



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
EAT MORE 健康之選 Choose at least 3 times per week 每日至少吃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 健康烹調方法如蒸、焗、煎、烤、少油	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每日至少吃1-2次 1. Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snacks 添加少量脂肪的穀物 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 全脂的奶類 4. Processed or preserved meat, egg and vegetables 加工肉類、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肉汁	EAT LESS 少選為佳 No more than 1 time per week 每日至少吃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：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、餅乾及自製的糕點食品 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 November 2024

Monday






Tuesday

Wednesday

Thursday



November 1

<p><u>Meal</u> A</p>					<p>Bolognese Pasta 肉醬意粉</p> 
<p><u>Meal</u> B</p>					<p>Fish Finger with Roasted Potato 炸魚手指配烤薯</p> 
<p><u>Meal</u> C</p> 					<p>Braised Mushroom Tofu with Red Rice 香菇燴豆腐配紅米飯</p> 
<p>Seasonal vegetables served daily 每日供應時令蔬菜 </p>					

	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 November 2024



Tuesday

Wednesday

Thursday

Friday

	4 NOVEMBER	5 NOVEMBER	6 NOVEMBER	7 NOVEMBER	8 NOVEMBER
Meal A	Sustainable Dish Shitake & Lentil Bolognese with Brown Rice 香菇蘭度豆醬配糙米飯 	Beef Masala with Pita Bread 印度咖哩牛肉配烤餅 	Pork Chop Onion Black Pepper Sauce with Rice 洋蔥黑椒汁豬扒配飯 	Chicken Burger With Corn in Cob 雞肉漢堡配粟米條 	Sports day half day (No Lunch)
Meal B	Stir-Fried Japanese Udon with Vegetable & Dried Bean Curd 日式雜菜豆乾炒烏冬 	Tandoori Fish with Turmeric Rice 天多利魚塊配黃薑飯 	Fried Rice Vermicelli (No Seafood) 星洲炒米 (不含海鮮) 	Char Siu with Red Rice 叉燒配紅米飯 	
Meal C	Mixed Veggies Egg Fried Rice 雜菜蛋炒飯 	Vegetarian Japchae 韓式炒粉絲 	Scrambled Onion, Green Bean & Egg with Rice 洋蔥四季豆炒蛋配飯 	Vegetarian Bolognese 素肉醬意粉 	

Seasonal vegetables served daily 每日供應時令蔬菜

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	Eat Less 少量		Soy Alert 含大豆		Peanut Alert 含花生				



