Hong Kong Christian College
港青基信書院

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分享你的意見

營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 健康之選 Choose at least 3 times per week 每日至少吃3次或以上 <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類或添加蔬菜五穀物 Lean protein with fat trim-med 低脂肪或低脂的蛋白質 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、燉、焗、烤 	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每日吃1-2次 <ol style="list-style-type: none"> Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snacks 添加少量脂肪的食物 例如：炒麵、炒粉、焗食等 Fatty cut of meat & poultry 高脂肪肉類及禽類肉類 Full fat milk or cheese 全脂奶類/乳酪 Processed or preserved meat, egg and vegetables 加工肉類/肉類、蛋類及蔬菜食品 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁 	EAT LESS 少選為佳 No more than 1 time per week 每日吃不超過1次 <ol style="list-style-type: none"> Deep fat foods 油炸食品 Added animal fats or saturated fat (fat/oil, lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性脂肪或飽和性脂肪的食品 例如：黃油、牛油、忌廉、椰子油、椰油 Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及自製的糕點食品 Sugar sweetened beverages 含糖份的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份食品 例如：鹹魚、鹹蛋

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聲明：儘管我們已採取一切措施確保廚房內的交叉污染最小化，但可能會出現我們無法控制的情況，並可能改變所提供過敏原信息的準確性。因此，我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。
DISCLAIMER: Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights.

Lunch Menu February 2025

Monday

Tuesday

Wednesday

Thursday



February 3

February 4

February 5

February 6

February 7

Meal
A

Slow-cooked Pork with
Vegetables & Steamed
Potatoes with Herbs
燜燉豬肉配香草薯仔



Tuna Pasta Bake
焗吞拿魚茄汁通粉



New Yorker Hotdog with
Corn

美式紐約熱狗配粟米



Meal
B

Lemon Chicken with
Carrot rice
西檸雞球配甘筍飯



Minced Pork & Mushroom
in Steam Egg with
Brown Rice

肉碎香菇蒸水蛋
配糙米飯



Sautéed Zucchini and
Chicken with Rice
翠肉瓜炒雞柳配飯



Meal
C



Stir-fried Noodles with
Baby Corn, Cabbage &
Dried Bean Curd
珍珠筍椰菜豆乾炒麵



Japanese Curry with
Veggies & Tofu with Rice
日式咖喱雜菜豆腐配飯



Vegetable Tagine with
Brown Rice
摩洛哥素雜菜配糙米飯



Seasonal vegetables served daily 每日供應時令蔬菜



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
Seafood
可持續海鮮



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



Peanut Alert
含花生



Tree Nuts Alert
含堅果



Wheat Alert
含小麥



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Lunch Menu February 2025



Tuesday

Wednesday

Thursday



	February 10	February 11	February 12	February 13	February 14
<u>Meal A</u>	Chicken Cacciatore with Spaghetti 獵人燴雞意粉 	Chili Con Carne with Rice 墨西哥肉醬配飯 	Pork Sausage with Peas, Mash and Onion Gravy 烤豬肉腸配青豆,薯蓉及洋蔥燒汁 	Honey Mustard Roast Chicken Steak with Roasted Potatoes 蜜糖芥辣烤雞扒配燒薯角 	STAFF DEVELOPMENT DAY
<u>Meal B</u>	Vietnamese Lemongrass Porkchop with Red Rice 越式香茅豬扒配紅米飯 	Singapore Style Fired Rice Vermicelli (No Seafood) 星洲炒米 	Tandoori Fish with Brown Rice 印度天多利魚塊配糙米飯 	Tomato, Minced Pork and Egg with Brown Rice 鮮茄肉碎炒蛋配糙米飯 	STAFF DEVELOPMENT DAY
<u>Meal C</u> 	Broccoli & Cheddar Frittata with Roasted Potatoes 西蘭花車打芝士焗蛋伴燒薯角 	Braised Teriyaki Eggplant & Tofu with Brown Rice 照燒茄子豆腐配糙米飯 	Mushroom Stroganoff with Rice 忌廉蘑菇配飯 	Vegetarian Stir-fired Shanghai Noodles 素上海粗炒 	STAFF DEVELOPMENT DAY
Seasonal vegetables served daily 每日供應時令蔬菜					

	Eat More 適宜	Vegetarian 素食	Egg Alert 含蛋類	Fish Alert 含魚類	Tree Nuts Alert 含堅果
	Eat Moderately 限量	Sustainable Seafood 可持續海鮮	Dairy Alert 含奶類	Shellfish Alert 含貝殼類海鮮	Wheat Alert 含小麥
	Eat Less 少量	Soy Alert 含大豆	Peanut Alert 含花生		



