



# YMCA of Hong Kong Christian College

## Lunch Enrollment Form For All Students

October to November 2022



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 to our Unit Manager. See full Menu here: <https://www.compass-hk.com/ChartwellsMenu/YMCA.pdf>

### Payment Methods:

**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:

All days in Oct & Nov **37 days** x **HK\$ 33.00** = **HK\$1,221.00**

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\$33.00 | Total Amount |
|----------------|---|-----------|--------------|
| _____          | x | HK\$33.00 |              |

Example

|     |   |
|-----|---|
| Mon |   |
| 3   | 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 Months of Lunch Enrolment.

\* October 4 Chung Yeung Festival  
\* Oct. 24 to 28 Mid Term Break

| Oct-22                  |     |     |     |     |
|-------------------------|-----|-----|-----|-----|
| Mon                     | Tue | Wed | Thu | Fri |
| 3                       |     | 5   | 6   | 7   |
| 10                      | 11  | 12  | 13  | 14  |
| 17                      | 18  | 19  | 20  | 21  |
|                         |     |     |     |     |
| 31                      |     |     |     |     |
| TOTAL : 15 DAYS (\$495) |     |     |     |     |

| Nov-22                  |     |     |     |     |
|-------------------------|-----|-----|-----|-----|
| Mon                     | Tue | Wed | Thu | Fri |
|                         | 1   | 2   | 3   | 4   |
| 7                       | 8   | 9   | 10  | 11  |
| 14                      | 15  | 16  | 17  | 18  |
| 21                      | 22  | 23  | 24  | 25  |
| 28                      | 29  | 30  |     |     |
| TOTAL : 22 DAYS (\$726) |     |     |     |     |

**Please return this form On or before September 26, 2022.**

Via mail, or hand it in to the school's Cafeteria. 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.




YMCA of Hong Kong  
Christian College  
港青基信書院

# Lunch Menu

Oct  
2022



|  | Monday   | Chung Yeung Festival | Wednesday  | Thursday   | Fun Friday  |
|--|--|----------------------|--|--|---|
|  | 3 Oct.   |                      | 5 Oct  | 6 Oct  | 7 Oct   |
| <u>Meal A</u>  | <p>Sweet &amp; Sour Pork with Steamed Rice<br/>咕嚕肉配飯</p>    |                      | <p>Tandoori Chicken with Rice<br/>印度天多利烤雞配飯</p>  | <p>Scrambled Egg with Tomato &amp; Beef Minced with Brown Rice<br/>港式鮮茄滑蛋<br/>免治牛肉<br/>配糙米飯</p>    | <p>Hawaiian Pizza<br/>夏威夷薄餅</p>     |
| <u>Meal B</u>  | <p>Roasted Lemon Thyme Chicken with Mashed Potato<br/>檸檬香草烤雞配薯蓉</p>  |                      | <p>Nasi Goreng (Indonesian Fried Rice, Less Oil)<br/>印尼炒飯 (少油)</p>   | <p>Herb Baked Fish Fillet with Pasta in Cream Sauce<br/>南瓜汁香草魚柳配意粉</p>    | <p>Beef Stroganoff &amp; Mushroom with Mashed Potato<br/>俄式蘑菇燴牛柳配薯蓉</p>    |
| <u>Meal C</u><br> | <p>Cauliflower, Pumpkin &amp; Pea Korma with Brown Rice<br/>椰菜花南瓜青豆<br/>印度乳酪咖哩配糙米飯</p>   |                      | <p>Vegetarian Napolitano Pasta<br/>素拿破崙意粉</p>                        | <p>Braised Tofu and Mixed Greens with Red Rice<br/>紅燒時蔬豆腐<br/>配糙米飯</p>     | <p>Pesto &amp; White Beans with Pasta<br/>青醬白腰豆意粉</p>     |
| <p>每日供應時令蔬菜 Seasonal vegetables served daily</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



