



# SCHOOL MENU

chartwells  
serving up happy & healthy

Shatin College  
沙田學院

chartwells

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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	EAT MODERATE 適宜之選	EAT LESS 少選為佳
<p>Choose at least 3 times per week 每日至少攝3次或以上</p> <ol style="list-style-type: none"> <li>Whole grain or grains with added vegetables 全粒或高纖的穀類及雜糧</li> <li>Lean protein with fat trimmed 脂肪較少的肉類或魚類</li> <li>Healthy cooking methods e.g. steaming, poaching, grilling, baking, with very little oil 健康的烹調方法 例如：蒸、燉、焗、焗</li> </ol>	<p>Limit to 1-2 times per week 每日攝1-2次</p> <ol style="list-style-type: none"> <li>Grains with small amount of added fat and oil e.g. white rice, fried noodles, baked beans 添加少量油的穀物 例如：白飯、炒麵、焗豆粉</li> <li>Fatty cut of meat &amp; poultry with skin 脂肪比例較高及連皮的肉類</li> <li>Full fat milk or cheese 全脂的奶類</li> <li>Processed or preserved meat, eggs and vegetables 加工或醃製的肉類、蛋類及蔬菜食品</li> <li>Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁</li> </ol>	<p>No more than 1 time per week 每星期攝不超過1次</p> <ol style="list-style-type: none"> <li>Deep-fried foods 炸食品類</li> <li>Additional fats or saturated fat fats e.g. lard, butter, cream, coconut oil, coconut cream, etc. 除了食物本身油或脂肪外所添加的脂肪 例如：豬油、牛油、忌廉、椰子油、椰漿</li> <li>Contains trans fat e.g. processed/pre-made pastries, biscuits, etc. 例如：無壳餅仔及自製的酥格食品</li> <li>Sugar sweetened beverages 含糖分的飲品</li> <li>Preserved foods with extremely high salt content e.g. salted fish and salted soup 高鹽分醃製的食品 例如：鹹魚、鹹水</li> </ol>

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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 Jun 2026

	Monday 1 Jun	Tuesday 2 Jun	Wednesday 3 Jun	Thursday 4 Jun	Friday 5 Jun
<b>Meal A</b>	Diced Pork with Sweet Corn Sauce with Rice 	Steamed Chicken & Shitake Mushroom With Rice 	 <p>Dim Sum &amp; Snack</p>	Fish Fillet with Lemon Capers Tomato Sauce With Roasted Potatoes 	Shrimp Arrabbiata With Pasta 
<b>Meal B</b>	Kimchi & Shrimp Quinoa Fried Rice with Nori 	Pan-fried Pork Patties with Sweet corn with Rice 		Three Roots Vegetable (Carrot, Onion & Potato) Beef Brisket Stew with Rice 	Creamy Chicken Stew With Vegetables & Roasted Potatoes 
<b>Meal C</b> 	Mushroom Stroganoff With Pasta 	Japanese Style Stir-fried U-don Mixed Vegetable & Shredded Egg 		Stir-fried Four Season Bean with Egg & Mushroom with Rice 	Cajun Bean & Potato Stew with Rice
<b>Chef's Special</b>	Pepperoni Pizza With French Fries 	Eel Rice with Shredded Egg 	Korean Fried Chicken With Potato Wedges 	Chicken Lasagna with Garlic Bread 	Bread Pork Chop Japanese Curry Rice 
Seasonal vegetables served daily 					













	<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 Jun 2026

	Monday 8 Jun	Tuesday 9 Jun	Wednesday 10 Jun	Thursday 11 Jun	Friday 12 Jun
<u>Meal A</u>	BBQ Roasted Chicken Tight with Rice 	Calabacitas With Rice	 <p>Dim Sum &amp; Snack</p>	Braised Chicken with Potato with Rice   	Char Siu With Rice  
<u>Meal B</u>	Yeung Chow Fried Rice     	Spaghetti Bolognaise  		Stir-fried Beef with Broccoli & Cauliflower with Rice   	Shrimp Pesto with Pasta    
<u>Meal C</u> 	Indian Sweet Potato Curry with Rice   	Carrot, Long Bean, Egg Fritters with Rice 		Pasta Baked with Corn, Kidney Beans & Spinach   	Mixed Bean Chili with Mash Potato  
<u>Chef's Special</u>	Banger Sausage With Mash Potato   	Roasted Honey Duck Breast with Roasted Potato   		Fish & Chips   	HK Style Baked Pork Chop Rice    
Seasonal vegetables served daily 					

	<b>Eat More</b> 適宜	 <b>Vegetarian</b> 素食	 <b>Egg Alert</b> 含蛋類	 <b>Fish Alert</b> 含魚類	 <b>Tree Nuts Alert</b> 含堅果
<b>Eat Moderately</b> 限量	 <b>Sustainable Seafood</b> 可持續海鮮	 <b>Dairy Alert</b> 含奶類	 <b>Shellfish Alert</b> 含貝殼類海鮮	 <b>Wheat Alert</b> 含小麥	
<b>Eat Less</b> 少量	 <b>Soy Alert</b> 含大豆	 <b>Peanut Alert</b> 含花生			

# Lunch Menu Jun 2026

	Monday 15 Jun	Tuesday 16 Jun	Wednesday 17 Jun	Thursday 18 Jun	Friday 19 Jun
<u>Meal A</u>	<b>Chicken Creamy Pesto With Pasta</b> 	<b>Mexican Chili Con Carne With Rice</b> 	 <p>Dim Sum &amp; Snack</p>	<b>Fish Fillet in Creamy Thyme Mustard Sauce With Mashed Potato</b> 	<h2>Dragon Boat Festival</h2>
<u>Meal B</u>	<b>Stir-fried Tomato with Sliced Pork &amp; Egg With Rice</b> 	<b>Sliced Chicken with Enoki Mushroom &amp; Bok Choy with Rice</b> 		<b>Ground Beef &amp; Lettuce Fried Rice</b> 	
<u>Meal C</u>	<b>Broccoli &amp; Cheddar Frittata with Roasted Potatoes</b> 	<b>Corn &amp; Spinach Mac &amp; Cheese</b> 		<b>Steamed Egg with Shitake Mushroom Glass Noodle With Rice</b> 	
<u>Chef's Special</u>	<b>Teriyaki Beef &amp; Onion Rice Bowl</b> 	<b>Veal Sausage With Mashed Potato</b> 		<b>New York Hot Dog With French Fries</b> 	
Seasonal vegetables served daily 					



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適宜

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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 Jun 2026

	Monday 22 Jun	Tuesday 23 Jun	Wednesday 24 Jun	Thursday 25 Jun	Friday 26 Jun
<u>Meal A</u>	Cuban Mojo Pork Loin With Roasted Potatoes	Chicken Primavera Sauce With Pasta	 <p>Dim Sum &amp; Snack</p>	Sweet & Sour Pork With Rice	<p>Early School Dismissal</p>
<u>Meal B</u>	HK Style Curry Chicken With Rice	Tandoori Fish With Rice		Honey Garlic Chicken With Rice	
<u>Meal C</u>	Fungi Ragu (Italian Braised Tomato & Assorted Mushroom) With Pasta	Red Kidney Bean Broccoli Lemon Sauce With Steamed Potato		Vegetable Lasagna	
<p>Seasonal vegetables served daily </p>					



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 Vegetarian  
素食

 Sustainable  
Seafood  
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 Egg Alert  
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 Fish Alert  
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 Shellfish Alert  
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 Wheat Alert  
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