



# SCHOOL MENU



 Satin College  
沙田學院



## SHARE YOUR THOUGHTS

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## 營養紅綠燈

# 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 每週至少吃3次或以上 <ol style="list-style-type: none"> <li>Whole grain or grains with added vegetables 全穀類或穀類(例如五穀粉)</li> <li>Lean protein with fat trimmed 低脂肪蛋白(例如雞胸肉)</li> <li>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、焗、焗、煎)</li> </ol>	<b>EAT MODERATE 適宜之選</b> Limit to 1-2 times per week 每週1-2次 <ol style="list-style-type: none"> <li>Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snacks 添加少量脂肪的穀類(例如炒麵、炒粉、焗粉)</li> <li>Fatty cut of meat &amp; poultry with skin 脂肪較高的肉類及雞肉(例如豬腩、雞皮)</li> <li>Full fat milk or cheese 全脂奶類/乳酪</li> <li>Processed or preserved meat, egg and vegetables 加工或醃製肉類、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肉汁</li> </ol>	<b>EAT LESS 少選為佳</b> No more than 1 time per week 每週不應多於1次 <ol style="list-style-type: none"> <li>Deep fat foods 油炸食品</li> <li>Added animal fats or saturated fat (fat) e.g. lard, butter, cream, coconut oil, coconut crisp, etc. 添加了動物脂肪或飽和脂肪的食品(例如豬油、牛油、忌廉、椰子油、椰子油)</li> <li>Contains trans fat e.g. processed/premade pastries, biscuits, etc. 含有反式脂肪(例如餅乾、餅乾、餅乾)</li> <li>Sugar sweetened beverages 含糖飲料/飲品</li> <li>Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分或高鹽分食品(例如鹹魚、鹹蛋)</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 Jan 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	5 Jan	6 Jan	7 Jan	8 Jan	9 Jan
<u>Meal A</u>	Spanish Beef Stew with Rice 西班牙燴牛肉配飯 	Bacon Mushroom Sauce with Pasta 煙肉蘑菇醬意粉   	 Dim Sum & Snack	Roasted Chicken Tight with Thyme Gravy Sauce with Roasted Potatoes 百里香燒汁烤雞配焗薯  	 Sustainable Dish Tuna in Creamy Spinach & Kale Sauce with Pasta 吞拿魚菠菜羽衣甘藍忌廉醬意粉     
<u>Meal B</u>	Korean Minced Pork Glass Noodle 韓式豬肉碎雜菜粉絲  	 Sustainable Dish Tandoori Fish Fillet With Rice 印度烤魚柳配飯   		Hawaiian Tomato Pork Chop with Rice 夏威夷蕃茄豬扒配飯  	Pork Patties with Sweet Corn with Rice 香煎粟米豬肉餅配飯   
<u>Meal C</u> 	Mixed Vegetables in Green Curry with Rice 青咖哩雜菜配飯  	Italian Bean Stew with Rice 意大利雜菜燉豆配飯 		 Sustainable Dish Japanese Style Stir-fried Udon Mix Vegetables & Shredded Egg 日式蔬菜蛋絲炒烏冬   	Mushroom Stroganoff with Rice 俄式忌廉燴蘑菇飯   
<u>Chef's Special</u>	Eel Fish Rice With Shredded Egg 蛋絲鰻魚飯      	Bread Pork Chop Japanese Curry Rice 日式咖哩炸豬扒飯   	Korean Fried Chicken With Potato Wedges 韓式炸雞配薯角  	Pepperoni Pizza With French Fries 辣肉腸薄餅配薯條   	Beef Lasagna With Garlic Bread 意式牛肉千層麵配蒜蓉包   
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





















