Lunch Menu November 2024

Monday

Tuesday

Wednesday

Thursday

Fun Friday

11 NOVEMBER

12 NOVEMBER

13 NOVEMBER

14 NOVEMBER

15 NOVEMBER

Meal
A

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



Pan Fried Fish with Mushroom Sauce & Pasta
香煎魚柳伴野菌汁配意粉



Thai Basil Stir-fried Minced Pork & Eggplant with Red Rice
泰式肉碎炒茄子配紅米飯



Beef Chilli Con Carne with Rice
墨西哥牛肉醬配飯



Beef Bulgogi with Rice
烤牛肉配飯



Meal
B

Spaghetti Carbonara
卡邦尼意粉



Sweet and Sour Pork with Rice
咕嚕肉配飯



Chicken Adobo with Garlic Rice
菲律賓醋燒雞配蒜香飯



Sautéed Zucchini and Chicken with Corn Rice
翠肉瓜炒雞柳配粟米飯



Sweet and Spicy Korean Fried Chicken with Rice
甜脆韓式炸雞配飯



Meal
C

Baked Broccoli & Cauliflower with Roasted Potato
焗西蘭花椰菜花配烤薯



Green Salad with Egg & Roasted Pumpkin
田園沙律配烤南瓜及蛋



Japanese Stir-fried Udon with Assorted Mushrooms and Shredded Eggs
日式野菌蛋絲炒烏冬



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



Mac & Cheese
芝士焗通心粉



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 November 2024

Monday

Tuesday

Wednesday

Thursday



	18 NOVEMBER	19 NOVEMBER	20 NOVEMBER	21 NOVEMBER	22 NOVEMBER
Meal A	Pork Goulash with Spaghetti 匈牙利豬柳配意粉 	Chicken A La King with Rice 白汁雞皇飯 	Taiwanese Minced Pork with Brown Rice 台式肉燥配糙米飯 	Greek Beef & Feta Pastitsio 希臘牛肉醬焗長通粉 	Chicken Lombardy with Rice 芝士蘑菇烤雞配飯
Meal B	Thai Pineapple Chicken Fried Rice with Pork Floss 泰式肉鬆菠蘿雞肉炒飯 	Scrambled Egg with Tomato & Beef Minced with Brown Rice 港式鮮茄滑蛋免治牛肉配糙米飯 	Fish Fillet in Sweet Corn Sauce with Rice 粟米魚柳配飯 	Yangzhou Fried Rice (No Seafood) 揚州炒飯 (不含海鮮) 	Hot Dog with Roasted Potato 熱狗配烤薯
Meal C 	Braised Vegetables Lo Han Style with Rice 羅漢齋飯 	Egg & Potato Masala with Sliced Baguette 印式薯仔蛋咖哩配法包 	Spaghetti Mushrooms Bolognese with Chickpeas 番茄蘑菇鷹咀豆意粉 	Spinach & Mushroom Frittata with Baked Potatoes 菠菜蘑菇焗蛋配薯粒 	Cheese Baked Pasta with Veggie Meat Ball 番茄芝士素肉丸焗通心粉

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 November 2024

Monday

Tuesday

Wednesday

Thursday

Fun Friday

25 NOVEMBER

26 NOVEMBER

27 NOVEMBER

28 NOVEMBER

29 NOVEMBER

Meal
A

Italian Style Baked
Fish with Penne
西西里烤魚柳配長通粉


Cheese Baked Pasta
with Tuna & Crab Stick
焗芝士蟹柳吞拿魚
通心粉


Honey Garlic Pork Chop
with Rice
蒜香蜜糖烤豬扒配飯


Italian Meatball &
Spaghetti in Marinara
Sauce
意式鮮茄肉丸意粉


Fish Burger with
Roasted Potato
魚柳漢堡配烤馬鈴薯


Meal
B

Korean Style Chicken
with Brown Rice
安東雞糙米飯


Japanese Style Chicken
Curry with Rice
日式咖哩雞飯


Japanese Noodles with
Chicken & Narutomaki
日式雜錦雞柳炒麵


Minced Beef & Lettuce
Fried Rice
生炒牛肉飯


Chicken Pesto Penne
香草醬雞肉長通粉


Meal
C

Fried E-Fu Noodles with
Straw Mushroom &
Shitake
雙菇乾燒伊麵



Vegetarian Lasagna
雜菜千層麵


Stir Fried Vegetarian
Chicken, Eggplant &
Green Bean with Rice
茄子豆角炒素雞配飯


Lentils & Sweet
Potatoes Shepherd's Pie
扁豆番薯牧羊批


Tomato, Sweet Corn &
Scrambled Egg with Rice
蕃茄粟米炒蛋配飯


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 2024

Monday

Tuesday

Wednesday

Thursday



2 DECEMBER

3 DECEMBER

4 DECEMBER

5 DECEMBER

6 DECEMBER

Meal
A

Chicken Arrabiata with Penne
香辣茄醬雞肉配長通粉

Pad Kra Pao with Red Rice (Not Spicy)
泰式香葉炒肉碎配紅米飯

Butter Chicken with Sweet Corn Rice
印式雞肉咖哩配粟米飯

Hungarian Braised Pork Stew with Mashed Potato
匈牙利燴豬肉配薯蓉

Meal
B

Vietnamese Lemongrass Pork Chop with Red Rice
越式香茅豬扒配紅米飯

Fish w/ Crab Stick White Sauce & Spaghetti
蟹柳白汁魚柳配意粉

Stir Fry Beef Ho Fan
炒牛肉河粉

Classic Roast Chicken & Gravy with Rice
燒汁香烤雞球配飯

Half Day School IFF Preparation
(No Lunch)