Lunch Menu February 2025



	Monday February 17	Tuesday February 18	Wednesday February 19	Thursday February 20	Fun Friday February 21
Meal A	Spaghetti Carbonara 卡邦尼意粉 	Thai Beef and Coconut Curry with Rice 泰式椰汁咖喱 牛肉配白飯 	Chicken Alfredo with Penne and Green Bean 白汁雞肉長通粉 配青豆 	Roasted Cheezy Pork Loin with Roasted Potatoes 火焰芝士燒豬扒 配燒薯粒 	Baked Fish in Pumpkin Sauce with Roasted Potatoes 南瓜汁魚柳配燒薯
Meal B	Korean Glass Noodles & Chicken 韓式雞肉燴粉絲 	Fish Fillet in Sweet Corn Sauce with Brown Rice 粟米魚柳配糙米飯 	Steamed Pork Patty & Mushroom with Quinoa Rice 香菇蒸肉餅配藜麥飯 	Braised Potato and Chicken Stew with Brown Rice 薯仔燉雞配糙米飯 	Sweet & Sour Pork with Red Rice 咕嚕肉配紅米飯
Meal C 	Hungarian Vegetable Stew with Red Rice 匈牙利燴雜菜配紅米飯 	Stir-fried Udon w/ Veg & Shredded Eggs 雜菜蛋絲炒烏冬 	Stir-fried Thai Vegetables w/ Cannellini with Rice 泰式雜菜炒白豆 配飯 	Roast Cauliflower & Chickpea Korma with Rice 烤椰菜花鷹嘴豆 印式咖喱配白飯 	Margarita Pizza 瑪格麗特薄餅

Seasonal vegetables served daily 每日供應時令蔬菜

	Eat More 適宜		Vegetarian 素食		Egg Alert 含蛋類		Fish Alert 含魚類		Tree Nuts Alert 含堅果
	Eat Moderately 限量		Sustainable Seafood 可持續海鮮		Dairy Alert 含奶類		Shellfish Alert 含貝殼類海鮮		Wheat Alert 含小麥
	Eat Less 少量		Soy Alert 含大豆		Peanut Alert 含花生				



Lunch Menu February 2025

Monday

Tuesday

Wednesday

Thursday



February 24

February 25


February 26

February 27

February 28

Meal
A

Pork Stroganoff with Rice
俄羅斯忌廉豬肉配飯


Korean Chicken with Rice & Mushroom Sauce
韓式炸雞配磨菇汁飯


Beef Bourguignon with Pasta
法式燴牛肉意粉
 

Tuna Spaghetti in Cream of Spinach Sauce
白汁菠菜吞拿魚意粉
   

Fish and Chips
炸魚薯條
  

Meal
B

Steamed Shitake Mushroom & Chicken with Brown Rice
冬菇蒸滑雞配糙米飯
  

Pork Chop in Onion Sauce (No Ketchup) with Rice
洋蔥汁豬柳配飯
   

Japanese Style Chicken Curry with Carrot Rice
日式咖哩雞肉配甘筍飯
   

Honey Glazed BBQ Pork with Red Rice
蜜汁叉燒配紅米飯
  

Thai Chicken & Pineapple Fried Rice
泰式菠蘿雞粒炒飯
   

Meal
C


Stir Fried Rice Noodles with Mixed Vegetables & Shredded Eggs
素三絲炒米粉(含蛋)
  

Cheese Baked Pasta with Broccoli
焗芝士西蘭花長通粉
  

Stir-fried Fuzzy Melon w/ Back Fungus & Dried Bean Curd with Rice
豆乾雲耳炒節瓜配飯
 

Mixed Bean & Vegetable with rice
鮮茄雜豆燉菜配飯


Shitake Lentil Bolognese Penne
香菇扁豆醬長通粉
 

Seasonal vegetables served daily 每日供應時令蔬菜 

	Eat More 適宜	 Vegetarian 素食	 Egg Alert 含蛋類	 Fish Alert 含魚類	 Tree Nuts Alert 含堅果
	Eat Moderately 限量	 Sustainable Seafood 可持續海鮮	 Dairy Alert 含奶類	 Shellfish Alert 含貝殼類海鮮	 Wheat Alert 含小麥
	Eat Less 少量		 Soy Alert 含大豆	 Peanut Alert 含花生	