YMCA of Hong Kong  
Christian College  
港青基信書院

# Lunch Menu

Oct  
2022

|  | Green MONDAY  | Tuesday   | Wednesday   | Thursday  | Fun Friday   |
|--|---|---|---|---|--|
|  | 10 Oct  | 11 Oct  | 12 Oct  | 13 Oct  | 14 Oct   |
| <u>Meal A</u>  | Vegetarian Lasagne<br>素千層麵<br>   | Thai Fish Curry with Pandan Rice<br>泰式咖哩魚<br>配斑蘭香飯<br>   | Japanese Ginger Soy Sauce Pork with Brown Rice<br>日式豚肉生姜燒<br>配糙米飯<br>  | Pasta Carbonara<br>卡邦尼意粉<br>                                | Meat Lover's Pizza<br>至尊薄餅<br>                 |
| <u>Meal B</u>  | Roasted Bell Pepper & Hummus Wrap<br>烤彩椒<br>鷹咀豆泥卷<br>   | Teriyaki Pork & Broccoli with Red Rice<br>照燒西蘭花<br>雞肉配紅米飯<br>  | Coq Au Vin with Mashed Potato<br>法式紅酒燉雞<br>配薯蓉<br>   | Stir-fried Thai Style Beef & Pineapple with Rice<br>泰式菠蘿炒牛肉<br>配白飯<br>   | Roasted Thyme & Rosemary Chicken with Mashed Potato<br>香草烤雞配薯蓉   |
| <u>Meal C</u><br> | Braised Vegetables Lo Han Style with Rice<br>羅漢齋飯<br>   | Mushroom & Onion Frittata with Sweet Corn<br>意式蘑菇洋蔥<br>烘蛋配粟米粒<br>   | Vegetable Enchiladas<br>素墨西哥辣汁卷餅<br>   | Mixed Vegetable Vindaloo with Rice<br>印度蔬菜咖哩<br>配飯<br>  | Italian Lentil Stew Pasta<br>意大利扁豆燴意粉<br>  |

每日供應時令蔬菜 Seasonal vegetables served daily



**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



YMCA of Hong Kong  
Christian College  
港青基信書院

# Lunch Menu

Oct  
2022

|  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|---|--|---|--|--|
|  | 17 Oct  | 18 Oct   | 19 Oct  | 20 Oct   | 21 Oct   |
| <u>Meal A</u>  | Taiwanese Minced Pork with Brown Rice<br>台式肉燥配紅米飯<br>   | Chicken Cacciatore with Pasta<br>獵人燴雞配意粉<br>  | Thai Basil Stir-fried Minced Pork & Eggplant with Red Rice<br>泰式九層塔肉碎炒茄子配紅米飯<br>  | Roasted Lemon Thyme Chicken with Mashed Potato<br>檸檬香草烤雞配薯蓉  | Tuna & Sweetcorn Pizza<br>吞拿魚粟米薄餅<br>    |
| <u>Meal B</u>  | Honey Soy Chicken with Steamed Rice<br>蜜汁豉油雞飯<br>  | Steamed Sole Fish with Ginger and Spring Onions and Red Rice<br>薑蔥蒸魚柳配紅米飯<br>   | Chicken Pad Thai<br>泰式雞肉炒金邊粉<br>    | Stir-Fried Leek and Pork with Rice<br>京蔥炒肉片配飯<br>   | Tandoori Chicken with Rice<br>印度天多利烤雞配飯  |
| <u>Meal C</u><br> | Mushroom & Cheese Panini with Sweetcorn<br>烤蘑菇芝士熱烘三文治配粟米<br>   | Singapore Style Stir-fried Rice Vermicelli<br>素星洲炒米<br>                         | Vegetarian Egg Fried Rice<br>田園蛋炒飯<br>                                        | Chickpea & Tomato Penne Bake<br>蕃茄鷹咀豆焗長通粉<br>   | Mac & Cheese<br>芝士焗通粉<br>     |
| 每日供應時令蔬菜 Seasonal vegetables served daily  |   |  |   |  |  |



