



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
EAT MORE 健康之選 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 "atrim med" 低脂蛋白 肉類的選自禽 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	EAT MODERATE 適宜之選 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、雞皮、油淋雞 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and veggies 加工或新鮮肉類、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	EAT LESS 少選為佳 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 含糖飲料 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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訂閱 每月營養資訊
SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER



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 Oct 2025

Monday

Tuesday

Wednesday

Thursday

Friday

01 Oct

02 Oct

03 Oct

Meal
A

Meal
B

Meal
C
✓

Chef's
Special

Honey Mustard Roast
Chicken Steak with
Roasted Potatoes



Baked Fish in Low-fat
White Sauce with
Tricolour Fusilli



Tandoori Fish
With Brown Rice



Tomato, Minced Pork
and Egg with Rice



Vegetarian Stir-fired
Shanghai Noodles



Roasted Cauliflower &
Chickpea Korma
With Red Rice



Beef Burger
With French Fries



Roasted Spring Chicken
With Baked Potato



National
Day

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

Internal



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Lunch Menu Oct 2025

Monday

Tuesday

Wednesday

Thursday

Friday

13 Oct

14 Oct

15 Oct

16 Oct

17 Oct

Meal
A

Meal
B

Meal
C
✓

Chef's
Special

CPD DAY

Spaghetti Carbonara



Braised Chicken &
Potato Stew with Rice



Hungarian Vegetable
Stew with Brown Rice



HK Style Baked Pork Chop
Rice



Dim Sum & Snack



Korean Fried Chicken
With Potato Wedge



Chicken Alfredo with
Penne and Green Beans



Sweet & Sour Pork
With Rice



Malaysian Curry with
Veggies & Chickpeas
with Rice



Teriyaki Beef & Onion
Rice Bowl



Korean Glass Noodles
with Chicken



Baked Fish in Pumpkin
Sauce with Roasted
Potatoes



Stir-fried Spaghetti
With Bell Pepper,
Mushroom & Red Kidney
Beans



New York Hot Dog with
French Fries



Seasonal vegetables served daily ✓



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素食



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Lunch Menu Oct 2025

	Monday 20 Oct	Tuesday 21 Oct	Wednesday 22 Oct	Thursday 23 Oct	Friday 24 Oct
<u>Meal A</u>	Pork Stroganoff With Pasta 	Korean Chicken with Rice & Mushroom Sauce 	 Dim Sum & Snack	Beef Bourguignon With Pasta 	Grilled Pork Chop in Onion Sauce with Rice 
<u>Meal B</u>	Steamed Shitake Mushroom & Chicken With Rice 	Thai Minced Pork & Pineapple Fried Rice 		Honey Glazed BBQ Pork With Brown Rice 	Tuna Spaghetti In Cream of Spinach Sauce 
<u>Meal C</u> 	Stir-fried Noodles With Mixed Vegetable & Shredded Egg 	Cheese Baked Pasta With Broccoli 		Mixed Beans & Vegetable With Rice 	Shitake Lentil Bolognese Penne 
<u>Chef's Special</u>	Banger Sausage With Mashed Potato 	Bread Pork Chop Japanese Curry Rice 	Pepperoni Pizza With French Fries 	Eel Fish Rice With Shredded Egg 	Hainan Chicken Rice 
Seasonal vegetables served daily 					



Eat More
適宜

Eat Moderately
限量

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少量



Vegetarian
素食



Sustainable
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Wheat Alert
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Lunch Menu Oct 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	27 Oct	28 Oct	29 Oct	30 Oct	31 Oct
<u>Meal A</u>	BBQ Pork Loin with Herbs Potatoes	Parent's Day	Chung Yeung Festival	Chicken Spanish Paella  	Tomato Pork Meatball Spaghetti   
<u>Meal B</u>	Kung Bo Chicken with Brown Rice (No Spicy)   			Beef Goulash with Penne   	HK Style Chicken Curry With Rice   
<u>Meal C</u> 	Macaroni & Cheese  			Braised E-fu Noodle   	Spinach & Mushroom Frittata with Roasted Potato  
<u>Chef's Special</u>	BBQ Chicken Burger With French Fries  			Roasted Spring Chicken With Baked Potato 	Roasted Honey Smoked Duck Breast with Mashed Potato 
Seasonal vegetables served daily 					



