



# YMCA of Hong Kong Christian College

## Lunch Enrollment Form For All Students

February 2024 - April 2024



We at Chartwells are the food service provider for YMCA of Hong Kong Christian College. Our commitment is to offer a wide range of healthy food for students and to help educate children about making healthy food choices. We provide salads, juice, gourmet sandwiches and many other healthy and delicious snacks, as well as daily hot lunches, prepared by our on-site team.

**To enroll in our program:** 1. Please complete the form below, select your meal choice and fill in **A, B or C** in the box provided next to each date. 2. Complete this form and return it to the school cafeteria with the payment. 3. For the Online Enrollment please complete the online form in this link:

<https://www.compass-hk.com/ChartwellsMenu/YMCAform.pdf> and pay through PPS or submit a cheque Only to our Unit Manager. See full Menu here: <https://www.compass-hk.com/ChartwellsMenu/YMCA.pdf>

**Payment Methods ONLY:**

**1. By Hand or By Post:** Please make the cheque payable to "**Compass Group Hong Kong Ltd.**" and hand in the cheque (with completed Enrollment Form) to the school cafeteria, any time before the cut-off date given at the bottom of this form via post address, to: **Cafeteria, 2 Chung Yat Street, Tung Chung, Hong Kong**

You may contact our **Unit Manager: [YMCA@compass-hk.com](mailto:YMCA@compass-hk.com) or call 2988 2099 for further information.**

**2. PPS:** We also accept PPS payment for meal enrollment. With PPS, you can make payment with your smart phone or via the Internet. **Our PPS Merchant Code is: 9737 and your \*PPS Bill Account Number of YMCA of Hong Kong Christian College is 3155 + student number and Class Number / Name).** Please allow two working days for payment transaction.

**Student Details**

**Name:** \_\_\_\_\_ (first name) \_\_\_\_\_ (family name) **Class for :** \_\_\_\_\_ (If not known, please leave blank)

**Student No:** \_\_\_\_\_ **Contact No:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Payment Method:**  **PPS Ref. No:** \_\_\_\_\_  **Cheque No:** \_\_\_\_\_

**Monday-Friday Meal Plan:**

All days in FEB to APR **50 days** x **HK\$ 34.00** = **HK\$1,700.00**

or

**Open Plan:**

1. Please select number of meals  
2. Fill in the box provided next to the dates (as in the **Example**, below).

**Number of days** \_\_\_\_\_ x **HK\$34.00** = **Total Amount** \_\_\_\_\_

**Example**

MON
2   A

\*Please choose the meal A, B or C for each day, and mark in the appropriate box below. \*You have options of choosing 1 Month or 2-3 Months of Lunch Enrolment.

6/2 Music Content (Special Timetable in the morning 22/2 (PM) PTC(F.1 & F.5 DSE & F.6 DSE) (Special Timetable) 26/2 -9/3 Mid-Year Exams (F.4 DSE) and Mock Exams (F.4 IGCSE, F.5 GCE & F.6 GCE)  
7/2-16/2 Chinese New Year Holidays 23/2 Last School Day (F.6 DSE) ; Make-up Day 26/3 (PM) PTC (F.4, F.5 GCE & F.6 GCE) 24/4 TSA Speaking Test (F.3) ; 24/4 Make-up Day (Week B Friday)  
21/2 Make-up Day (Week B Friday Timetable) 24/2 (AM) Parent-Teacher Conference (F.2-F.3) 28/3 Sports Day 24 & 25/4 (PM) Student-Teacher Conference (special timetable in the morning

Feb-24				
Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	
Total:13 Day's (\$442)				

Mar-24				
Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
Total:20 Day's (\$680)				

Apr-24				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			
Total :17 days's(578)				

**Please return this form On or before January 19, 2024**

Via mail, or hand it in to the school's Cafeteria Box or Staff. Kindly STAPLE the bank cheque with this form.  
Kindly note that no refund can be given if cancellation for the day is received after 10am.