**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



YMCA of Hong Kong  
Christian College  
港青基信書院

Lunch  
Menu

Oct  
2022

|  | Monday   | Tuesday | Wednesday | Thursday | Friday |
|--|--|---------|-----------|----------|--------|
|  | 31 Oct   |         |           |          |        |
| <u>Meal A</u>  | <p>Classic Beef Lasagna<br/>經典牛肉千層麵</p>   |         |           |          |        |
| <u>Meal B</u>  | <p>Japanese Miso-glazed Fish Fillet with Red Rice<br/>日式味噌烤魚柳<br/>配紅米飯</p>                  |         |           |          |        |
| <u>Meal C</u><br> | <p>Broccoli &amp; Cheddar Frittata with Roasted Potatoes<br/>意式車打芝士<br/>西蘭花烘蛋<br/>配焗薯粒</p>  |         |           |          |        |
| <p>每日供應時令蔬菜 Seasonal vegetables served daily</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



YMCA HK  
Christian College  
港青基信書院



Chartwells  
EAT · LEARN · LIVE



Sign up for our monthly wellbeing e-newsletter!

**立刻登記** 每月帶給你更多健康和養生靈感!

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

✓ 接收由我們的營養師團隊製作的最新營養資訊

Receive the latest news on health & wellbeing trends supported by the Compass's Nutrition team.

✓ 帶給你有關時令蔬果、健康與你、親子家庭、廚樂無窮等主題的知識!

Bringing you tips and facts about topics like: Eating Seasonal, Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!



Chartwells  
EAT · LEARN · LIVE

## 營養紅綠燈 Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐!























|                 |  |   |  |   |
|-----------------|--|---|--|---|
| <br>GREEN<br>綠燈 | <p><b>EAT MORE</b><br/>健康之選</p> <p>👍👍👍</p>   | <p>Whole grain or grains with added vegetables<br/>全穀類或添加蔬菜的穀物</p>  | <p>Lean protein with fat trimmed<br/>脂肪比例較低的蛋白質</p>  | <p>Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil<br/>健康少油的烹調方法 例如: 蒸、慢煮、烤、焗</p>  |
| <br>AMBER<br>黃燈 | <p><b>EAT MODERATE</b><br/>適宜之選</p> <p>👍</p> | <p>Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta<br/>添加少量油的穀物<br/>例如: 炒飯、炒麵、焗意粉</p> | <p>Fatty cut of meat &amp; poultry with skin<br/>脂肪比例較高及連皮的肉類</p> <p>Full fat milk or cheese<br/>全脂奶品類</p>   | <p>Processed or preserved meat, egg and veggies<br/>加工或醃製肉類、蛋類及蔬菜食品</p> <p>Sauce or gravy with high sugar, salt or fat content<br/>高糖、高鹽及高脂肪的醬汁或芡汁</p>  |
| <br>RED<br>紅燈   | <p><b>EAT LESS</b><br/>少選為佳</p> <p>👎</p>     | <p>Deep-fried foods<br/>油炸食品</p> <p>Sugar-sweetened beverages<br/>添加糖分的飲品</p>   | <p>Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut cream, etc.<br/>添加了動物性脂肪或植物性飽和脂肪 例如: 豬油、牛油、忌廉、椰子油、椰漿</p> | <p>Contains trans fat e.g. processed/premade pastries<br/>含反式脂肪 例如: 預先製作及包裝的烘焙食物</p> <p>Preserved foods with extremely high salt content e.g. salted fish and salted eggs<br/>鹽分極高的食品 例如: 鹹魚、鹹蛋</p> |



