



SCHOOL MENU



Shatin College 沙田學院 chartwells

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營養紅綠燈 chartwells

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 每天至少吃3次或以上 1. Whole grain or grains with added vegetables 全穀類食物(例如五穀物) 2. Lean protein with fat trim-med 低脂肪的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康的烹調方法(例如:蒸、燉、焗、烤)	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每天吃1-2次 1. Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snacks 添加少量脂肪的食物(例如:炒麵、炒粉、焗食) 2. Fatty cut of meat & poultry 脂肪比例較高及肥的肉類 3. Full fat milk or cheese 全脂奶/奶類 4. Processed or preserved meat, egg and vegetables 加工肉類/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肉汁	EAT LESS 少選為佳 No more than 1 time per week 每星期不超過1次 1. Deep fat foods 油炸食品 2. Added animal fats or saturated fat (fat/oil, 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: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、夾心餅及白麵包的鬆軟部份) 4. Sugar sweetened beverages 非酒精飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分食物(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 May 2026

	Monday 4 May	Tuesday 5 May	Wednesday 6 May	Thursday 7 May	Friday 8 May
<u>Meal A</u>	Calabacitas with Rice  	Shrimp Pesto With Pasta     	 <p>Dim Sum & Snack</p>	Spaghetti Bolognese  	BBQ Roasted Chicken Tigt with Rice 
<u>Meal B</u>	Stir-Fried Beef with Broccoli & Cauliflower With Rice   	Char Siu With Rice  		Yeung Chow Fried Rice     	Fish Fillet with Sweetcorn Sauce With Rice    
<u>Meal C</u> 	Pasta Baked with Corn, Kidney Beans & Spinach   	Indian Sweet Potato Curry with Rice   		Broccoli & Cheddar Frittata with Roasted Potatoes   	Italian Tuscan Bean Stew with Pasta  
<u>Chef's Special</u>	Hainan Chicken Rice 	Roasted Spring Chicken With Baked Potato   		New York Hot Dog With French Fries   	Veal Sausage With Mash Potato  
Seasonal vegetables served daily 					

	Eat More 適宜	 Vegetarian 素食	 Egg Alert 含蛋類	 Fish Alert 含魚類	 Tree Nuts Alert 含堅果
	Eat Moderately 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
	Eat Less 少量	 Soy Alert 含大豆	 Peanut Alert 含花生		

Lunch Menu May 2026

	Monday 11 May	Tuesday 12 May	Wednesday 13 May	Thursday 14 May	Friday 15 May
<u>Meal A</u>	Pork Chop with Vegetable in Mustard Gravy with Rice 	Mexican Chili Con Carne Pasta 	 <p>Dim Sum & Snack</p>	Fish Fillet in Creamy Thyme Mustard Sauce with Mashed Potato 	Chicken Creamy Pesto With Pasta 
<u>Meal B</u>	Sliced Chicken with Enoki Mushroom & Bok Choy with Rice 	Stir-fried Tomato with Sliced Pork & Egg With Rice 		Ground Beef & Lettuce Fried Rice 	Thai Style Minced Pork With Rice 
<u>Meal C</u> 	Creamy Tomato Lentil Stew with Pasta 	Corn & Spinach Mac & Cheese 		Stir-fried Cauliflower, Carrot, Baby Corn & Tofu with Rice 	Steamed Egg with Shitake Mushroom with Rice 
<u>Chef's Special</u>	Pepperoni Pizza With French Fries 	Eel Rice with Shredded Egg 		Korean Fried Chicken With Potato Wedges 	Bread Pork Chop with Japanese Curry Rice 
Seasonal vegetables served daily 					



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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 May 2026

	Monday 18 May	Tuesday 19 May	Wednesday 20 May	Thursday 21 May	Friday 22 May
<u>Meal A</u>	Tuna in Creamy Spinach With Pasta 	Chicken Curry With Rice 	 <p>Dim Sum & Snack</p>	Chicken Primavera Sauce With Pasta 	Cuban Mojo Pork Loin With Roasted Potatoes
<u>Meal B</u>	Honey Garlic Chicken With Rice	Korean Minced Pork Glass Noodles 		Sweet & Sour Pork With Rice 	Tandoori Fish Fillet With Rice 
<u>Meal C</u>	Braised E-Fu Noodle 	Red Kidney Bean Broccoli-Lemon Sauce With Pasta 		Vegetarian Western Fried Rice 	Stir-fried Dried Tofu, Broccoli & Carrot With Rice 
<u>Chef's Special</u>	Banger Sausage With Mash Potato 	HK Style Baked Pork Chop Rice 		Fish & Chips 	Roasted Honey Duck Breast with Mash Potato 
Seasonal vegetables served daily 					

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Lunch Menu May 2026

	Monday 25 May	Tuesday 26 May	Wednesday 27 May	Thursday 28 May	Friday 29 May
<u>Meal A</u>	<p style="text-align: center;">Buddha's Day</p>	<p>Chicken Fricassee With Rice</p> 	 <p style="text-align: center;">Dim Sum & Snack</p>	<p>Bacon Mushroom Sauce With Pasta</p> 	<p>Italian Diced Pork With Pumpkin with Rice</p> 
<u>Meal B</u>		<p>Singapore Rice Noodle</p> 		<p>Kung Pao Chicken With Rice</p> 	<p>Baked Fish with Herb Crust with Roasted Potatoes</p> 
<u>Meal C</u>		<p>Mixed Vegetable in Green Curry with Rice</p> 		<p>Japanese Curry With Veggies & Tofu with Rice</p> 	<p>Shanghai Fried Noodle With Dried Tofu & Vegetable</p> 
<u>Chef's Special</u>		<p>Veal Sausage With Mash Potato</p> 		<p>Korean Fried Chicken With Potato Wedges</p> 	<p>New York Hot Dog With French Fries</p> 
<p>Seasonal vegetables served daily </p>					



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Wheat Alert
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