\*No refund may be given to the student due to school closure cause by typhoons or strong weather condition.



# SCHOOL MENU



YMCA of Hong Kong Christian College  
港青基信書院

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## SHARE YOUR THOUGHTS

分享你的意見

營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 健康之選</b> Choose at least 3 times per week 每週至少吃3次或以上 1. Whole grain or grains with added vegetables 全穀類食物 (例如五穀物) 2. Lean protein with fat trim med 低脂肪蛋白 (例如雞胸肉) 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康的烹調方法 (例如：蒸、焗、烤、煎)	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每週吃1-2次 1. Grains with small amount of added fat and 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) 2. Fatty cut of meat & poultry 脂肪比例較高及皮肉類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and veggies 加工或醃製肉類、蛋類及蔬菜 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	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每週吃不少於1次 1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat (e.g. 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：牛油、牛油、椰子油、椰油) 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 (例如：酥餅、餅乾及牛油) 4. Sugar sweetened beverages 含糖軟性飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分食物 (例如：鹹魚、鹹蛋)

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訂閱 每月營養資訊  
SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER

COMPASS | HK GROUP

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 2024












Monday

Tuesday

Wednesday

Thursday



					1 Feb	2 Feb
Meal A	Public Holiday				Scrambled Egg with Tomato & Beef Minced with Brown Rice 港式鮮茄滑蛋免治牛肉配糙米飯 	Hawaiian Pizza 夏威夷薄餅  
Meal B					Herb Baked Fish Fillet with Pasta in Cream Sauce 奶油香草魚柳意粉    	Beef Stroganoff & Mushroom with Mashed Potato 俄式蘑菇燴牛柳配薯蓉 
Meal C 						Braised Tofu and Mixed Greens with Red Rice 紅燒時蔬豆腐配糙米飯  