YMCA of Hong Kong  
Christian College  
港青基信書院

# Lunch Menu

Nov  
2022

|  | Monday | Tuesday   | Wednesday  | Thursday   | Fun Friday  |
|--|--------|---|--|--|---|
|  | 31 Oct | 1 Nov   | 2 Nov  | 3 Nov  | 4 Nov   |
| Meal A   |        | Japanese Curry Chicken with Rice<br>日式咖喱雞飯  | Pasta Carbonara<br>卡邦尼意粉<br>   | Roasted Pork Loin in Onion Gravy and Mashed Potato<br>洋蔥汁烤豬柳<br>配薯蓉<br>   | Americano Pizza (Pepperoni, Sweet Corn, 美式辣肉腸粟米薄餅<br>                       |
| Meal B   |        | Stir-fried Pork with Ginger & Spring Onion with Red Rice<br>薑蔥爆肉片<br>配紅米飯<br>  | Honey Soy Chicken with Steamed Rice<br>蜜汁鼓油雞飯<br>   | Tandoori Fish with Red Rice<br>印度天多利烤魚<br>配紅米飯<br>     | Taiwanese Minced Pork with Mushroom and Red Rice<br>台式香菇肉燥<br>配紅米飯<br>  |
| Meal C  |        | Tomato & Kidney Beans Pasta Bake<br>意式蕃茄紅腰豆<br>焗意粉<br>  | Vegetarian Chili Con Carne with Red Rice<br>墨西哥素辣豆醬<br>配紅米飯<br>  | Braised Vegetables Lo Han Style with Rice<br>羅漢齋飯<br>  | Spinach & Onion Frittata with Roasted Potatoes<br>意式菠菜洋蔥烘蛋配焗薯粒<br>      |

每日供應時令蔬菜 Seasonal vegetables served daily



**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



YMCA of Hong Kong  
Christian College  
港青基信書院

# Lunch Menu

Nov  
2022

|   | Green MONDAY   | Tuesday  | Wednesday  | Thursday   | Fun Friday   |
|---|--|--|--|--|--|
|   | 7 Nov  | 8 Nov  | 9 Nov  | 10 Nov   | 11 Nov   |
| <u>Meal A</u>                             | Singapore Style Stir Fried Rice Vermicelli<br>素星洲炒米<br>✔️🥚 | Steamed Pumpkin Pork with Steamed Rice<br>南瓜蒸肉片配飯<br>🥚                         | Chicken Cacciatore with Pasta<br>獵人燴雞配意粉<br>🐟              | Classic Beef Lasagna<br>經典牛肉千層麵<br>🥛🌾                                | Meat Lover's Pizza<br>至尊薄餅<br>🥛🌾   |
| <u>Meal B</u>                             | Ratatouille with Roasted Potatoes<br>普羅旺斯燉菜配焗薯粒<br>✔️      | Japanese Stir-fried Udon with Sliced Chicken & Bean Sprouts<br>日式芽菜雞肉炒烏冬<br>🥚🌾 | Pork Schnitzels with Mashed Potato<br>維也納炸豬排配薯蓉<br>🥚🌾      | Japanese Miso-glazed Fish Fillet with Red Rice<br>日式味噌烤魚柳配紅米飯<br>🥚🐟🌾 | Southern BBQ Chicken with Corn on the Cob<br>南部 BBQ 烤雞配粟米                    |
| <u>Meal C</u>                             | Vegetable Paella<br>素西班牙燉飯<br>✔️                           | Tomato Lentil Stew with Mashed Potatoes<br>蕃茄燉扁豆配薯蓉<br>✔️🥚                     | Penne Pesto with Spinach and Mushroom<br>菠菜蘑菇青醬長通粉<br>✔️🥛🌾 | Vegetable Enchiladas<br>素墨西哥辣汁卷餅<br>✔️🥛🌾                             | Cauliflower, Pumpkin & Pea Korma with Brown Rice<br>椰菜花南瓜青豆印度乳酪咖哩配糙米飯<br>✔️🥛 |
| 每日供應時令蔬菜 Seasonal vegetables served daily |  |  |  |  |  |



