



# SCHOOL MENU



Shatin College 沙田學院

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## SHARE YOUR THOUGHTS

分享你的意見




營養紅綠燈

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## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 健康之選</b> Choose at least 3 times per week 每日至少選擇3次或以上 1. Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物 2. Lean protein with fat trim med 低脂肪蛋白 例如雞胸肉、魚肉 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康少油的烹調方法 例如：蒸、燉、焗、烤	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每日選擇1-2次 1. Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked potato 添加少量脂肪的穀物 例如：炒飯、炒麵、焗薯 2. Fatty cut of meat & poultry with skin 脂肪比例較高及皮肉類 例如：肥牛、肥雞、鴨腿 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and veggies 加工或經製的肉類、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英汁	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每日最多選擇1次 1. Deep-fried foods 油炸食品 2. Added animal fat or saturated fat fat e.g. 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：豬油、牛油、忌廉、椰子油、椰油 3. Contains trans fat e.g. processed/pre-made pastries 含有反式脂肪 例如：酥餅、餅乾、夾心餅乾 4. Sugar sweetened beverages 含糖汽水飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽防腐食品 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 Sep 2025

Monday

Tuesday

Wednesday

Thursday

Friday

1 Sep

2 Sep

3 Sep

4 Sep

5 Sep

Meal  
A

Beef Goulash  
with Penne



HK Style Chicken Curry  
with Carrot Rice



Tuna Spaghetti in  
Cream of Spinach Sauce



Chicken Tikka Masala  
with Quinoa Rice



Meal  
B

Steamed Shitake  
Mushroom & Chicken with  
Brown Rice



Grilled Pork Chop in  
Onion Sauce with  
Spaghetti



Dim Sum & Snack



Honey Glazed BBQ Pork  
With Rice



Grilled Fish Fillet in  
Sweetcorn Sauce with  
Pasta



Meal  
C

Stir-fried Rice Noodles  
With Mixed Vegetable &  
Shredded Eggs



Cheese Baked Pasta  
with Broccoli



Vegetarian Stir-fired  
Shanghai Noodles



Stir-fried Fuzzy Melon  
with Black Fungus &  
Dried Bean Curd  
with Rice



Chef's  
Special

Bread Pork Chop with  
Japanese Curry Rice



Eel Fish Rice with  
Shredded Egg



Pepperoni Pizza  
With French Fries



Hainan Chicken Rice



Banger Sausage  
With Mashed Potato



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 Sep 2025

Monday

Tuesday

Wednesday

Thursday

Friday

8 Sep

9 Sep

10 Sep

11 Sep

12 Sep

Meal  
A

BBQ Pork Loin with  
Herbs Potatoes



Pan-fried Fish Fillet  
in Low-fat White Sauce  
With Tri-colour Fusilli



Chicken Spanish Paella



Meal  
B

Typhoon  
Signal No.8

Kung Bo Chicken with  
Brown Rice (not Spicy)



Dim Sum & Snack



Braised Pork & Tofu  
With Carrot Rice



Beef Slices & Turnip  
in Chu Hau Sauce  
With Rice



Meal  
C



Macaroni & Cheese



Sweet & Sour Veggie  
Meatball Rice



Spinach & Mushroom  
Frittata with Roasted  
Potatoes



Chef's  
Special

Beef Burger with  
French Fries



Chicken Nanban  
With Salad



Roasted Spring Chicken  
With Baked Potato



Fish & Chips



Seasonal vegetables served daily



Eat More  
適宜

Eat Moderately  
限量

Eat Less  
少量



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Wheat Alert  
含小麥

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# Lunch Menu Sep 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	15 Sep	16 Sep	17 Sep	18 Sep	19 Sep
<u>Meal A</u>	Shredded Pork Loin in Portuguese Sauce With Penne    	Japanese Fried U-don With Chicken & Narutomaki    	Swimming Gala	Hungarian Braised Pork Stew with Mashed Potato  	Butter Chicken with Corn Rice  
<u>Meal B</u>	Pan-fried Fish Fillet in Tomato Sauce with Brown Rice   	Stir-fried Pork, Onion & Tomato with Quinoa Rice    		Stir-fried Slice Beef & Oyster Mushroom & Green Beans with Rice   	Yeung Chow Fried Rice (No Seafood)    
<u>Meal C</u> 	Spinach & Chickpeas Curry with Rice  	Vegetable Bolognese Spaghetti   		Braised Tomato & Scrambled Egg with Brown Rice   	Stir-fried Spaghetti with Bell Pepper Mushroom & Red Kidney Beans 
<u>Chef's Special</u>	Teriyaki Beef & Onion Rice Bowl  	HK Style Baked Pork Chop Rice    		Korean Fried Chicken With Potato Wedges  	Veal Sausage with Mashed Potato   
Seasonal vegetables served daily 					



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# Lunch Menu Sep 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	22 Sep	23 Sep	24 Sep	25 Sep	26 Sep
<u>Meal A</u>	Spaghetti Bolognaise 	Lemon Chicken with Carrot Rice 	 <p>Dim Sum &amp; Snack</p>	Tuna Pasta Bake 	Honey Roasted Chicken With Roasted Potatoes 
<u>Meal B</u>	Grilled Chicken in Garlic Sauce With Brown Rice 	Grilled Fish Fillet With Pesto Sauce with Spaghetti 		Minced Pork & Mushroom in Steam Egg with Brown Rice 	Tomato Meatballs Spaghetti 
<u>Meal C</u> 	Portuguese Mixed Veggies & Kidney Beans Stew with Rice 	Low-fat Mushroom Stroganoff with Rice 		Japanese Curry with Veggies & Tofu with Rice 	Braised E-fu Noodle With Mushroom 
<u>Chef's Special</u>	Bread Pork Chop with Japanese Curry Rice 	Banger Sausage With Mashed Potato 	Pepperoni Pizza With French Fries 	Hainan Chicken Rice 	Eel Fish Rice With Shredded Egg 



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# Lunch Menu Sep 2025

Monday

Tuesday


























Wednesday

Thursday

Friday

29 Sep

30 Sep

Meal	29 Sep	30 Sep			
<u>Meal A</u>	Chicken Cacciatore With Spaghetti    	Chili Con Carne With Pasta  			
<u>Meal B</u>	Stir-fried Vermicelli (No Seafood)    	Vietnamese Lemongrass Pork Chop with Rice   			
<u>Meal C</u> 	Broccoli & Cheddar Frittata with Roasted Potatoes  	Braised Teriyaki Eggplant & Tofu With Brown Rice  			
<u>Chef's Special</u>	Roasted Duck Breast With Mashed Potato   	Chicken Nanban with Salad   			
Seasonal vegetables served daily 					



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