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 2024



Tuesday

Wednesday

Thursday



5 Feb

6 Feb

7 Feb

8 Feb

9 Feb

Meal  
A

Vegetarian Lasagne  
素千層麵

Thai Fish Curry with  
Pandan Rice  
泰式咖哩魚配斑蘭香飯

Meal  
B

Mixed Vegetable Vindaloo  
with Rice  
印度蔬菜咖哩配飯

Teriyaki Pork & Broccoli  
with Red Rice  
照燒西蘭花肉片配紅米飯

Meal  
C

Braised Vegetables Lo Han  
Style with Rice  
羅漢齋飯

Mushroom & Onion  
Frittata with Sweet Corn  
意式蘑菇洋蔥烘蛋  
配粟米粒

February 7-16, 2024, CHINESE NEW YEAR

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 2024

Monday

Tuesday

Wednesday

Thursday



12 Feb

13 Feb

14 Feb

15 Feb

16 Feb

Meal  
A

Meal  
B

Meal  
C



CHINESE NEW YEAR HOLIDAY

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 2024

Monday

Tuesday

Wednesday

Thursday

Fun Friday

19 Feb

20 Feb

21 Feb

22 Feb

23 Feb

Meal  
A

Classic Beef Lasagna  
經典牛肉千層麵



Chicken Dijonnaise with  
Roasted Potato  
法式芥末燉雞配薯粒



Chicken Cacciatore with  
Pasta  
獵人燴雞配意粉



Chicken Pad Thai  
泰式雞肉炒金邊粉



Spaghetti Creamy Bacon  
Carbonara  
煙肉卡邦尼意粉



Meal  
B

Japanese Miso-glazed Fish  
Fillet with Red Rice  
日式味噌烤魚柳配紅米飯



Honey BBQ Pork  
with Brown Rice  
蜜汁叉燒飯



Steamed Sole Fish with  
Ginger and Spring Onions  
and Red Rice  
薑蔥蒸魚柳配紅米飯



Stir-Fried Leek and Pork  
with Rice  
京蔥炒肉片配飯



Tandoori Chicken with Rice  
印度天多利烤雞配飯



Meal  
C

Broccoli & Cheddar  
Frittata with Roasted  
Potatoes  
意式車打芝士西蘭花烘蛋  
配焗薯粒



Ratatouille Pasta  
普羅旺斯焗菜意粉



Singapore Style Stir-fried  
Rice Vermicelli  
素星洲炒米



Chickpea & Tomato  
Penne Bake  
蕃茄鷹咀豆焗長通粉



Vegetarian Egg Fried Rice  
田園蛋炒飯



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 2024

Monday

Tuesday

Wednesday

Thursday

Friday

26 Feb

27 Feb

28 Feb

29 Feb

Meal  
A

Steamed Pumpkin Pork  
with Steamed Rice  
南瓜蒸肉片配飯



Honey Mustard Baked  
Chicken with Mash Potato  
蜜糖芥末烤雞配薯蓉



Nasi Goreng (Indonesian  
Fried Rice, Less Oil)  
印尼炒飯 (少油)



Beef Stroganoff &  
Mushroom with  
Mashed Potato  
俄式蘑菇燴牛柳配薯蓉



Meal  
B

Korean Beef Bulgogi with  
Corn Rice  
韓式烤牛肉配粟米飯



Scrambled Egg with  
Tomato & Beef Minced  
with Brown Rice  
港式鮮茄滑蛋免治牛肉  
配糙米飯



Thailand Grilled Pork with  
Rice  
泰式烤豬肉配飯



Herb Baked Fish Fillet  
with Pasta in  
Pumpkin Sauce  
南瓜汁香草魚柳配意粉



Meal  
C

Penne Pesto with Spinach  
and Mushroom  
菠菜蘑菇青醬長通粉



Mac & Cheese  
芝士焗通粉



Mushroom & Onion  
Frittata with Sweet Corn  
意式蘑菇洋蔥  
烘蛋配粟米粒



Cauliflower, Pumpkin & Pea  
Korma with Brown Rice  
椰菜花南瓜青豆印度乳酪  
咖哩配糙米飯



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 March 2024

Monday





Tuesday

Wednesday

Thursday



1 March

<p><u>Meal</u> A</p>					<p>Southern Louisiana Fried Chicken with Rice 路易斯安那炸雞配飯</p> 
<p><u>Meal</u> B</p>					<p>Stir-fried Thai Style Beef &amp; Pineapple with Rice 泰式菠蘿炒牛肉配白飯</p> 
<p><u>Meal</u> C</p> 					<p>Penne Pesto with Spinach and Mushroom 菠菜蘑菇青醬長通粉</p> 

Seasonal vegetables served daily 每日供應時令蔬菜 

	<p><b>Eat More</b> 適宜</p> <p><b>Eat Moderately</b> 限量</p> <p><b>Eat Less</b> 少量</p>	<p> Vegetarian 素食</p> <p> Sustainable Seafood 可持續海鮮</p> <p> Soy Alert 含大豆</p>	<p> Egg Alert 含蛋類</p> <p> Dairy Alert 含奶類</p>	<p> Fish Alert 含魚類</p> <p> Shellfish Alert 含貝殼類海鮮</p> <p> Peanut Alert 含花生</p>	<p> Tree Nuts Alert 含堅果</p> <p> Wheat Alert 含小麥</p>
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# Lunch Menu March 2024



