



# SCHOOL MENU



chartwells  
serving up happy & healthy



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# SHARE YOUR THOUGHTS

分享你的意見



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**營養紅線燈**

# TRAFFIC LIGHT

**GREEN 綠燈**

**AMBER 黄灯**


**RED 紅燈**

**EAT MORE**  
**適宜**

Choose at least  
3 times per week  
毎日または3回以上

- Whole grain or grains with added vegetables  
全穀或添加蔬菜的穀類
- Lean protein with "at trimmed"  
脂肪比較低的蛋白質
- Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil  
健康的烹調方法  
例如：蒸、燉、烤、煎

**EAT MODERATELY**  
**限量**

 Limit to 2 times per week  
每日正港探不多於2

1. Grains with small amount of added fat: a little oil, egg, fried rice, fried noodle as baked pasta  
粥加少油的餐粉  
粥麵(飯麵)炒麵(湯麵)
2. Fatty e.g. of meat & poultry with skin  
脂肪比例較高及帶皮的肉類
3. Full-fat milk or cheese  
全脂奶及起司
4. Processed or reserved meat, egg and veggies  
加工肉類(肉鬆、鹹蛋及蔬菜等)
5. Sauce or gravy with high sugar salt or fat content  
高糖、高鹽及高脂肪的醬汁等類

**EAT LESS**  
**少量**

**Limit to 4 times  
per month**  
每月起用不多於4次

1. Deep-fried foods  
油炸食品
2. Added animal fats or saturated plant fats (e.g. lard, butter, cream, coconut oil, coconut milk)  
添加了动物性脂肪或饱和性脂肪的食品  
例如: 黄油、牛油、三多、椰子油、椰浆
3. Contains trans fat  
e.g. processed/premade pastries  
含有反式脂肪的食品: 酥类及饼干  
西点的烘焙食品
4. Sugar sweetened beverages  
含糖饮料的饮品
5. Preserved foods with extremely high salt content (e.g. salted fish and salted eggs)  
高盐含量的食品: 例如: 鹹魚、鹹蛋

立即follow我哋嘅平台，  
定期接收最新金巴斯集團(香港)  
嘅消息及營養資訊啦！

Stay tuned to our social media channels to receive latest news and regular Nutritional Information from Compass Group Hong Kong.



COMPASS | HK  
GROUP

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.








Monday

Tuesday

Wednesday

Thursday

Friday

			1 May	2 May
Fruit / Soup				<p>Wiso Soup 日式味噌湯</p>  
Main				<p>Chicken Steak in Garlic Sauce 日式燒汁雞扒</p>    
Grains				<p>Garlic Chinese Cabbage 蒜蓉白菜仔</p> 
				<p>Brown Rice 糙米飯</p>



Eat More  
適宜

Eat Moderately  
限量

Eat Less  
少量



Vegetarian  
素食



Sustainable Seafood  
可持續海鮮



All meals are nut-free  
所有食物均不含堅果



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



Wheat Alert  
含小麥

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# Lunch Menu

## May 2025










Tuesday

Wednesday

Thursday

Friday

	5 May	6 May	7 May	8 May	9 May
Fruit / Soup		Fresh Fruit 生果	Red & Green Carrot & Pork Bone Soup 青紅蘿蔔豬骨湯		Tomato & Potato and Lean Meat 蕃茄薯仔瘦肉湯
Main		Yaki Udon with Beef 雜菜牛肉炒烏冬 	Fried Pork Ribs with Pineapple 菠蘿咕嚕肉 		HK Style Swiss Chicken Wing 瑞士雞翼 
		Chinese Cabbage 白菜仔 	Stir Fried Broccoli 蒜香西蘭花 		Stir-Fry Choy Sum & Pork Butt 菜心炒肉片 
Grains		Twisted Scallion Bun 蔥花卷 	Carrot rice 甘筍飯		Rice 白飯



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Tuesday

Wednesday

Thursday

	12 May	13 May	14 May	15 May	16 May
Fruit / Soup	Seaweed & Egg Drop Soup 紫菜蛋花湯  	Fresh Fruit 生果	Cream of Mushroom 雜菌濃湯  	Fresh Fruit 生果	Minestrone 雜菜湯 
Main	Sweet Curry Potato Vegetables 甜咖哩薯仔雜菜   	Pork Jambalaya 豬肉什錦飯  	Baked Fish with Low Fat White Sauce 低脂白汁焗魚      	Bolognese with Fusilli 肉醬螺絲粉   	Sausage & Cheeseburger 芝士豬柳漢堡   
	Braised Veg. Meatballs 燒素肉丸    	Hairy Gourd Vermicelli 節瓜粉絲 	Stir-Fry String Bean with Minced Pork 肉鬆炒四季豆  	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Chicken Nuggets 雞寶   
Grains	Rice 白飯	Brown Rice 糙米飯	Rice 白飯	/	Sweet Corn 粟米粒



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Tuesday

Wednesday

Thursday

Friday

	19 May	20 May	21 May	22 May	23 May
Fruit / Soup	Sweet Corn & Carrot Soup 粟米甘筍湯 ✓	Fresh Fruit 生果	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米扁豆豬骨湯	Fresh Fruit 生果	Apricot Kernel & Watercress soup 南北杏西洋菜湯
Main	Tomato, Sweet Corn & Scrambled Egg 蕃茄粟米炒蛋 ✓	Roasted Chicken Thigh with Thyme & Lemon 百里香檸檬烤雞扒	Scrambled Egg with Char Siu 叉燒炒蛋	Beef Goulash 匈牙利燉牛肉	Taiwanese Minced Pork, Shitake 台式香菇肉燥
	Stir-fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Stir-Fried Broccoli 清炒西蘭花	Stir-Fried Cabbage with Bacon 椰菜炒煙肉	Sauteed Shrimp with Zucchini 蝦仁炒翠玉瓜	Stir-fried Chicken Tenders with Choy Sum 菜心炒雞柳
Grains	Red Rice 紅米飯	Rice 白飯	Rice 白飯	Pasta 意粉	Rice 白飯



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Tuesday

Wednesday

Thursday

	26 May	27 May	28 May	29 May	30 May
Fruit / Soup	Miso Soup 日式味噌湯   	Fresh Fruit 生果	Papaya with Snow Fungus Soup 木瓜雪耳湯	Fresh Fruit 生果	Tomato & Potato Soup 蕃茄薯仔湯
Main	Braised E-Fu Noodles with Mushrooms 干燒伊麵    	Teriyaki Chicken 日式照燒雞扒    	Steamed Mince Pork, Water Chestnut 馬蹄蒸肉餅     	Fish Fillet with Sweet Corn Sauce 粟米魚柳      	Grilled BBQ Chicken Wrap 燒烤雞肉卷  
	Garlic Chinese Cabbage 蒜蓉白菜仔 	Baby Cabbage in Broth 上湯娃娃菜 	Stir-fried Chinese Cabbage with Fried Fish Block 白菜仔炒魚片   	Stir Fried Pork with Broccoli 西蘭花炒肉片   	Fried Potato Wedges 炸薯角 
Grains	Steamed Bun 蒸饅頭 	Rice 白飯	Red Rice 紅米飯	Penne 長通粉 	Sweet Corn 粟米粒



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