



# YMCA of Hong Kong Christian College

## Lunch Enrollment Form For All Students

Nov-Jan 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 Enrolment 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** 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:

<input type="checkbox"/>	All days in Nov to Jan	50 days	x	HK\$ 34.00	=	HK\$1,700.00
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or

### Open Plan:

<input type="checkbox"/>	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
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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.

\* 3/11 Parents Teacher Conference (Special Timetabl \*8/12 Half day before IFF

\*8/11 9/11 Make Up Day \*18/12 - 2/1 Christmas New Year Holiday

\*6-13/1 Mid Year Exam (F2)

\*6-20/1 Mid Year Exam (F.3-F5)

Nov-23						Dec-23						Jan-24					
Mon	Tue	Wed	Thu	Fri		Mon	Tue	Wed	Thu	Fri		Mon	Tue	Wed	Thu	Fri	
		1	2	3						1		1	2	3	4	5	
6	7	8	9	10		4	5	6	7	8		8	9	10	11	12	
13	14	15	16	17		11	12	13	14	15		15	16	17	18	19	
20	21	22	23	24		18	19	20	21	22		22	23	24	25	26	
27	28	29	30			25	26	27	28	29		29	30	31			
Total:21Day's (\$714)						Total:8Day's(\$272)						Total :21days's(714)					

### Please return this form On or before October 20, 2023

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

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## 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	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每週1-2次	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每週不多於1次
1. Whole grain or grains with added vegetables 全穀或添加蔬菜的穀類 2. Lean protein with 'at trim' meat 低脂肉類 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康烹調方法 例如：蒸、焗、焗、烤	1. Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snacks 添加少量脂肪的穀類 例如：炒飯、炒麵、焗食 2. Fatty cut of meat & poultry e.g. skin 脂肪含量較高的肉類 例如：肥牛、雞皮 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and vegetables 加工或經处理的肉類、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肉汁	1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat e.g. lard, butter, cream, coconut oil, coconut crisp, etc. 添加動物脂肪或飽和脂肪的食品 例如：豬油、牛油、忌廉、椰子油、椰油 3. Contains trans fat e.g. processed/premade pastries, biscuits, etc. 含有反式脂肪的食品 例如：餅乾、餅乾、餅乾 4. Sugar sweetened beverages 含糖飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽食品 例如：鹹魚、鹹蛋



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Subscribe now and get some health and wellness inspiration direct to your inbox every month!

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 November 2023

Monday

Tuesday

Wednesday

Thursday

Fun Friday

Nov 1

Nov 2

Nov 3

Meal  
A

Meal  
B

Meal  
C



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



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



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



Spaghetti Creamy  
Bacon Carbonara  
煙肉卡邦尼意粉



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



Thai Vegetarian Green  
Curry with Red Rice  
素泰式青咖哩配紅米飯

PARENTS  
AND  
TEACHER  
CONFERENCE

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 November 2023



Tuesday

Wednesday

Thursday



	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
<u>Meal A</u>	<b>Vegetarian Lasagne</b> 素千層麵 	<b>Chicken Tikka Masala with Naan bread</b> 雞肉咖哩配印度烤餅 	<b>Korean Spiced Beef with Rice</b> 韓式五香牛肉飯 	<b>Bolognese Pasta</b> 肉醬意粉 	<b>Fish Burger with Corn</b> 魚柳包配粟米 
<u>Meal B</u>	<b>Roasted Bell Pepper &amp; Hummus Wrap</b> 烤彩椒鷹咀豆泥卷 	<b>Teriyaki Pork &amp; Broccoli with Red Rice</b> 照燒西蘭花雞肉配紅米飯 	<b>Coq Au Vin with Mashed Potato</b> 法式紅酒燉雞配薯蓉 	<b>Fried Rice</b> 炒飯 	<b>Roasted Thyme &amp; Rosemary Chicken with Mashed Potato</b> 香草烤雞配薯蓉 
<u>Meal C</u> 	<b>Baked Mac &amp; Cheese</b> 芝士焗通粉 	<b>Mushroom &amp; Onion Frittata with Sweet Corn</b> 意式蘑菇洋蔥烘蛋配粟米粒 	<b>Mushroom &amp; Tomato Pesto pasta</b> 蘑菇番茄香蒜醬義大利麵 	<b>Mixed Vegetable Vindaloo with Rice</b> 印度蔬菜咖哩配飯 	<b>Veggie Meatball pasta</b> 素肉丸意大利面 
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 November 2023