**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
















YMCA of Hong Kong  
Christian College  
港青基信書院

# Lunch Menu

Nov  
2022

|        | Monday  | Tuesday  | Wednesday   | Thursday  | Fun Friday   |
|--------|---|--|---|---|--|
|        | 14 Nov.   | 15 Nov.  | 16 Nov.   | 17 Nov  | 18 Nov   |
| Meal A | <p>Sweet &amp; Sour Pork with Steamed Rice<br/>咕嚕肉配飯</p>   | <p>Tandoori Chicken with Rice<br/>印度天多利烤雞配飯</p>  | <p>Stir-Fried Leek and Pork with Rice<br/>京蔥炒肉片配飯</p>    | <p>Thai Fish Curry with Pandan Rice<br/>泰式咖哩魚配斑蘭香飯</p>         | <p>Mac &amp; Cheese with Bacon Bits<br/>煙肉粒芝士焗通粉</p>     |
| Meal B | <p>Macau Style Portuguese Curry Chicken with Red Rice<br/>葡國雞配飯</p>    | <p>Taiwanese Minced Pork &amp; Mushroom with Brown Rice<br/>台式香菇肉燥配紅米飯</p>   | <p>Teriyaki Chicken with Rice<br/>日式照燒雞飯</p>   | <p>Stir-fried Thai Style Beef &amp; Pineapple with Rice<br/>泰式菠蘿炒牛肉配白飯</p>  | <p>Roasted Thyme &amp; Rosemary Chicken with Potato<br/>香草烤雞配薯仔</p>  |
| Meal C | <p>Mushroom &amp; Onion Frittata with Sweet Corn<br/>意式蘑菇洋蔥烘蛋配粟米粒</p>   | <p>Vegetarian Meatball Spaghetti with Marinara Sauce<br/>蕃茄素肉丸配意粉</p>        | <p>Roasted Bell Pepper &amp; Hummus Wrap<br/>烤彩椒鷹咀豆泥卷</p>   | <p>Thai Tofu Green Curry with Rice<br/>泰式豆腐青咖哩配白飯</p>    | <p>Margherita Pizza<br/>瑪格麗塔薄餅</p>    |

每日供應時令蔬菜 Seasonal vegetables served daily



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



YMCA of Hong Kong  
Christian College  
港青基信書院

# Lunch Menu

Nov  
2022



|  | Monday   | Tuesday  | Wednesday   | Thursday  | Fun Friday   |
|--|--|--|---|---|--|
|  | 21 Nov   | 22 Nov   | 23 Nov  | 24 Nov  | 25 Nov   |
| <u>Meal A</u>  | <p>Chu Hou Braised Chicken &amp; Potato with Rice<br/>柱侯雞球薯仔飯</p>   | <p>Herb Baked Fish Fillet with Pasta in Cream Sauce<br/>南瓜汁香草魚柳配意粉</p>    | <p>Kimchi &amp; Pork Stir-Fry with Red Rice<br/>泡菜炒豬肉配紅米飯</p>    | <p>Chicken Cilantro with Pasta<br/>香茜烤雞配意粉</p>     | <p>Pad See Ew (Thai Stir-Fried Noodles with Beef Slice)<br/>泰式牛肉炒河</p>    |
| <u>Meal B</u>  | <p>Stir-fried Leek &amp; Pork with Red Rice<br/>京蔥炒豬肉配紅米飯</p>   | <p>Kung Po Chicken with Rice (No Nuts)<br/>宮保雞丁配飯(無堅果)</p>    | <p>Classic Spaghetti Bolognese<br/>肉醬意粉</p>    | <p>Onion Pork Chop with Rice<br/>洋蔥豬扒飯</p>       | <p>Pepperoni &amp; Cheese Pizza<br/>意大利辣肉腸芝士薄餅</p>           |
| <u>Meal C</u><br> | <p>Broccoli &amp; Cheddar Frittata with Roasted Potatoes<br/>意式車打芝士西蘭花烘蛋配焗薯粒</p>    | <p>Vegetable Enchiladas<br/>素墨西哥辣汁卷餅</p>                            | <p>Cauliflower, Pumpkin &amp; Pea Korma with Brown Rice<br/>椰菜花南瓜青豆印度乳酪咖哩配糙米飯</p>   | <p>Thai Lentil Curry with Rice<br/>泰式扁豆咖哩配飯</p>  | <p>Tomato &amp; Kidney Beans Pasta Bake<br/>意式蕃茄紅腰豆焗意粉</p>   |

