



# 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 每日至少選擇3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜五穀物 2. Lean protein with fat trim-med 低脂肪或低脂的蛋白質 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、燉、焗、烤	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每日至少選擇1-2次 1. 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 2. Fatty cut of meat & poultry with skin 脂肪比例較高及帶皮的肉類 3. Full fat milk or cheese 全脂奶類/乳酪 4. Processed or preserved meat, egg and vegetables 加工肉類/肉鬆、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芡汁	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每日至少少於1次 1. Deep fat foods 油炸食品 2. 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、椰漿 3. Contains trans fat e.g. processed/premade pastries 含有反式脂肪 例如：酥餅、餅乾及夾心餅 4. Sugar sweetened beverages 含糖份的飲品 5. 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 August 2024



Monday

Tuesday

Wednesday

Thursday

Fun Friday

26 August

27 August

28 August

29 August

30 August

Meal  
A

Meal  
B

Meal  
C

START SEMESTER 1<sup>ST</sup>  
DAY SCHOOL  
(Half School day)

Baked Sole Fish and  
Lemon with Roasted  
Potatoes  
檸檬魚柳配烤薯粒  
  

Hainanese Chicken  
with Red Rice  
海南雞配紅米飯  


Steamed Fish in Ginger  
& Spring Onion Soy  
Sauce with Red Rice  
薑蔥紅米飯蒸魚  
   

Spicy Chicken Burger  
with Corn in a Cob  
辣味雞肉漢堡配粟米  
   

Stir Fry Udon with Beef  
牛肉炒烏冬  
 

Bolognese Pasta  
肉醬意粉  
 

Pan-fried Pork Chop  
with Mash Potato and  
Mushroom Gravy  
香煎豬扒配蘑菇汁薯蓉  
  

Char Siu Fried Rice  
叉燒炒飯  
  

Vegetarian  
Egg Fried Rice  
田園蛋炒飯  
  

Vegetarian Chili Con  
Carne with Rice  
墨西哥素辣豆醬配飯  


Mushroom & Onion  
Frittata with  
Sweet Corn  
意式蘑菇洋蔥蛋餅  
配粟米粒  
 

Baked Mac & Cheese  
芝士焗通粉  
  

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 September 2024



Monday

Tuesday

Wednesday

Thursday

Fun Friday

2 September

3 September

4 September

5 September

6 September

Meal  
A

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


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

Bolognaise Pasta  
肉醬意粉  
 

Pork Chop Onion Black Pepper Sauce with Rice  
洋蔥黑椒汁豬扒配飯  
 

Garlic Stir-fry Pork & Broccoli with Red Rice  
蒜香西蘭花炒豬肉配紅米飯  
 

Meal  
B

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

Honey BBQ Pork with Brown Rice  
蜜汁叉燒飯  
 

Thai Grilled Chicken Gai Yang with Rice  
泰式烤雞配飯  
  

BBQ Chicken with Brown Rice  
燒烤雞配糙米飯  
 

Fish Finger with Roasted Potato  
炸魚手指配烤薯  
    

Meal  
C  


Vegetable Paella  
素西班牙燉飯  


Vegetarian Chili Con Carne with Rice  
墨西哥素辣豆醬配飯  


Vegetarian Quesadilla  
素墨西哥芝士餡餅  
  

Singapore Style Stir-fried Rice Vermicelli  
素星洲炒米  
  

Braised Mushroom Tofu with Rice  
香菇燴豆腐飯  
 

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 September 2024



Tuesday

Wednesday

Thursday



9 September

10 September

11 September

12 September

13 September

Meal	9 September	10 September	11 September	12 September	13 September
<b>Meal A</b>	<p> Sustainable Dish</p> <p>Shitake &amp; Lentil Bolognese with Brown Rice 香菇蘭度豆醬配糙米飯</p> <p> </p>	<p>Beef Masala with Naan Bread 印度咖哩牛肉配烤餅</p> <p> </p>	<p>Roast Chicken Served with Roasted Potatoes and Gravy 烤雞配烤馬鈴薯和肉汁</p> <p> </p>	<p>Chicken Pad Thai 泰式雞肉炒金邊粉</p> <p> </p>	<p>Staff Development</p>
<b>Meal B</b>	<p>Stir-Fried Japanese Udon with Vegetable &amp; Dried Bean Curd 日式雜菜豆乾炒烏冬</p> <p> </p>	<p>Chicken Paella 雞肉海鮮飯</p> <p> </p>	<p>Pork Goulash with Rice 匈牙利豬柳配飯</p> <p> </p>	<p>Mongolian Beef with Brown Rice 蒙古牛肉配糙米飯</p> <p> </p>	
<b>Meal C</b>	<p>Mixed Veggies Egg Fried Rice 雜菜蛋炒飯</p> <p> </p>	<p>Vegetarian Japchae 韓式炒粉絲</p> <p> </p>	<p>Chinese Long Bean Omelette with Red Rice 長豆角煎蛋配紅米飯</p> <p></p>	<p>Mushroom &amp; Onion Frittata with Sweet Corn 意式蘑菇洋蔥烘蛋配粟米粒</p> <p> </p>	