Meal
C

Pasta Alla Norma
意式燴白豆茄子配意粉

Sriracha Cauliflower Taco
椰菜花墨西哥粟米餅

Vegetarian Chili Con Carne with Pita Bread
素墨西哥豆醬配比得包

Margherita Pizza
瑪格麗塔薄餅

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 December 2024



Tuesday

Wednesday

Thursday

	9 DECEMBER	10 DECEMBER	11 DECEMBER	12 DECEMBER	13 DECEMBER
<u>Meal A</u>	No School Day	Chicken Fajitas 墨西哥烤雞薄餅  	Pork Jambalaya with Corn Rice 豬肉粟米什錦燴粟米飯  	Italian Tomato Chicken with Spaghetti 意式番茄雞肉配意粉    	Pork Sausage and Mashed Potato 烤豬肉腸配薯蓉  
<u>Meal B</u>		Chinese BBQ Pork with Rice 蜜汁叉燒飯  	Tuna in Mushroom White Sauce with Pasta 香草白汁燴白菌吞拿魚配長通粉    	Roasted Honey Duck Breast with Puréed Sweet Potatoes 蜜糖烤鴨胸配蕃薯蓉 	Teriyaki Chicken Cheese Pizza with Sweet Corn 芝士照燒雞肉薄餅配粟米粒   
<u>Meal C</u> 		Baked Mac & Cheese 芝士焗通粉  	Braised Lo Hon Style Vegetable with Rice Noodles 羅漢齋燴河粉  	Vegetarian Egg Foo Young with Rice 素芙蓉蛋配飯 	Caribbean Coconut Curry with Brown Rice 加勒比椰汁咖喱配糙米飯 

	<p>Eat More 適宜</p> <p>Eat Moderately 限量</p> <p>Eat Less 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 December 2024

Monday

Tuesday

Wednesday

Thursday

Fun Friday

16 DECEMBER

17 DECEMBER

18 DECEMBER

19 DECEMBER

20 DECEMBER

Meal
A

Meal
B

Meal
C



16/12-1/1 CHRISTMAS & 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 December 2024

Monday

Tuesday

Wednesday

Thursday

Friday

23 DECEMBER

24 DECEMBER

25 DECEMBER

26 DECEMBER

27 DECEMBER

Meal
A

Meal
B

Meal
C



16/12-1/1 CHRISTMAS & 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 December 2024

Monday

Tuesday

Wednesday

Thursday

Friday

30 DECEMBER

31 DECEMBER

Meal
A

Meal
B

Meal
C



16/12-1/1 CHRISTMAS & 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 January 2025









Monday

Tuesday

Wednesday

Thursday



			1 JANUARY	2 JANUARY	3 JANUARY
<u>Meal A</u>			New Year Holiday No School	Taiwanese Eggplant & Minced Pork with Vegetable Rice 台式茄子肉燥配菜飯 	Garlic Stir-fry Pork & Broccoli with Red Rice 蒜香西蘭花炒肉片配紅米飯 
<u>Meal B</u>				Pasta with Tomato, Onion & Chicken Stew 鮮茄洋蔥燴雞柳配長通粉 	Fish Finger with Roasted Potato 炸魚手指配烤薯 
<u>Meal C</u> 				Singapore Style Stir-fried Rice Vermicelli 素星洲炒米 	Veggie Burger With Corn Cob 素漢堡配粟米條 
Seasonal vegetables served daily 每日供應時令蔬菜 					

	<p>Eat More 適宜</p> <p>Eat Moderately 限量</p> <p>Eat Less 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 January 2025



Tuesday

Wednesday

Thursday

	6 JANUARY	7 JANUARY	8 JANUARY	9 JANUARY	10 JANUARY
Meal A	Roast Cauliflower & Chickpea Korma with Pita Bread 烤椰菜花鷹嘴豆 印式咖喱配烤餅 	Chicken Fajitas 墨西哥烤雞薄餅 	Pork Goulash with Rice 匈牙利豬柳配飯 	Mongolian Beef with Brown Rice 蒙古牛肉配糙米飯 	Pulled Pork Burger With Corn Cob 手撕豬肉漢堡配粟米條
Meal B	Stir-Fried Japanese Udon with Vegetable & Dried Bean Curd 日式雜菜豆乾炒烏冬 	Char Siu & Egg Fried Rice 叉燒蛋炒飯 	Cheese Baked Pasta with Tuna and Sweetcorn 焗芝士吞拿魚 粟米通心粉 	Chicken Pad Thai 泰式雞肉炒金邊粉 	Fried Egg with Ham, Char Siu, Shrimp & Red Rice 素芙蓉蛋配紅米飯
Meal C	Mushroom Stroganoff with Rice 俄式蘑菇汁配白飯 	Ratatouille Pasta Gratin 焗雜菜麵 	Eggplant & Enoki Mushroom Bulgogi with Rice 韓式烤茄子金菇配飯 	Mushroom & Onion Frittata with Sweet Corn 意式蘑菇洋蔥烘蛋配粟米粒 	Fried Noodles with Bean Sprout and Dried Tofu 銀芽香菇豆干豉油王炒麵