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# Lunch Menu Jan 2026

	Monday 12 Jan	Tuesday 13 Jan	Wednesday 14 Jan	Thursday 15 Jan Greece Theme Day	Friday 16 Jan
<u>Meal A</u>	Chicken Primavera Sauce with Pasta 意大利雜菜雞粒意粉   	Cuban Mojo Pork Loin with Roasted Potatoes 古巴香草豬配烤焗薯	 Dim Sum & Snack	Beef Gyro (Beef in Pita Bread Wrap) 希臘牛肉卷   	Portuguese Chicken with Rice 葡國雞配飯   
<u>Meal B</u>	 Sustainable Dish Taiwanese Minced Pork with Enoki Mushroom, Edamame & Eggplant with Rice 台式金針菇茄子肉燥配飯   	Baked Fish with Herb Crust with Roasted Sweet Potatoes 香草酥脆焗魚配焗甜薯      		Greek Lemon Chicken and Potatoes 希臘薯仔檸檬焗雞	Mapo Tofu with Minced Pork and Rice 麻婆豆腐豬肉碎配飯    
<u>Meal C</u> 	 Sustainable Dish Broccoli & Cheddar Frittata with Rice 西蘭花車打芝士焗蛋餅配飯  	 Sustainable Dish Spinach, Okra, Tomato Cheese Lasagna 菠菜秋葵蕃茄芝士千層麵    		Vegetarian Moussaka (Eggplant & Lentil Casserole) 希臘茄子扁豆批  	Stir-fried Vegetarian Ham with Four Season Bean & Mushroom with Rice 四季豆蘑菇炒素火腿配飯    
<u>Chef's Special</u>	Roasted Honey Duck Breast with Mashed Potato 烤煙鴨胸配薯蓉   	Banger Sausage With Mashed Potato 英國牛仔腸配薯蓉  	Fish & Chips 炸魚薯條   	HK Style Baked Pork Chop Rice 港式焗豬扒飯    	Beef Burger With French Fries 牛肉漢堡配薯條    
Seasonal vegetables served daily 					



Eat More  
適宜  
  
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含蛋類



Dairy Alert  
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Soy Alert  
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Fish Alert  
含魚類



Shellfish Alert  
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Peanut Alert  
含花生



Tree Nuts Alert  
含堅果



Wheat Alert  
含小麥

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# Lunch Menu Jan 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	19 Jan	20 Jan	21 Jan	22 Jan	23 Jan
<u>Meal A</u>	Mexican Shredded Pork with Mixed Vegetables with Roasted Potatoes 墨西哥風味雜菜手撕豬肉配焗薯	 Sustainable Dish Shrimp Arrabiata with Pasta 微辣茄醬蝦仁意粉    	 Dim Sum & Snack	Pork Ragu with Boiled Potatoes 意式蕃茄燴豬肉醬配蒸薯  	India Beef Curry With Rice 印度咖哩牛肉配飯   
<u>Meal B</u>	Kung Pao Chicken with Rice 宮保雞丁配飯  	Diced Pork with Sweet Corn Sauce with Rice 粟米豬肉粒配飯  		Sweet & Sour Chicken with Rice 咕嚕雞球配飯   	Char Siu with Rice 叉燒飯  
<u>Meal C</u> 	 Sustainable Dish Shanghai Fried Noodle with Dried Tofu 上海雜菜豆腐乾粗炒  	Indian Sweet Potato Curry with Rice 咖喱甜薯配飯  		Cheesy Vegetables Pie with Sweet Corn 芝士雜菜焗批配粟米    	Roasted Vegetables Pesto with Pasta 意大利青醬雜菜意粉  
<u>Chef's Special</u>	Teriyaki Beef & Onion Rice Bowl 日式照燒汁牛肉飯  	Roasted Spring Chicken With Baked Potato 燒春雞配薯角   	New York Hot Dog With French Fries 紐約熱狗配薯條   	Hainan Chicken Rice 海南雞飯 	Veal Sausage With Mashed Potato 牛仔腸配薯蓉  
Seasonal vegetables served daily 					