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Wheat Alert
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Lunch Menu Nov 2025 India Theme

Monday

Tuesday

Wednesday

Thursday

Friday

	3 Nov	4 Nov	5 Nov	6 Nov	7 Nov
					
<u>Meal A</u>	Shredded Pork Loin in Portuguese Sauce With Penne    	Butter Chicken with Pita Bread    		Japanese Fried U-don with Chicken & Narutomaki    	Hungarian Braised Chicken Stew with Mashed Potato    
<u>Meal B</u>	Tandoori Fish Fillet with Mashed Potato   	Stir-fried Pork, Onion & Tomato With Quinoa Rice    		India Beef Curry With Rice   	Minced Beef Curry Fried Rice   
<u>Meal C</u> 	Spinach & Chickpeas Curry with Rice  	Mushroom & Peas Risotto 	Dim Sum & Snack	Vegetable Bolognaise Spaghetti   	Lentil Cannellini With Spaghetti  
<u>Chef's Special</u>	New York Hot Dog With French Fries   	Teriyaki Beef & Onion Rice Bowl  	Curry Chicken Skewer with Salad  	HK Style Baked Pork Chop Rice    	Veal Sausage with Roasted Potatoes 
Seasonal vegetables served daily 					



Eat More
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Wheat Alert
含小麥

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Lunch Menu Nov 2025 Explorer Week

	Monday	Tuesday	Wednesday	Thursday	Friday
	10 Nov	11 Nov	12 Nov	13 Nov	14 Nov
Meal A	Slow-cook Pork with Vegetable & Steamed Potatoes with Herbs 	Lemon Chicken with Carrot Rice 	Spaghetti Bolognaise 	Sauteed Zucchini & Chicken with Rice 	 Dim Sum & Snack
Meal C 	Braised Tomato & Egg With Rice 	Stir-fried Noodles with Baby Corn, Cabbage & Dried Bean Curd 	Portuguese Mixed Vegetable & Kidney Beans with Pasta 	Baked Mac & Cheese 	
Seasonal vegetables served daily 					



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Wheat Alert
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Lunch Menu Nov 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	17 Nov	18 Nov	19 Nov	20 Nov	21 Nov
<u>Meal A</u>	Chicken Cacciatore With Spaghetti    	Chili Con Carne With Rice  	   Dim Sum & Snack    	Baked Fish in Low-fat White Sauce with Tri-colour Fusilli      	Honey Mustard Roasted Chicken Steak with Roasted Potatoes  
<u>Meal B</u>	Stir-fried Rice Vermicelli With BBQ Pork (No Seafood)    	Vietnamese Lemongrass Pork Chop with Red Rice   		Braised Tomato, Minced Pork & Egg with Rice   	Tandoori Fish with Brown Rice   
<u>Meal C</u> 	Broccoli & Cheddar Frittata with Roasted Potatoes  	Vegetarian Stir-fried Shanghai Noodles  		Braised Teriyaki Eggplant & Tofu with Brown Rice  	Mushroom Stroganoff With Pasta   
<u>Chef's Special</u>	Eel Fish Rice With Shredded Egg      	Hainan Chicken Rice 	Pepperoni Pizza With French Fries   	Breaded Pork Chop with Japanese Curry Rice   	Banger Sausage With Mashed Potato   
Seasonal vegetables served daily 					



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Peanut Alert
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Wheat Alert
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Lunch Menu Nov 2025