Tuesday

Wednesday

Thursday

4 March

5 March

6 March

7 March

8 March

Meal  
A

Vegetarian Lasagne  
素千層麵  
   

Thai Fish Curry with  
Pandan Rice  
泰式咖哩魚配斑蘭香飯  
  

Japanese Ginger  
Soy Sauce Pork with  
Brown Rice  
日式豚肉生姜燒配糙米飯  
 

Pasta Carbonara  
卡邦尼意粉  
 

Fish Burger with Chips  
魚漢堡配薯條  
    

Meal  
B

Roasted Bell Pepper &  
Hummus Wrap  
烤彩椒鷹咀豆泥卷  
 

Garlic Stir-fried Pork &  
Broccoli with Red Rice  
蒜蓉西蘭花肉片配紅米飯  
 

Coq Au Vin with Mashed  
Potato  
法式紅酒燉雞配薯蓉  


Stir-fried Thai Style Beef  
& Pineapple with Rice  
泰式菠蘿炒牛肉配白飯  
 

Roasted Thyme &  
Rosemary Chicken with  
Mashed Potato  
香草烤雞配薯蓉  


Meal  
C  


Braised Vegetables Lo Han  
Style with Rice  
羅漢齋飯  
 

Mushroom & Onion  
Frittata with Sweet Corn  
意式蘑菇洋蔥烘蛋  
配粟米粒  


Vegetable Enchiladas  
素墨西哥辣汁卷餅  
 

Mixed Vegetable Vindaloo  
with Rice  
印度蔬菜咖哩配飯  


Veggie Meatball Pasta  
素肉丸意大利面  
 

Seasonal vegetables served daily 每日供應時令蔬菜 

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



# Lunch Menu March 2024



	Monday 11 March	Tuesday 12 March	Wednesday 13 March	Thursday 14 March	Fun Friday 15 March
Meal A	<p>Mac &amp; Cheese with Bacon Bits 煙肉粒芝士焗通粉</p>	<p>Chicken Cacciatore with Pasta 獵人燴雞配意粉</p>	<p>Thai Basil Stir-fried Minced Pork &amp; Eggplant with Red Rice 泰式九層塔肉碎炒茄子配紅米飯</p>	<p>Roasted Lemon Thyme Chicken with Mashed Potato 檸檬香草烤雞配薯蓉</p>	<p>Roasted BBQ Pulled Pork Burger with Corn on the Cob BBQ 手撕豬肉漢堡配粟米</p>
Meal B	<p>Taiwanese Minced Pork &amp; Mushroom with Brown Rice 台式香菇肉燥配紅米飯</p>	<p>Steamed Sole Fish with Ginger and Spring Onions and Red Rice 薑蔥蒸魚柳配紅米飯</p>	<p>Chicken Pad Thai 泰式雞肉炒金邊粉</p>	<p>Stir-Fried Leek and Pork with Rice 京蔥炒肉片配飯</p>	<p>Tandoori Chicken with Rice 印度天多利烤雞配飯</p>
Meal C 	<p>New Orleans Vegetarian Jambalaya 新奧爾良素什錦飯</p>	<p>Singapore Style Stir-fried Rice Vermicelli 素星洲炒米</p>	<p>Vegetarian Egg Fried Rice 田園蛋炒飯</p>	<p>Chickpea &amp; Tomato Penne Bake 蕃茄鷹咀豆焗長通粉</p>	<p>Veggie Burger with Fries 素食漢堡和薯條</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  
 Soy Alert 含大豆