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Wheat Alert  
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# Lunch Menu Jan 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	26 Jan	27 Jan	28 Jan	29 Jan	30 Jan
<u>Meal A</u>	<p>Creamy Chicken Stew with Vegetables with Roasted Potatoes</p> <p>雜菜忌廉燒汁燴雞肉配焗薯</p> <p></p>	<p>BBQ Roasted Chicken Tight with Roasted Sweet Potatoes</p> <p>美式烤雞配焗甜薯</p>	 <p>Dim Sum &amp; Snack</p>	<p>Spaghetti Bolognese</p> <p>意式肉醬意粉</p> <p></p>	<p> Sustainable Dish</p> <p>New Orleans Fish with Boiled Potatoes</p> <p>新奧爾良烤魚柳配蒸薯</p> <p></p>
<u>Meal B</u>	<p>Four Season Bean with Minced Pork with Rice</p> <p>四季豆炒豬肉碎配飯</p> <p></p>	<p> Sustainable Dish</p> <p>Kimchi &amp; Shrimp Quinoa Fried Rice with Nori</p> <p>韓式泡菜蝦仁海苔藜麥飯</p> <p></p>		<p>Braised Chicken with Potato with Rice</p> <p>薯仔炆雞配飯</p> <p></p>	<p> Sustainable Dish</p> <p>Yeung Chow Fried Rice</p> <p>揚州炒飯</p> <p></p>
<u>Meal C</u> 	<p> Sustainable Dish</p> <p>Steamed Egg with Shitake Mushroom, Vermicelli with Rice</p> <p>香菇粉絲蒸蛋配飯</p> <p></p>	<p>Stir-fried Cauliflower, Carrot, Baby Corn and Tofu with Rice</p> <p>花椰菜甘筍玉米炒豆腐配飯</p> <p></p>		<p> Sustainable Dish</p> <p>Lentil, Okra &amp; Potato Curry with Rice</p> <p>扁豆秋葵薯仔咖哩配飯</p> <p></p>	<p>Pasta Baked with Corn Kidney Beans &amp; Spinach</p> <p>菠菜粟米紅腰豆焗意粉</p> <p></p>
<u>Chef's Special</u>	<p>Eel Fish Rice With Shredded Egg</p> <p>蛋絲鰻魚飯</p> <p></p>	<p>Beef Lasagna With Garlic Bread</p> <p>意式牛肉千層麵配蒜蓉包</p> <p></p>		<p>Korean Fried Chicken With Potato Wedges</p> <p>韓式炸雞配薯角</p> <p></p>	<p>Bread Pork Chop Japanese Curry Rice</p> <p>日式咖哩炸豬扒飯</p> <p></p>
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 Feb 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Feb	3 Feb	4 Feb	5 Feb	6 Feb
<u>Meal A</u>	<div><div> Sustainable Dish</div><div>Chicken, Corn, Mixed Bell Peppers Frittata with Roasted Potatoes</div><div>雞肉粟米甜椒焗蛋餅配焗薯</div><div></div></div>	<div><div> Sustainable Dish</div><div>Fish Fillet in Creamy Thyme Mustard Sauce with Mashed Potatoes</div><div>百里香芥末魚柳配薯蓉</div><div></div></div>	<div></div> <div>Dim Sum &amp; Snack</div>	<div><div></div><div>Chicken Teriyaki with Rice</div><div>照燒雞配飯</div></div>	<div><div></div><div>Pan-fried Fish Fillet in Tomato Sauce with Pasta</div><div>鮮茄煎魚柳意粉</div></div>
<u>Meal B</u>	<div><div></div><div>Stir-Fried Beef with Broccoli &amp; Cauliflower with Rice</div><div>西蘭花椰菜花炒牛肉配飯</div></div>	<div><div></div><div>Chicken Masala with Rice</div><div>印度馬薩拉香料雞配飯</div></div>		<div><div></div><div>Stir-fried Tomato with Sliced Pork and Egg with Rice</div><div>番茄炒豬肉片炒蛋配飯</div></div>	<div><div></div><div>Steamed Chicken &amp; Shitake Mushroom with Rice</div><div>冬菇蒸雞配飯</div></div>
<u>Meal C</u> <div></div>	<div><div></div><div>Kale &amp; Spinach Mac &amp; Cheese</div><div>羽衣甘藍菠菜芝士通粉</div></div>	<div><div></div><div>Japanese Style Stir-fried Udon Mix Vegetables &amp; Shredded Egg</div><div>日式蔬菜蛋絲炒烏冬</div></div>		<div><div></div><div>Stir-fried Rice Vermicelli With Bak Choy, Edamame, Broccoli, Carrot</div><div>毛豆雜菜炒米粉</div></div>	<div><div></div><div>Vietnamese Cold Vermicelli with Vegetarian Ham</div><div>越南涼拌米粉配素火腿</div></div>
<u>Chef's Special</u>	<div><div></div><div>Banger Sausage With Mashed Potato</div><div>英國牛仔腸配薯蓉</div></div>	<div><div></div><div>Beef Burger With French Fries</div><div>牛肉漢堡配薯條</div></div>		<div><div></div><div>Fish &amp; Chips</div><div>炸魚薯條</div></div>	<div><div></div><div>Roasted Honey Duck Breast with Mashed Potato</div><div>烤煙鴨胸配薯蓉</div></div>
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 Feb 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	9 Feb	10 Feb	11 Feb	12 Feb	13 Feb
<u>Meal A</u>	Cottage Pie with Sweet Corn 農舍牛肉批配粟米 	Fish Fillet with Lemon Capers Tomato Sauce with Corn on the Cob 檸檬酸豆番茄醬魚柳配粟米 	 Dim Sum & Snack	Sport Day	Early Dismissal
<u>Meal B</u>	 Sustainable Dish Pineapple Diced Chicken Fried Rice 菠蘿雞粒炒飯 	Shanghai Fried Noodle with Shredded Pork & Cabbage 豬肉絲椰菜上海粗炒 			
<u>Meal C</u> 	Fughi Ragu (Mixed Mushroom, Cherry Tomato, Potato, Celery, Basil, Tomato Sauce) Pasta 意式蕃茄燴雜菌醬配意粉 	Spiced Quinoa with Corn, Carrot, French Beans, and Black-Eyed Peas with Rice 粟米雜菜眉豆香料炒藜麥配飯			
<u>Chef's Special</u>	Teriyaki Beef & Onion Rice Bowl 日式照燒汁牛肉飯 	Roasted Spring Chicken With Baked Potato 燒春雞配薯角 	New York Hot Dog With French Fries 紐約熱狗配薯條 		
Seasonal vegetables served daily 					