	Monday Nov 13	Tuesday Nov 14	Wednesday Nov 15	Thursday Nov 16	Nov 17
<u>Meal A</u>	Chicken Biryani 雞肉印度飯 	Sweet and Sour Pork with Rice 酸甜豬肉配飯 	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 Rice 韓式烤牛肉配飯 
<u>Meal B</u>	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 	Dakgangjeong (Sweet Crispy Korean Fried Chicken) 甜脆韓式炸雞 
<u>Meal C</u> 	Aloo Gobi 印度椰菜花馬鈴薯咖喱 	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 韓式雜菜炒粉絲 
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



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# Lunch Menu November 2023

Monday

Tuesday

Wednesday

Thursday



Nov 20

Nov 21

Nov 22

Nov 23

Nov 24

Meal  
A

Roasted Pork with Mashed  
Potato and Gravy  
烤豬肉配薯蓉肉汁



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



Chicken Adobo with Rice  
醋燒雞配飯



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  
菲律賓什錦蔬菜  
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  
照燒西蘭花雞肉  
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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Monday

Tuesday

Wednesday

Thursday

Friday

Nov 27

Nov 28

Nov 29

Nov 30

Meal  
AJapanese Stir-fried Udon  
with Sliced Pork & Bean  
Sprouts  
日式雞肉豆芽炒烏冬Tandoori Chicken with Rice  
印度天多利烤雞配飯Pan Fried Fish Fillet with  
Mash Potato  
香煎魚柳配薯蓉Thai Pineapple chicken  
Fried Rice  
泰式鳳梨炒飯Meal  
BRoasted Thyme &  
Rosemary Chicken with  
Mashed Potato  
香草烤雞配薯蓉Korean Beef Bulgogi with  
Corn Rice  
韓式烤牛肉配粟米飯Yeung Chow Fried Rice  
揚州炒飯Honey BBQ Pork with Rice  
蜜汁叉燒飯Meal  
CScrambled egg with  
Tomato and Rice  
番茄炒蛋飯Vegetable Paella  
素西班牙燉飯Bean Masala with  
Brown Rice  
南印度豆咖哩  
配糙米飯Sweet Potato Kale Curry  
with Rice  
甜薯什菜咖哩飯

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 December 2023

Monday

Tuesday

Wednesday

Thursday

Fun Friday

Dec 1

Meal  
A

Pulled Pork Burger with  
Corn on Cob  
手撕豬肉漢堡配粟米



Meal  
B

Spaghetti Creamy  
Bacon Carbonara  
煙肉卡邦尼意粉



Meal  
C



Veggie Meat Ball Sub  
素肉丸包



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 December 2023

Monday

Tuesday

Wednesday

Thursday

Fun Friday

	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8
<u>Meal A</u>	Korean Spiced Beef with Rice 韓式五香牛肉飯  	Slow Roasted Pork with Mashed Potato 慢烤豬肉配薯蓉 	Bolognese Pasta 肉醬意粉 	Steamed Sole Fish with Ginger and Spring Onions and Red Rice 薑蔥蒸魚柳配紅米飯   	
<u>Meal B</u>	Chicken Tikka Masala with Naan bread 雞肉咖哩配印度烤餅   	Pan fried Fish with Roasted Potato 煎魚配烤馬鈴薯 	Chicken Biryani 雞肉印度飯 	Roasted Pork with Mashed Pumpkin and Potato 南瓜馬鈴薯泥烤肉 	
<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 	Tomato Pesto pasta 番茄香蒜醬義大利麵 	Vegetarian Quesadilla 蔬菜玉米餅  	
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 December 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	Dec 11	Dec 12	Dec 13	Dec 14	
<u>Meal A</u>		Pork Char Siu with Rice 豬肉叉燒飯  	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 Thyme & Rosemary Chicken with Mashed Potato 香草烤雞配薯蓉 	
<u>Meal B</u>		Teriyaki Chicken with Brown Rice 照燒雞配糙米飯  	Steamed Sole Fish with Ginger and Spring Onions and Red Rice 薑蔥蒸魚柳配紅米飯   	Pork Bulgogi with Rice 韓式烤肉配飯  	
<u>Meal C</u> 		Vegetarian Taco with Corn on Cob 素食玉米餅配粟米  	Vegetarian Egg Fried Rice 田園蛋炒飯   	Chickpea & Tomato Penne Bake 蕃茄鷹咀豆焗長通粉  	
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 January 2024