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 September 2024



	Monday 16 September	Tuesday 17 September	Wednesday 18 September	Thursday 19 September	Friday 20 September
<b>Meal A</b>	Chicken Biryani 雞肉印度飯 	Sweet and Sour Pork with Rice 咕嚕肉配飯   	Mid-Autumn Festival	Roasted Lemon Thyme Chicken with Mashed Potato 檸檬香草烤雞配薯蓉 	Beef Bulgogi with Rice 烤牛肉配飯  
<b>Meal B</b>	Creamy Bacon Carbonara 奶油培根蛋麵   	Baked Sole Fish and Lemon with Roasted Potatoes 檸檬魚柳配烤薯粒   		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> 	Baked Broccoli & Cauliflower with Roasted Potato 焗西蘭花椰菜花配烤薯  	Vegetarian Pad Thai 素炒金邊粉   		Chickpea & Tomato Penne Bake 蕃茄鷹咀豆焗長通粉  	Aglio Olio Sun-Dried Tomato 生曬番茄乾橄欖油意粉 
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





# Lunch Menu September 2024

Monday

Tuesday

Wednesday

Thursday



23 September

24 September

25 September

26 September

27 September

	23 September	24 September	25 September	26 September	27 September
<b>Meal A</b>	<p>Roasted Pork with Mashed Potato and Gravy 烤豬肉配馬鈴薯泥肉汁</p> 	<p>Steamed Pumpkin Pork with Steamed Rice 南瓜蒸肉片配飯</p> 	<p>Tandoori Chicken with Rice 印度天多利烤雞配飯</p> 	<p>Taiwanese Minced Pork with Brown Rice 台式肉燥配糙米飯</p> 	<p>Fried Chicken with Rice and Gravy 炸雞配飯和肉汁</p> 
<b>Meal B</b>	<p>Chicken Afritada with Rice 什錦蔬菜燉雞配飯</p>	<p>Scrambled Egg with Tomato &amp; Beef Minced with Brown Rice 港式鮮茄滑蛋免治牛肉配糙米飯</p> 	<p>Steamed Fish in Ginger &amp; Spring Onion Soy Sauce with Rice 薑蔥蒸魚飯</p> 	<p>Beef Stroganoff &amp; Mushroom with Mashed Potato 俄式蘑菇燴牛柳配薯蓉</p> 	<p>Teriyaki Pork &amp; Broccoli with Red Rice 照燒西蘭花雞肉配紅米飯</p> 
<b>Meal C</b> 	<p>Tomato Lentil Stew with Mashed Potatoes 蕃茄燉扁豆配薯蓉</p> 	<p>Spaghetti Mushrooms Bolognese with Chickpeas 番茄蘑菇鷹咀豆意粉</p> 	<p>Vegetarian Quesadilla 素食玉米餅</p> 	<p>Chinese Style Braised Mushroom &amp; Tofu with Red Rice 紅燒野菌豆腐配糙米飯</p> 	<p>Braised Vegetables Lo Han Style with Rice 羅漢齋飯</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> Egg Alert 含蛋類</p> <p> Dairy Alert 含奶類</p> <p> Soy Alert 含大豆</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 September 2024

Monday

Tuesday

Wednesday

Thursday

Friday

30 September

Meal  
A

Japanese Stir-fried  
Udon with Sliced Pork &  
Bean Sprouts  
日式雞肉芽菜炒烏冬  
 

Meal  
B

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


Meal  
C  


Scrambled egg with  
Tomato and Rice  
番茄炒蛋飯  


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 October 2024

Monday

Tuesday

Wednesday

Thursday



1 October

2 October

3 October

4 October

National Day

Meal A

Chicken Arrabiata with Rice (w/ low fat milk)  
 香辣茄醬雞肉配飯

Pork Cuban Mojo with Pasta  
 古巴烤豬配義大利面

Fish & Chips  
 炸魚薯條

Meal B

Beef Gyudon with Rice  
 牛肉蓋飯

Chicken Thai Basil with Rice  
 泰式羅勒雞肉配飯

Onion Pork Chop with Rice  
 洋蔥豬扒飯

Meal C

Vegetarian Quesadilla  
 素食玉米餅

Swedish Vegetarian Meat Ball Spaghetti  
 瑞典素肉丸配意粉

Margherita Pizza  
 瑪格麗塔薄餅

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 October 2024



Tuesday

Wednesday

Thursday



7 October

8 October

9 October

10 October

11 October

Meal  
A

Vegetarian Chili Con Carne with Red Rice  
墨西哥素辣豆醬  
配紅米飯  
  

Chicken Shawarma with Sweet Corn  
沙瓦瑪雞肉卷配粟米粒  


Pork Carnitas with Pasta  
墨西哥燉豬肉意粉  


Bolognese Pasta  
肉醬意粉  
 

Meal  
B

Japanese Stir-fried Udon with Assorted Mushrooms, Bean Sprout & Shredded Eggs  
日式野菌蛋絲炒烏冬  
   