Lunch Menu March 2025



	Monday March 3	Tuesday March 4	Wednesday March 5	Thursday March 6	Fun Friday March 7
Meal A	BBQ Pork Loin with Herbs Potatoes 美式 BBQ 燒豬柳 配香草燒薯	Beef Goulash with Penne 匈牙利燉牛肉長通粉 	Tomato Pork Meatballs Spaghetti 茄汁燴豬肉丸意粉 	Chicken Spanish Paella 雞肉西班牙燴飯	Pork Sausage with Peas, Mash and Onion Gravy 烤豬肉腸配青豆,薯蓉及洋蔥燒汁
Meal B	Kung Bo Chicken with Brown Rice (not spicy) 宮保雞丁配糙米飯 (不辣) 	HK Style Curry Chicken with Red Rice 港式咖喱雞配紅米飯 	Thai Sweet & Sour Chicken with Corn Rice 泰式甜酸雞球配粟米飯 	Braise Pork & Tofu with Carrot Rice 紅燒肉粒豆腐配甘筍飯 	Beef Slices and Turnip in Chu Hau Sauce with Rice 柱侯蘿蔔牛肉配飯
Meal C 	Mac & Cheese 芝士通心粉 	Sweet and Sour Veggie Meatball Rice 素咕嚕肉配飯 	Ratatouille Pasta 普羅旺斯雜燴意粉 	Braised E-fu Noodles 干燒伊麵 	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇焗蛋伴燒薯角
Seasonal vegetables served daily 每日供應時令蔬菜					

Eat More
適宜

Eat Moderately
限量

Eat Less
少量

Vegetarian 素食
 Sustainable Seafood 可持續海鮮
 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
 Peanut Alert 含花生
 Tree Nuts Alert 含堅果
 Wheat Alert 含小麥



Lunch Menu March 2025



Tuesday

Wednesday

Thursday



March 10

March 11

March 12

March 13

March 14

	March 10	March 11	March 12	March 13	March 14
Meal A	<p>Shredded Pork Loin in Portuguese Sauce with Penne 葡汁豬柳絲長通粉</p>	<p>Roasted Chicken with Mushroom Sauce Spaghetti 蘑菇汁雞肉意粉</p>	<p>Japanese Fried Udon with Chicken & Narutomaki 日式雜錦雞柳炒烏冬</p>	<p>Hungarian Braised Pork Stew with Mashed Potato 匈牙利燴豬肉配薯蓉</p>	<p>Hawaiian Pizza 夏威夷薄餅</p>
Meal B	<p>Pan-fried Fish Fillet in Tomato Sauce with Brown Rice 鮮茄魚柳配糙米飯</p>	<p>Stir Fried Pork, Onion & Tomato with Quinoa Rice 鮮茄洋蔥肉片配藜麥飯</p>	<p>Bean Curd and Corn in Scrambled Egg Sauce with Brown Rice 滑蛋粟米豆腐配糙米飯</p>	<p>Stir-fried Oyster Mushroom, Green Beans & Sliced Beef with Red Rice 雞脾菇四季豆炒牛肉配紅米飯</p>	<p>Yeung Chow Fried Rice (No Seafood) 揚州炒飯</p>
Meal C 	<p>Spinach & Chickpeas with Rice 印度菠菜鷹嘴豆咖喱配飯</p>	<p>Vegetable Bolognese Spaghetti 雜菜素肉醬意粉</p>	<p>Margherita Cheese Pizza with Corn 意大利芝士薄餅跟粟米</p>	<p>Mushroom & Pea Risotto 野菌青豆意大利飯</p>	<p>Lentil Cannellini with Spaghetti 燴扁豆白腰豆配意粉</p>

Seasonal vegetables served daily 每日供應時令蔬菜

Eat More 適宜

Eat Moderately 限量

Eat Less 少量

- Vegetarian 素食
- Sustainable Seafood 可持續海鮮
- 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
- Peanut Alert 含花生
- Tree Nuts Alert 含堅果
- Wheat Alert 含小麥