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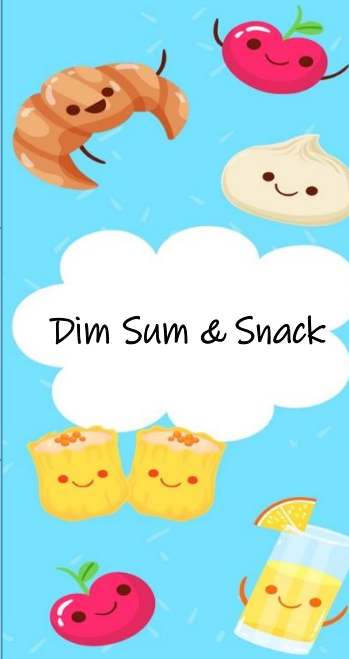






































 Egg Alert  
含蛋類
  Dairy Alert  
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 Fish Alert  
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Internal

# Lunch Menu Feb 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	23 Feb	24 Feb	25 Feb	26 Feb	27 Feb
<u>Meal A</u> A	CPD DAY	Bacon Mushroom Sauce with Pasta 煙肉蘑菇醬意粉   	 Dim Sum & Snack	Roasted Chicken Tight with Thyme Gravy Sauce with Roasted Potatoes 百里香燒汁烤雞配焗薯  	 Sustainable Dish Tuna in Creamy Spinach & Kale Sauce with Pasta 吞拿魚菠菜羽衣甘藍忌廉醬意粉     
<u>Meal B</u> B		 Sustainable Dish Tandoori Fish Fillet with Rice 印度烤魚柳配飯   		Hawaiian Tomato Pork Chop with Rice 夏威夷蕃茄豬扒配飯  	Pork Patties with Sweet Corn with Rice 香煎粟米豬肉餅配飯   
<u>Meal C</u> C 		Italian Bean Stew with Mash Potato 意大利雜菜燉豆配薯蓉  		 Sustainable Dish Japanese Style Stir-fried Udon Mix Vegetables & Shredded Egg 日式蔬菜蛋絲炒烏冬   	Mixed Vegetables in Green Curry with Rice 青咖哩雜菜配飯  
<u>Chef's Special</u>		Bread Pork Chop Japanese Curry Rice 日式咖哩炸豬扒飯   		Korean Fried Chicken With Potato Wedges 韓式炸雞配薯角  	Eel Fish Rice With Shredded Egg 蛋絲鰻魚飯      
Seasonal vegetables served daily 					



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