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 2024

Monday

Tuesday

Wednesday

Thursday



18 March

19 March

20 March

21 March

22 March

Meal  
A

Classic Beef Lasagna  
經典牛肉千層麵



Chicken Dijonnaise with  
Roasted Potato  
法式芥末燉雞配薯粒



Thai Grilled Chicken  
with Rice  
泰式烤雞飯



Korean Beef Bulgogi with  
Corn Rice  
韓式烤牛肉配粟米飯



Hawaiian Pizza  
夏威夷薄餅



Meal  
B

Fish Fillet in Sweetcorn &  
Egg Sauce with Red Rice  
滑蛋粟米魚柳配紅米飯



Honey BBQ Pork  
with Brown Rice  
蜜汁叉燒飯



Steamed Sole Fish with  
Ginger and Spring Onions  
and Red Rice  
薑蔥蒸魚柳配紅米飯



Young Chow Fried Rice  
揚州炒飯



Mushroom Beef Stew with  
Mashed Potato  
蘑菇燴牛柳配薯蓉



Meal  
C

Broccoli & Cheddar  
Frittata with Roasted  
Potatoes  
意式車打芝士西蘭花烘蛋  
配焗薯粒



Singapore Style Stir-fried  
Rice Vermicelli  
素星洲炒米



Spaghetti Mushrooms  
Bolognese with Chickpeas  
番茄蘑菇鷹咀豆意粉



Mushroom & Onion  
Frittata with Sweet Corn  
意式蘑菇洋蔥  
烘蛋配粟米粒



Veggie Meat Ball Sub  
玉米素肉丸子



Seasonal vegetables served daily 每日供應時令蔬菜

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





# Lunch Menu March 2024

	Monday 25 March	Tuesday 26 March	Wednesday 27 March	Thursday 28 March	Friday 29 March
<b>Meal A</b>	Kung Po Chicken with Rice (No Nuts) 宮保雞丁配飯(無堅果)  	HK Style Soy Sauce Chicken with Rice 港式豉油雞飯  	Pan Fried Sole Fish with Orange and Capers Sauce with Corn Rice 香煎龍利魚佐橙子酸豆醬 配粟米飯  	Mac & Cheese with Bacon Bits 煙肉粒芝士焗通粉  	EASTER HOLIDAY & CHING MING FESTIVAL
<b>Meal B</b>	Roasted Thyme & Rosemary Chicken with Mashed Potato 香草烤雞配薯蓉 	Classic Lasagna Bolognese 焗肉醬千層麵   	Chicken Biryani 雞肉印度飯 	Grilled Chicken with Rice 烤雞飯	
<b>Meal C</b> 	Vegetable Paella 素西班牙燉飯 	Vegetarian Chili Con Carne with Red Rice 墨西哥素辣豆醬配紅米飯	Japanese Stir-fried Udon with Assorted Mushrooms and Bean Sprout 日式野菌蛋絲炒烏冬   	Vegetarian Egg Fried Rice 田園蛋炒飯   	

Seasonal vegetables served daily 每日供應時令蔬菜 

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



# Lunch Menu April 2024

Monday

Tuesday

Wednesday

Thursday



1 April

2 April

3 April

4 April

5 April

Meal  
A

Meal  
B

Meal  
C



EASTER HOLIDAY & CHING MING FESTIVAL

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 April 2024



Tuesday



Thursday



	8 April	9 April	10 April	11 April	12 April
<u>Meal A</u>	Vegetarian Lasagne 素千層麵 	Chicken Tikka Masala with Naan bread 雞肉咖哩配印度烤餅 	Moussaka 茄子肉醬千層批 	Bolognese Pasta 肉醬意粉 	Fish Burger with Corn 魚漢堡配玉米 
<u>Meal B</u>	Roasted Bell Pepper & Hummus Wrap 烤彩椒鷹咀豆泥卷 	Teriyaki Pork & Broccoli with Red Rice 照燒西蘭花肉片配紅米飯 	Chicken Gyros 希臘烤肉捲餅 	Fried Rice 炒飯 	Roasted Thyme & Rosemary Chicken with Mashed Potato 香草烤雞配薯蓉 
<u>Meal C</u> 	Baked Mac & Cheese 芝士焗通粉 	Mushroom & Onion Frittata with Sweet Corn 意式蘑菇洋蔥烘蛋配粟米粒 	Greek Pasta Salad 希臘意粉沙拉 	Mixed Vegetable Vindaloo with Rice 印度蔬菜咖哩配飯 	Veggie Meatball Pasta 素肉丸意大利面 

