



# SCHOOL MENU

chartwells  
serving up happy & healthy



Shatin College  
沙田學院

chartwells

## SHARE YOUR THOUGHTS 分享你的意見



## 營養紅綠燈 TRAFFIC LIGHT GUIDE

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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 grain with added vegetables  
全粒或高纖維的穀類及蔬菜
2. Lean protein with fat trimmed  
脂肪較少的肉類或蛋白質
3. Healthy cooking methods e.g. steaming, poaching, grilling, baking, with very little oil  
健康的烹調方法  
例如：蒸、焗、焗、焗、焗

### EAT MODERATE 適宜之選

Limit to 1-2 times per week  
每日至少選擇1-2次

1. Grains with small amount of added fat and oil e.g. fried rice, fried noodle, baked noodle  
添加少量油的穀物  
例如：炒麵、炒粉、焗粉
2. Fatty cut of meat & poultry with skin  
脂肪比例較高及連皮的肉類
3. Full fat milk or cheese  
全脂的奶類
4. Processed or preserved meat, eggs and vegetables  
加工或經製的魚、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芡汁

### EAT LESS 少選為佳

No more than 1 time per week  
每星期不應多於1次

1. Deep-fried foods  
炸食品類
2. Additional fats or saturated fat  
Additional fats: egg, lard, butter, cream, coconut oil, coconut cream, etc.  
添加了額外脂肪或飽和脂肪的食品  
例如：黃油、牛油、忌廉、椰子油、椰漿
3. Contains trans fat  
e.g. processed/pre-made pastries, biscuits, etc.  
含有反式脂肪  
例如：預先製作及自製的酥餅食品
4. Sugar sweetened beverages  
含糖分的飲品
5. Preserved foods with extremely high salt content e.g. salted fish and salted soup  
高鹽分的食品  
例如：鹹魚、鹹水



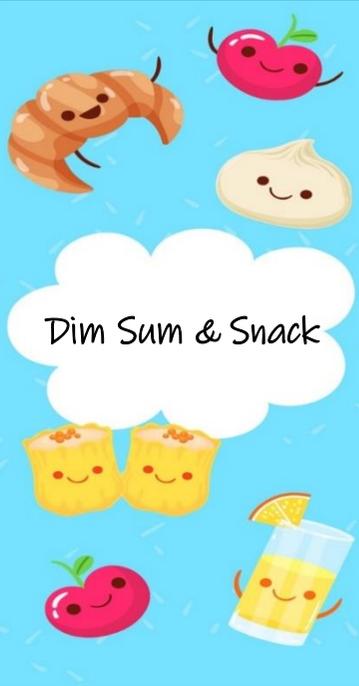
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COMPASS | HK

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 Mar 2026

	Monday 2 Mar	Tuesday 3 Mar	Wednesday 4 Mar	Thursday 5 Mar	Friday 6 Mar
<u>Meal A</u>	Chicken Primavera Sauce with Pasta 	Cuban Mojo Pork Loin With Roasted Potatoes	 <p>Dim Sum &amp; Snack</p>	Baked Fish with Herb Crust with Roasted Sweet Potatoes 	Cajun Roasted Chicken With Mashed Potato 
<u>Meal B</u>	Taiwanese Minced Pork With Enoki Mushroom & Eggplant with Rice 	Portuguese Chicken With Rice 		Mapo Tofu with Minced Pork & Rice 	Singaporean Rice Noodles 
<u>Meal C</u> 	Broccoli & Cheddar Frittata with Rice 	Spinach, Okra, Tomato Cheese Lasagna 		Shakshuka Baked Egg & Vegetable With Spiced Tomato with Rice 	Stir-fried Vegetarian Ham with Four Season Beans & Mushroom with Rice 
<u>Chef's Special</u>	Pork Chop Burger with French Fries 	Roasted Honey Duck Breast with Mashed Potato 		Fish & Chips 	HK Style Baked Pork Chop Rice 
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