每日供應時令蔬菜 Seasonal vegetables served daily



**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



YMCA of Hong Kong  
Christian College  
港青基信書院

# Lunch Menu

Nov  
2022

|  | Monday   | Tuesday  | Wednesday  | Thursday | Fun Friday |
|--|--|--|--|----------|------------|
|  | 28 Nov   | 29 Nov   | 30 Nov   |          |            |
| <u>Meal A</u>  | HK Style Soy Sauce Chicken with Rice<br>港式豉油雞飯<br>  | BBQ Pork with Mashed Potato<br>BBQ<br>烤豬柳配薯蓉   | Stir-fried Beef with Broccoli & Cauliflower over Red Rice<br>雙花炒牛肉<br>配紅米飯<br>  |          |            |
| <u>Meal B</u>  | Classic Lasagna Bolognese<br>焗肉醬千層麵<br>                                    | Beef Burgundy with Pasta<br>紅酒燉牛肉<br>配意粉<br>  | Steamed Fish in Ginger & Spring Onion Soy Sauce with Rice<br>薑蔥蒸魚飯<br>   |          |            |
| <u>Meal C</u><br> | Chinese Style Braised Mushroom & Tofu with Red Rice<br>紅燒野菌豆腐<br>配糙米飯<br>  | Japanese Stir-fried Udon with Assorted Mushrooms and Bean Sprout<br>日式野菌蛋絲<br>炒烏冬<br>   | Vegetarian Meatballs and Fusilli in Marinara Sauce<br>蕃茄素肉丸<br>配螺絲粉<br>  |          |            |

每日供應時令蔬菜 Seasonal vegetables served daily



**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



YMCA HK  
Christian College  
港青基信書院



Chartwells  
EAT · LEARN · LIVE

COMPASS

訂閱  
每月營養資訊

Sign up for our monthly wellbeing e-newsletter!

<http://eepuri.com/dsDXG9>

**立刻登記** 每月帶給你更多健康和養生靈感！

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

- 接收由我們的營養師團隊製作的最新營養資訊  
Receive the latest news on health & wellbeing trends supported by the Compass's Nutrition team.
- 帶給你有關時令蔬果、健康與你、親子家庭、廚樂無窮等主題的知識！  
Bringing you tips and facts about topics like: Eating Seasonal, Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!

Chartwells  
EAT · LEARN · LIVE

## 營養紅綠燈 Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐！



|  |                                  |  |   |  |
|--|----------------------------------|--|---|--|
|  | <b>EAT MORE</b><br>健康之選<br>👍👍👍   | Whole grain or grains with added vegetables<br>全穀類或添加蔬菜的穀物   | Lean protein with fat trimmed<br>脂肪比例較低的蛋白質   | Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil<br>健康少油的烹調方法 例如：蒸、慢煮、烤、焗  |
|  | <b>EAT MODERATE</b><br>適宜之選<br>👍 | Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta<br>添加少量油的穀物 例如：炒飯、炒麵、焗意粉 | Fatty cut of meat & poultry with skin<br>脂肪比例較高及連皮的肉類<br><br>Full fat milk or cheese<br>全脂奶品類   | Processed or preserved meat, egg and veggies<br>加工或醃製肉類、蛋類及蔬菜食品<br><br>Sauce or gravy with high sugar, salt or fat content<br>高糖、高鹽及高脂肪的醬汁或芡汁  |
|  | <b>EAT LESS</b><br>少選為佳<br>👎     | Deep-fried foods<br>油炸食品<br><br>Sugar-sweetened beverages<br>添加糖分的飲品   | Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut cream, etc.<br>添加了動物性脂肪或植物性飽和脂肪 例如：豬油、牛油、忌廉、椰子油、椰漿 | Contains trans fat e.g. processed/premade pastries<br>含反式脂肪 例如：預先製作及包裝的烘焙食物<br><br>Preserved foods with extremely high salt content e.g. salted fish and salted eggs<br>鹽分極高的食品 例如：鹹魚、鹹蛋 |