Pork Char Siu with Rice  
叉燒飯  
 

Miso Glazed Fish Fillet with Rice  
味噌焦糖魚柳配飯  
  

Skinless Chicken Cilantro with Rice  
青檸香菜烤雞(去皮)  
配飯

Meal  
C  


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  
 

Mee Goreng Vegetarian  
素印度炒面  
  

Mushrooms Rendang with Rice  
印度巴東雜菇配飯  


Cheung Yeung Festival

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 October 2024



	Monday 14 October	Tuesday 15 October	Wednesday 16 October	Thursday 17 October	Fun Friday 18 October
<u>Meal A</u>	Basquaise Chicken Pasta 巴斯克燉雞意粉 	Scrambled Egg with Tomato & Beef Minced with Brown Rice 港式鮮茄滑蛋免治牛肉配糙米飯   	Life Wide-Learning Camp (Activity Days)		
<u>Meal B</u>	Teriyaki Pork & Broccoli with Rice 照燒西蘭花雞肉配飯  	Steamed Sole Fish with Ginger and Spring Onions and Brown Rice 薑蔥蒸魚柳配糙米飯    			
<u>Meal C</u> 	 Sustainable Dish Shiitake & Lentils Bolognese Pasta 香菇和扁豆醬意粉  	Singapore Style Stir-fried Rice Vermicelli 素星洲炒米   			
Seasonal vegetables served daily 每日供應時令蔬菜 					

	<b>Eat More</b> 適宜 <b>Eat Moderately</b> 限量 <b>Eat Less</b> 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  Peanut Alert 含花生	 Fish Alert 含魚類  Shellfish Alert 含貝殼類海鮮  Tree Nuts Alert 含堅果  Wheat Alert 含小麥
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# Lunch Menu October 2024

Monday

Tuesday

Wednesday

Thursday

Friday

21 October

22 October

23 October

24 October

25 October

Meal  
A

Meal  
B

Meal  
C



October 21-25 Mid Term Break

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 October 2024

Monday

Tuesday

Wednesday

Thursday

Friday

28 October

29 October

30 October

31 October

Meal  
A

Chicken Alfredo with Pasta  
奶油雞配意粉  
 

Pork Jambalaya  
美式什錦飯  


Beef Tajine with Pasta  
摩洛哥燉牛肉配意粉  
 

Roasted Mexican Chicken with Brown Rice  
墨西哥烤雞配糙米飯

Meal  
B

Korean Pork BBQ with Brown Rice  
韓式燒肉配糙米飯  
 

Mongolian Chicken with Corn Rice  
蒙古雞配粟米飯  
 

Fish Steamed Lime & Garlic with Rice  
泰式檸檬魚飯  
 

Vietnamese Pork Chop with Red Rice  
越式豬扒配紅米飯  
  

Meal  
C

Italian Baked Eggs (w/ low fat milk) with Brown Rice  
意式焗蛋配糙米飯  
  

Arabian Chickpeas with Tomato Pasta  
鮮茄焗鷹嘴豆意粉  
 

 Sustainable Dish  
Sweet & Sour Veg Meat Ball with Brown Rice  
糖醋素肉丸配糙米  
  

Forestier Omelette (w/ low fat milk) with Roasted Potatoes  
雜菜奄列配烤薯粒  
 

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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# Chartwells by HKT Mobile Application

YMCA of Hong Kong Christian College always treasure the dietary experience of students and parents.

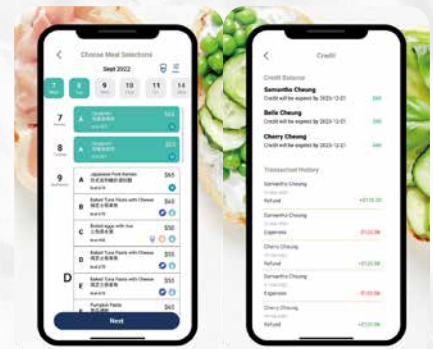
"Chartwells by HKT" App allows parents to enroll and complete the lunch feed payment anytime, anywhere paperless-ly, which goes hand in hand with the overall goal of waste reduction and sustainability procedures.

Chartwells users can use the App to stay up-to-date with the happenings, activities, and instantly plan and make your lunch box orders anytime, anywhere.



## Users benefits of using Chartwells by HKT App:

- ✓ See the latest order information
- ✓ Manage lunchbox fees
- ✓ Make payment via Tap & Go, FPS and Visa/Mastercard
- ✓ Receive instant notification updates



### ▶ Getting Your Login and Password

A unique username and password will be sent directly to your email inbox.

### ▶ Enrolment Procedure and Payment Process

[Click HERE](#) or scan the QR code to visit the video for a complete enrolment tutorial.



Eng Tutorial



Download the App



chartwells  
serving up happy & healthy