



SCHOOL MENU

chartwells
serving up happy & healthy

Shatin College
沙田學院

chartwells

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Clipboard with checklist and pencil

營養紅綠燈

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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 每日至少選擇3次或以上 <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物 Lean protein with fat trim med 低脂肪的蛋白質 Healthy cooking methods e.g. steam, poach, grill or bake with very little oil 健康少油的烹調方法 例如：蒸、燉、焗、煎 	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每日選擇1-2次 <ol style="list-style-type: none"> Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snail 添加少量脂肪的穀物 例如：炒飯、炒麵、焗蜆 Fatty cut of meat & poultry with skin 脂肪比例較高及皮肉類 Full fat milk or cheese 全脂奶類 Processed or preserved meat, egg and vegetables 加工或新鮮的麵、蛋類及蔬菜食品 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或英汁 	EAT LESS 少選為佳 No more than 1 time per week 每日最多選擇1次 <ol style="list-style-type: none"> Deep fried foods 油炸食品 Added animal fat or saturated fat e.g. lard, butter, cream, coconut oil, coconut cream, etc. 添加了動物性的脂肪或飽和性脂肪的脂肪 例如：豬油、牛油、忌廉、椰子油、椰油 Contains trans fat e.g. processed/premade pastries 含有反式脂肪的餅乾、酥餅、馬芬及炸皮 包類或餅乾會料 Sugar sweetened beverages 含糖汽水飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高含防腐劑的罐頭、鹹魚、鹹蛋

Illustration of children crossing a street

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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.

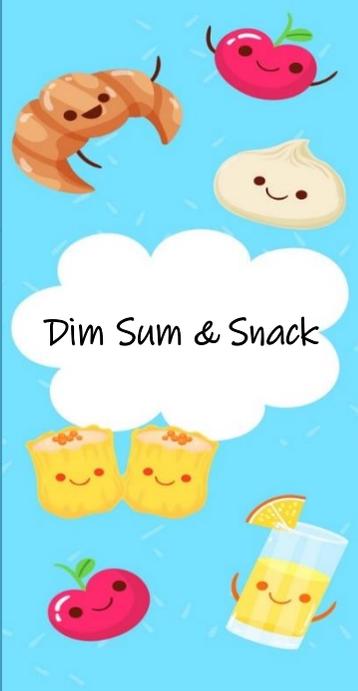
Lunch Menu Apr 2026

	Monday 13 Apr	Tuesday 14 Apr	Wednesday 15 Apr	Thursday 16 Apr	Friday 17 Apr
<u>Meal A</u>	Minced Pork & Mushroom in Steamed Egg with Rice 	Cuban Mojo Pork Loin With Roasted Potatoes	 <p>Dim Sum & Snack</p>	Bacon Mushroom Sauce With Pasta 	Korean Minced Pork Glass Noodle 
<u>Meal B</u>	Tuna in Creamy Spinach & Kale Sauce with Pasta 	HK Style Chicken Curry With Rice 		Tandoori Fish Fillet With Rice 	Spanish Beef Stew With Rice 
<u>Meal C</u> 	Vegetarian Western Fried Rice 	Vietnamese Cold Vermicelli with Vegetarian Ham 		Italian Bean Stew With Mashed Potato 	Mixed Vegetable in Green Curry with Rice 
<u>Chef's Special</u>	Hainan Chicken Rice 	Veal Sausage with Mashed Potato 		New York Hot Dog With French Fries 	Roasted Spring Chicken With Baked Potato 
Seasonal vegetables served daily 					

	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			

Internal

Lunch Menu Apr 2026

	Monday 20 Apr	Tuesday 21 Apr	Wednesday 22 Apr	Thursday 23 Apr	Friday 24 Apr
<u>Meal A</u>	Italian Diced Pork with Pumpkin Stew with Rice	Sweet & Sour Chicken With Rice	 <p>Dim Sum & Snack</p>	Pork Loin with Vegetable in Mustard Gravy with Mashed Potato	Thai Style Minced Pork With Rice
<u>Meal B</u>	Kung Pao Chicken With Rice	Singapore Rice Noodle		Chicken A La King With Rice	Chicken Korma With Rice
<u>Meal C</u>	Red Kidney Bean Broccoli-Lemon Sauce with Pasta	Spinach, Cauliflower, Quinoa & Chickpeas Curry with Rice		Stir-fried Dried Tofu Broccoli & Carrot With Rice	Shanghai Noodle With Dried Tofu & Cabbage
<u>Chef's Special</u>	Eel Rice with Shredded Egg	Bread Pork Chop With Japanese Curry Rice		Korean Fried Chicken With Potato Wedges	Beef Lasagna With Garlic Bread
Seasonal vegetables served daily 					

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Internal

Lunch Menu Apr 2026

	27 Apr	28 Apr	29 Apr	30 Apr
<u>Meal A</u>	Fish Fillet with Tomato Sauce with Pasta 	Shrimp Arrabbiata with Pasta 	 <p>Dim Sum & Snack</p>	<p>Parent's Day</p>
<u>Meal B</u>	Mapo Tofu & Minced Pork with Rice 	Diced Pork with Sweet Corn Sauce with Rice 		
<u>Meal C</u> 	Mushroom Stroganoff With Rice 	India Vegetable Curry With Rice 		
<u>Chef's Special</u>	Banger Sausage With Mashed Potato 	BBQ Chicken Burger With French Fries 		
<p>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

Internal