Monday

Tuesday

Wednesday

Thursday

Fun Friday

		Jan 3	Jan 4	Jan 5
<u>Meal</u> A		Coq Au Vin with Mashed Potato 法式紅酒燉雞配薯蓉 	Beef Lasagne 牛肉千層面   	Thai Grilled Chicken with Rice 泰式烤雞飯 
<u>Meal</u> B		Steamed Sole Fish with Ginger and Spring Onions and Red Rice 薑蔥蒸魚柳配紅米飯   	Spaghetti Creamy Bacon Carbonara 煙肉卡邦尼意粉   	Roasted BBQ Pulled Pork Burger with Corn on Cob 烤燒烤手撕豬肉漢堡配粟米  
<u>Meal</u> C 		Scrambled Egg & Tomato Rice 番茄炒蛋配飯 	Thai Vegetarian Green Curry with Red Rice 素泰式青咖哩配紅米飯	Eggplant Marinara with Pasta 茄醬茄子長通粉  
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 January 2024



Tuesday

Wednesday

Thursday



	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12
<u>Meal A</u>	<b>Vegetarian Lasagne</b> 素千層麵 	<b>Chicken Tikka Masala with Naan bread</b> 雞肉咖哩配印度烤餅 	<b>Thai Pork Red Curry with Red Rice</b> 泰式豬肉紅咖哩紅米飯 	<b>Bolognese Pasta</b> 肉醬意粉 	<b>Fish Burger with Corn</b> 魚柳包配粟米 
<u>Meal B</u>	<b>Aglio e Olio</b> 香蒜橄欖油意大利麵 	<b>Teriyaki Pork &amp; Broccoli with Red Rice</b> 照燒西蘭花雞肉配紅米飯 	<b>Thai Gai Yang with Rice</b> 泰式烤雞飯 	<b>Fried Rice</b> 炒飯 	<b>Roasted Thyme &amp; Rosemary Chicken with Mashed Potato</b> 香草烤雞配薯蓉 
<u>Meal C</u> 	<b>Sweet Potato Kale Curry with Rice</b> 甜薯什菜咖哩飯 	<b>Baked Mac &amp; Cheese</b> 芝士焗通粉 	<b>Vegetarian Thai Pineapple Fried Rice</b> 素食泰式鳳梨炒飯 	<b>Vegetarian Chili Con Carne with Pita Bread</b> 素墨西哥豆醬烤餅 	<b>Veggie Meatball pasta</b> 素肉丸意大利面 
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 January 2024

Monday

Tuesday

Wednesday

Thursday

Fun Friday

	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19
<u>Meal A</u>	<p>Chicken Biryani 雞肉印度飯</p> 	<p>Bolognese Pasta 肉醬意粉</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>Hawaiian Pizza 夏威夷薄餅</p>  
<u>Meal B</u>	<p>Chicken Arrabiata with Pasta 番茄雞肉配意粉</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>Pork Bulgogi with Rice 韓式烤肉配飯</p>  	<p>Stir fry Beef Black Pepper Sauce with Rice 黑椒牛肉飯</p>  
<u>Meal C</u> 	<p>Lentils &amp; Sweet Potatoes Shepherd Pies 扁豆紅薯牧羊派</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>Tomato &amp; Kidney Beans Pasta Bake 意式蕃茄紅腰豆焗意粉</p> 
Seasonal vegetables served daily 每日供應時令蔬菜 					



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Seafood  
可持續海鮮



Egg Alert  
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Dairy Alert  
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Shellfish Alert  
含貝殼類海鮮



Peanut Alert  
含花生



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Wheat Alert  
含小麥



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# Lunch Menu January 2024

Monday

Tuesday

Wednesday

Thursday

Fun Friday

Jan 22

Jan 23

Jan 24

Jan 25

Jan 26

Meal  
A

Roasted Pork with Mashed  
Potato and Gravy  
烤豬肉配薯蓉肉汁



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



Chicken Adobo with Rice  
醋燒雞配飯



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



Southern BBQ Chicken  
with Corn on the Cob  
南部 BBQ 烤雞配粟米



Meal  
B

Chicken Cacciatore with  
Pasta  
獵人燴雞配意粉



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



Honey Soy Chicken with  
Steamed Rice  
蜜汁豉油雞飯



Teriyaki Pork & Broccoli  
with Red Rice  
照燒西蘭花雞肉配紅米飯



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



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含小麥



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# Lunch Menu January 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Jan 29

Jan 30

Jan 31

Meal  
A

Japanese Stir-fried Udon  
with Sliced Pork & Bean  
Sprouts  
日式雞肉豆芽炒烏冬



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



Pan Fried Fish Fillet with  
Mash Potato  
香煎魚柳配薯蓉



Meal  
B

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



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



Yeung Chow Fried Rice  
揚州炒飯



Meal  
C



Scrambled egg with  
Tomato and Rice  
番茄炒蛋飯



Vegetable Paella  
素西班牙燉飯



Bean Masala with  
Brown Rice  
南印度豆咖哩  
配糙米飯



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Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥



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