Seasonal vegetables served daily 每日供應時令蔬菜

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	Eat Less 少量		Soy Alert 含大豆	Peanut Alert 含花生	



Lunch Menu January 2025



	Monday 13 JANUARY	Tuesday 14 JANUARY	Wednesday 15 JANUARY	Thursday 16 JANUARY	Fun Friday 17 JANUARY
Meal A	<p>Butter Chicken with Corn Rice 印式咖哩雞配粟米飯</p>	<p>Roasted Lemon Thyme Chicken with Washed Potato 檸檬香草烤雞配薯蓉</p>	<p>Pasta Bolognese with Mushroom 意式蘑菇肉醬意粉</p>	<p>Fish Shaksuka with Quinoa Rice 地中海燴魚柳藜麥飯</p>	<p>New York Hotdog 美式熱狗</p>
Meal B	<p>Yaki Udon with Beef 雜菜牛肉炒烏冬</p>	<p>Sweet and Sour Pork with Rice 咕嚕肉配飯</p>	<p>Chicken Adobo with Garlic Rice 菲律賓醋燒雞配蒜香飯</p>	<p>Diced Pork & Sweetcorn in White Sauce with Rice 白汁粟米肉粒配飯</p>	<p>Thai Pineapple Chicken Fried Rice 泰式菠蘿雞肉炒飯</p>
Meal C 	<p>Sweet Potato Macaroni Cheese 甜薯芝士通心粉</p>	<p>Mushroom & Spinach Lasagna 白菌菠菜千層麵</p>	<p>Lentils & Sweet Potatoes Shepherd's Pie 扁豆番薯牧羊批</p>	<p>Chickpea & Tomato Penne Bake 蕃茄鷹咀豆焗長通粉</p>	<p>Spaghetti Aglio Olio w/ Sun-Dried Tomatoes 番茄乾橄欖油意粉</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 January 2025

Monday

Tuesday

Wednesday

Thursday



20 JANUARY

21 JANUARY

22 JANUARY

23 JANUARY

24 JANUARY

Meal
A

Roasted Duck with
Thyme Gravy Sauce &
Mashed Potato
百里香燒汁鴨胸配薯蓉

Meat Balls in Tomato
Sauce with Pasta
意式番茄香草肉丸
配意粉

Tandoori Chicken with
Turmeric Rice
天多利烤雞配黃薑飯

Chicken A La King with
Rice
白汁雞皇飯

Pork Sausage and
Mashed Potato
烤豬肉腸配薯蓉

Meal
B

Steamed Egg, Minced
Pork, Crab Stick with
Rice
香菇蟹柳肉碎蒸水蛋
配飯

Minced Beef & Lettuce
Fried Rice
生炒牛肉飯

Pasta Carbonara
卡邦尼意粉

Grilled Pork Chop with
Spring Onion sauce &
Vegetable Rice
蔥油豬扒配菜飯

Sweet and Spicy Korean
Fried Chicken with Rice
韓式炸雞配飯

Meal
C

Sustainable
Dish
Shitake & Lentil
Bolognese with
Brown Rice
香菇蘭度豆醬配糙米飯

Tomato & Egg Stew
with Rice
番茄炒蛋配飯

Vegetarian Pad Thai
素炒金邊粉

Egg & Potato Masala
with Sliced Baguette
印式薯仔蛋咖哩配法包

Veggie Supreme Pizza
素食至尊披薩

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 January 2025

Monday

Tuesday

Wednesday

Thursday

Friday

27 JANUARY

28 JANUARY

29 JANUARY

30 JANUARY

31 JANUARY

Meal
A

Meal
B

Meal
C



CHINESE NEW YEAR HOLIDAYS 27/1- 4/2

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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