# Lunch Menu Mar 2026



Monday

Tuesday

Wednesday

Friday

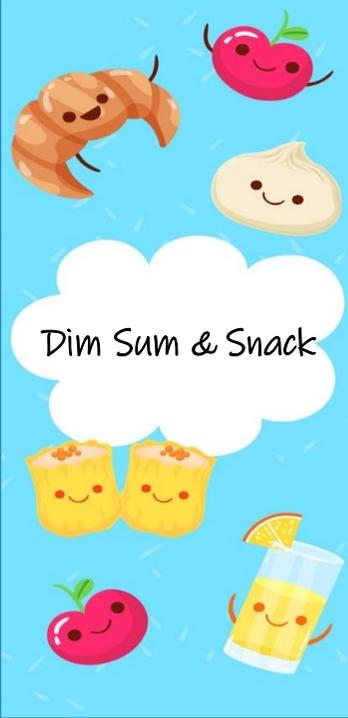
9 Mar

10 Mar

11 Mar

12 Mar   
Philippines Theme Day

13 Mar

<u>Meal A</u>	Char Siu with Rice 	Shrimp Arrabiata With Pasta 	 <p>Dim Sum &amp; Snack</p>	Chicken Adobo (Stir-fried Chicken Filipino Style) 	Mexican Shredded Pork & Mixed Vegetables With Roasted Potatoes
<u>Meal B</u>	Kimchi & Shrimp Quinoa Fried Rice with Nori 	Dice Pork with Sweetcorn Sauce With Rice		Beef Mechado (Beef Stew Filipino Style) 	Kung Pao Chicken With Rice 
<u>Meal C</u> 	Carrot, Long Bean, Egg Frittata with Rice 	India Sweet Potato Curry with Rice 		Vegetarian Pancit Bihon (Stir-fried Filipino Rice Vermicelli with Vegetables) 	Shanghai Stir-fried Noodles with Dried Tofu 
<u>Chef's Special</u>	Veal Sausage With Mashed Potato 	Hainan Chicken Rice 		New Hot Dog With French Fries 	Roasted Spring Chicken With Baked Potato 
Seasonal vegetables served daily 					



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Tree Nuts Alert  
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Wheat Alert  
含小麥

# Lunch Menu Mar 2026

	Monday 16 Mar	Tuesday 17 Mar	Wednesday 18 Mar	Thursday 19 Mar	Friday 20 Mar
<u>Meal A</u>	Creamy Chicken Stew & Vegetable with Roasted Potatoes 	Shrimp Pesto With Pasta 	 <p>Dim Sum &amp; Snack</p>	BBQ Roasted Chicken Tigt with Roasted Potatoes 	New Orleans Fish With Steamed Potatoes 
<u>Meal B</u>	Pork Patties with Sweet Corn with Rice 	Braised Chicken & Potato with Rice 		Yeung Chow Fried Rice 	Steamed Chicken & Shitake Mushroom With Rice 
<u>Meal C</u> 	Steamed Egg & Shitake Mushroom, Glass Noodles with Rice 	Lentil, Okara & Potato Curry with Rice 		Stir-fried Cauliflower, Carrot, Baby Corn & Tofu with Rice 	Baked Pasta with Sweetcorn, Kidney Beans & Spinach 
<u>Chef's Special</u>	Eel Rice with Shredded Egg 	Pepperoni Pizza With French Fries 		Korean Fried Chicken With Potato wedges 	Beef Lasagna With Garlic Bread 
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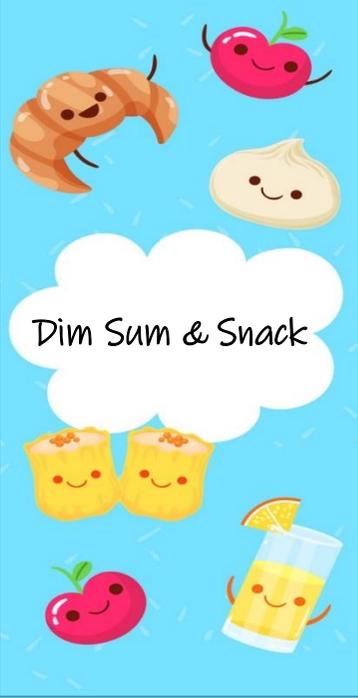
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# Lunch Menu Mar 2026

	Monday 23 Mar	Tuesday 24 Mar	Wednesday 25 Mar	Thursday 26 Mar	Friday 27 Mar
<u>Meal A</u>	Karaage Chicken Curry With Pasta 	Spaghetti Bolognaise 	 <p>Dim Sum &amp; Snack</p>	Char Siu with Rice 	Teriyaki Chicken With Pasta 
<u>Meal B</u>	Four Season Beans & Minced Pork with Rice 	Stir-fried Chicken With Broccoli & Cauliflower with Rice 		Fish Fillet in Creamy Thyme Mustard Sauce with Mashed Potato 	Stir-fried Tomato & Slice Pork & Egg with Rice 
<u>Meal C</u> 	Broccoli & Cheddar Frittata with Rice 	India Sweet Potato Curry with Rice 		Japanese Style Stir-fried U-don Mixed Vegetable & Shredded Egg 	Stir-fried Cauliflower Carrot, Baby Corn & Tofu with Rice 
<u>Chef's Special</u>	Roasted Honey Duck Breast with Mashed Potato 	HK Style Baked Pork Chop Rice 		Fish & Chips 	Beef Burger With French Fries 
Seasonal vegetables served daily 					



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