Lunch Menu March 2025



	Monday March 17	Tuesday March 18	Wednesday March 19	Thursday March 20	Fun Friday March 21
Meal A	Spaghetti Bolognaise 肉醬意粉 	Butter Chicken with Corn Rice 印度咖喱雞配粟米飯 	Slow-cooked Pork with Vegetables & Steamed Potatoes with Herbs 燜燉豬肉配香草薯仔 	Tuna Pasta Bake 焗吞拿魚茄汁通粉 	New Yorker Hotdog with Corn 美式紐約熱狗配粟米
Meal B	Chicken Steak in Garlic Sauce with Brown Rice 蒜蓉汁雞扒跟配糙米飯 	Yaki Udon with Beef 雜菜牛肉炒烏冬 	Lemon Chicken with Carrot rice 西檸雞球配甘筍飯 	Minced Pork & Mushroom in Steam Egg with Brown Rice 肉碎香菇蒸水蛋配糙米飯 	Sautéed Zucchini and Chicken with Rice 翠肉瓜炒雞柳配飯
Meal C 	Portuguese Mixed Veggies & Kidney Beans Stew with Rice 葡汁雜菜紅腰豆配飯 	Tomato and Egg with Rice 鮮茄炒蛋配飯 	Stir-fried Noodles with Baby Corn, Cabbage & Dried Bean Curd 珍珠筍椰菜豆乾炒麵 	Japanese Curry with Veggies & Tofu with Rice 日式咖喱雜菜豆腐配飯 	Vegetable Tagine with Brown Rice 摩洛哥素雜菜配糙米飯

Seasonal vegetables served daily 每日供應時令蔬菜

	Eat More 適宜		Vegetarian 素食		Egg Alert 含蛋類		Fish Alert 含魚類		Tree Nuts Alert 含堅果
	Eat Moderately 限量		Sustainable Seafood 可持續海鮮		Dairy Alert 含奶類		Shellfish Alert 含貝殼類海鮮		Wheat Alert 含小麥
	Eat Less 少量		Soy Alert 含大豆		Peanut Alert 含花生				



Lunch Menu March 2025

Monday

Tuesday

Wednesday

Thursday



March 24

March 25

March 26

March 27

March 28

Meal	Monday (March 24)	Tuesday (March 25)	Wednesday (March 26)	Thursday (March 27)	Friday (March 28)
Meal A	<p>Chicken Cacciatore with Spaghetti 獵人燴雞意粉</p>	<p>Chili Con Carne with Rice 墨西哥肉醬配飯</p>	<p>Teriyaki Chicken with Corn Rice 日式照燒雞扒跟粟米飯</p>	<p>Honey Mustard Roast Chicken Steak with Roasted Potatoes 蜜糖芥辣烤雞扒配燒薯角</p>	<p>Baked Fish in Low-fat White Sauce with Tricolour Fusilli 白汁焗魚柳配三色螺絲粉</p>
Meal B	<p>Vietnamese Lemongrass Porkchop with Red Rice 越式香茅豬扒配紅米飯</p>	<p>Fired Rice Vermicelli (No Seafood) 星洲炒米</p>	<p>Tandoori Fish with Brown Rice 印度天多利魚塊配糙米飯</p>	<p>Tomato, Minced Pork and Egg with Brown Rice 鮮茄肉碎炒蛋配糙米飯</p>	<p>Grilled Chicken Burger with potato wedges 烤雞漢堡跟薯角</p>
Meal C 	<p>Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋伴燒薯角</p>	<p>Braised Teriyaki Eggplant & Tofu with Brown Rice 照燒茄子豆腐配糙米飯</p>	<p>Mushroom Stroganoff with Rice 忌廉蘑菇配飯</p>	<p>Vegetarian Stir-fired Shanghai Noodles 素上海粗炒</p>	<p>Malaysian Curry with Veggies & Chickpeas with Rice 馬來西亞淡咖哩鷹嘴豆雜菜配飯</p>

Seasonal vegetables served daily 每日供應時令蔬菜

	Eat More 適宜		Vegetarian 素食		Egg Alert 含蛋類		Fish Alert 含魚類		Tree Nuts Alert 含堅果
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	Eat Less 少量		Soy Alert 含大豆		Peanut Alert 含花生				



Lunch Menu March 2025

Monday











Tuesday

Wednesday

Thursday

Friday

March 31

<p><u>Meal</u> A</p>	<p>Spaghetti Carbonara 卡邦尼意粉</p>  				
<p><u>Meal</u> B</p>	<p>Korean Glass Noodles & Chicken 韓式雞肉燴粉絲</p>     				
<p><u>Meal</u> C</p> 	<p>Hungarian Vegetable Stew with Red Rice 匈牙利燴雜菜配紅米飯</p> 				
<p>Seasonal vegetables served daily 每日供應時令蔬菜 </p>					

Eat More 適宜 

Eat Moderately 限量 

Eat Less 少量 

-  Vegetarian 素食
-  Sustainable Seafood 可持續海鮮
-  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
-  Peanut Alert 含花生
-  Tree Nuts Alert 含堅果
-  Wheat Alert 含小麥