	Monday 24 Nov	Tuesday 25 Nov	Wednesday 26 Nov	Thursday 27 Nov	Friday 28 Nov
<u>Meal A</u>	Spaghetti Carbonara 	Korean Glass Noodles & Chicken 		Steamed Pork Patty & Mushroom with Quinoa Rice 	Baked Fish in Pumpkin Sauce with Roasted Potatoes 
<u>Meal B</u>	Fish Fillet in Sweetcorn Sauce with Rice 	Thai Beef & Coconut Curry with Rice 	Dim Sum & Snack 	Chicken Alfredo with Penne & Green Beans 	Sweet & Sour Pork With Rice 
<u>Meal C</u> 	Roasted Cauliflower & Chickpeas Korma With Rice 	Hungarian Vegetable Stew with Red Rice 		Stir-fried U-don with Vegetable & Shredded Egg 	Stir-fried Spaghetti With Tri-pepper, Mushroom & Red Kidney Beans 
<u>Chef's Special</u>	Fried Chicken Nanban with Salad 	Roasted Smoked Duck Breast with Mashed Potatoes 	Fish & Chips 	Beef Burger With French Fries 	Roasted Spring Chicken With Baked Potato 
Seasonal vegetables served daily 					



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



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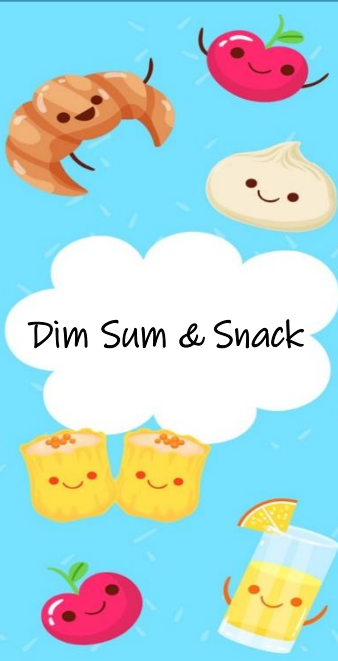
Wheat Alert
含小麥

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Lunch Menu Dec 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Dec	2 Dec	3 Dec	4 Dec	5 Dec	
<u>Meal A</u>	Pork Stroganoff With Pasta 	Korean Chicken with Rice & Mushroom Sauce 	 Dim Sum & Snack	Honey Glazed BBQ Pork With Rice 	Chicken Tikka Masala With Quinoa Rice 	
<u>Meal B</u>	Steamed Shitake Mushroom & Chicken With Rice 	Grilled Pork Chop In Onion Sauce With Rice 		Thai Chicken & Pineapple Fried Rice 	Tuna Spaghetti in Cream of Spinach Sauce 	
<u>Meal C</u> 	Stir-fried Rice Noodle With Mixed Vegetable & Shredded Egg 	Cheese Baked Pasta With Broccoli 		Mixed Beans & Vegetable with Mashed Potato 	Stir-fried Fuzzy Melon & Black Fungus & Dried Bean Curd with Rice 	
<u>Chef's Special</u>	New York Hot Dog With French Fries 	Teriyaki Beef & Onion Rice Bowl 		Korean Fried Chicken With Potato Wedges 	Smoked Salmon & Mushroom In Truffle Spaghetti 	HK Style Baked Pork Chop Rice 
Seasonal vegetables served daily 						



Eat More
適宜

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限量

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Vegetarian
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Peanut Alert
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Tree Nuts Alert
含堅果



Wheat Alert
含小麥

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Lunch Menu

Dec 2025

Monday

Tuesday

Wednesday

Thursday

Friday

8 Dec

9 Dec

10 Dec

11 Dec

12 Dec

Meal A

Meal B

Meal C



Chef's Special

Election Week



Roasted Traditional Turkey with Potato Wedges



Stuffed Prune Pork Loin With Pasta



Pumpkin, Cauliflower, Red Kidney Beans, Mashed Potato Pie



Banger Sausage With Mashed



Pepperoni Pizza With French Fries



Sport Day

Dismiss School Early

Seasonal vegetables served daily



Eat More
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限量

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Vegetarian
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Sustainable Seafood
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Wheat Alert
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Internal

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