Seasonal vegetables served daily 每日供應時令蔬菜

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





# Lunch Menu April 2024



	Monday 15 April	Tuesday 16 April	Wednesday 17 April	Thursday 18 April	Fun Friday 19 April
<b>Meal A</b>	Chicken Biryani 雞肉印度飯 	Pork Sweet and Sour with Rice 咕嚕肉配飯   	Thai Basil Stir-fried Minced Pork & Eggplant with Red Rice 泰式九層塔肉碎炒茄子 配紅米飯   	Roasted Lemon Thyme Chicken with Mashed Potato 檸檬香草烤雞配薯蓉 	Beef Bulgogi with Red Rice 烤牛肉配紅米飯  
<b>Meal B</b>	Beef Masala with Naan Bread 馬沙拉牛肉配烤餅  	Steamed Sole Fish with Ginger and Spring Onions and Red Rice 薑蔥蒸魚柳配紅米飯    	Chicken Pad Thai 泰式雞肉炒金邊粉    	Bolognese Pasta 肉醬意粉 	Sweet and Spicy Korean Fried Chicken with Rice 甜脆韓式炸雞配飯  
<b>Meal C</b> 	Aloo Gobi 印度椰菜花馬鈴薯咖哩 	Singapore Style Stir-fried Rice Vermicelli 素星洲炒米   	Vegetarian Egg Fried Rice 田園蛋炒飯   	Chickpea & Tomato Penne Bake 蕃茄鷹咀豆焗長通粉  	Vegetarian Japchae 韓式蔬菜炒粉絲   
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 April 2024

Monday

Tuesday

Wednesday

Thursday



22 April

23 April

24 April

25 April

26 April

Meal  
A

Roasted Pork with Mashed Potato and Gravy  
烤豬肉配馬鈴薯泥肉汁  
  

Steamed Pumpkin Pork with Steamed Rice  
南瓜蒸肉片配飯  
 

Chicken Adobo with Rice  
菲律賓醋燒雞  
 

Taiwanese Minced Pork with Brown Rice  
台式肉燥配糙米飯  
 

Fried Chicken with Rice and Gravy  
炸雞配飯和肉汁  
 

Meal  
B

Chicken Afritada with Rice  
什錦蔬菜燉雞配飯  
  

Scrambled Egg with Tomato & Beef Minced with Brown Rice  
港式鮮茄滑蛋免治牛肉配糙米飯  


Steamed Fish in Ginger & Spring Onion Soy Sauce with Rice  
薑蔥蒸魚飯  
   

Beef Stroganoff & Mushroom with Mashed Potato  
俄式蘑菇燴牛柳配薯蓉  


Teriyaki Pork & Broccoli with Red Rice  
照燒西蘭花肉片配紅米飯  
 

Meal  
C  


Tomato Lentil Stew with Mashed Potatoes  
蕃茄燉扁豆配薯蓉  


Spaghetti Mushrooms Bolognese with Chickpeas  
番茄蘑菇鷹咀豆意粉  


Vegetarian Quesadilla  
素食玉米餅  
 

Chinese Style Braised Mushroom & Tofu with Red Rice  
紅燒野菌豆腐配糙米飯  
 

Braised Vegetables Lo Han Style with Rice  
羅漢齋飯  
 

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 April 2024

Monday

Tuesday









Wednesday

Thursday

Friday

29 April

30 April

	29 April	30 April			
<u>Meal</u> A	<p>Japanese Stir-fried Udon with Sliced Pork &amp; Bean Sprouts 日式雞肉芽菜炒烏冬</p>  	<p>Tandoori Chicken with Rice 印度天多利烤雞配飯</p> 			
<u>Meal</u> B	<p>Roasted Thyme &amp; Rosemary Chicken with Mashed Potato 香草烤雞配薯蓉</p> 	<p>Korean Beef Bulgogi with Corn Rice 韓式烤牛肉配粟米飯</p>  			
<u>Meal</u> C 	<p>Scrambled Egg with Tomato and Rice 番茄炒蛋飯</p> 	<p>Vegetable Paella 素西班牙燉飯</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  
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 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

