



YMCA of Hong Kong Christian College



Lunch Enrollment All Forms (Student)

August to September 2022

We at Chartwells are the food service provider for YMCA of Hong Kong Christian College. Our commitment is to offer a wide range of healthy food for students and to help educate children about making healthy food choices. We provide salads, juice, gourmet sandwiches and lots of other healthy and delicious snacks as well as daily hot lunches, prepared by our on-site team.

We run a lunch enrollment program for students from all levels, so please use the following methods to enroll in our lunch program:

How To Enroll:

Please complete this form and return it to the school canteen, with your payment.

Payment Methods

1. **By Hand or By Post:** Please make the cheque payable to "Compass Group Hong Kong Ltd." and hand in the cheque (with completed Enrollment Form) to the school cafeteria, any time before the cut-off date given at the bottom of the Enrollment Form. School Address: #2 Chung Yat Street, Tung Chung, Hong Kong via post address to cafeteria Please feel free to contact our **Unit Manager, YMCA @compass-hk.com** or call **2988 2099** for further information.

2. **PPS:** We also accept PPS payment for meal enrollment. With PPS, you can make payment with your smart phone or via the Internet. **Our PPS Merchant Code is: 9737 and your *PPS Bill Account Number of YMCA of Hong Kong Christian College is 3155 + student number and Class Number / Name).** Please allow two working days for payment transaction.

Student Details

Name: _____
(first name) (family name)

Class for : _____
(If not known, please leave blank)

Student No: _____

Contact No: _____

Email: _____

Payment Method: PPS Ref. No: _____

Cheque No: _____

Monday-Friday Meal Plan (Aug & Sept)

Form 1 Student **21 days** x **HK\$ 33.00** = **HK\$693.00**

or

Open Plan

1. Please select number of meals
2. Fill in the box provided next to the dates (as in the Example, below).
Number of days _____ x **HK\$33.00** Total Amount _____

Please mark the meal choice in the box provided.

Student may select their own choice of meal each day from the menu.

You have options of choosing 1 Month or 2 Months of Lunch Enrollment.

* 29th First Day of School (Half School Day)

* 9th Sept: Staff Development Day (No School)

* 12th Sept: Mid-Autum Festival

* 30th Sept: Staff Development Day (No School)

Aug-22				
Mon	Tue	Wed	Thu	Fri
29	30	31		
TOTAL : 2 DAYS (\$66)				

Sep-22				
Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
TOTAL : 19 DAYS (\$627)				

Please return this form On or before August 22, 2022.

Via mail, or hand it in to the school's Cafeteria. Kindly STAPLE the bank cheque with this form.

Kindly note that no refund can be given if cancellation for the day is received after 10am.

*No refund may be given to the student due to school closure cause by typhoons or strong weather condition.



August / September 2022



幫助您輕鬆做出健康選擇的交通燈指南!
Traffic Light Guide that helps you make healthy choices easy!



健康之選, 適合經常食用
These foods should form the basis of your diet. So fill up on them.












請適宜地食用
Best eaten in moderation.
These food are still important for a balanced diet.



建議少選擇為佳
Don't have too much of these.
Just treat ourselves every so often.

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu

	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	29/8	30/8	31/8	1/9	2/9
Meal A		法式香草焗龍利柳 配炒薯仔 Baked Sole Fillet with Parsley Crust & Sautéed Potato	雞肉彩椒 西班牙燉飯 Chicken & Bell Pepper Paella	肉醬意粉 Spaghetti Bolognese	 意大利辣肉腸薄餅 Peperoni Pizza 
Meal B	First Day of School (Half Day)	韓式雞肉雜菜 炒粉絲 Korean Chicken & Veggie Japchae	雲耳西芹炒肉片 配紅米飯 Stir-fried Pork, Black Fungus, Celery with Red Rice	豚肉生姜燒 配紅米飯 Japanese Sautéed Ginger Pork with Red Rice	蔥爆牛肉 紅米飯 Stir-fried Beef & Leek with Red Rice
Meal C		焗芝士田園時蔬長通粉 Veggie Medley Penne Cheesy Bake  	北非香辣蕃茄焗蛋配薯粒 Shakshuka with Potato Cubes  	黑豆墨西哥芝士餡餅配蕃茄莎莎醬 Black Bean Quesadilla with Pico de Gallo  	焗意式鮮茄素肉丸意粉 Baked Vegetarian Meatball with Spaghetti in Marinara Sauce 

每日供應時令蔬菜 Seasonal vegetables served daily



素食
Vegetarian Choice



含有蛋類
Egg Alert



含有奶類
Dairy Alert



含有魚類
Fish Alert



含有貝殼類海鮮
Shellfish Alert





September 2022



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	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	5/9	6/9	7/9	8/9	9/9
Meal A	俄式燴牛柳 配螺絲粉 Beef Stroganoff with Fusilli 	意大利黑醋 烤豬柳配薯蓉 Balsamic Roasted Pork Loin with Mashed Potato 	香煎魚柳配 青醬長通粉 Pan-Fried Fish Fillet with Penne in Pesto Sauce 	蜜糖芥末 烤雞柳 配薯蓉 Honey Mustard Chicken with Mashed Potato 	
Meal B	泰式肉碎茄子 配糙米飯 Thai Style Minced Pork & Eggplant with Brown Rice	焗意式鮮茄 肉丸意粉 Baked Meatballs with Spaghetti in Marinara Sauce 	北菇蒸雞飯 Steamed Shitake Mushroom & Chicken with Rice	港式黑椒牛柳 炒意粉 HK Style Stir-fried Spaghetti with Black Pepper & Beef	Staff Development Day (No School for Student)
Meal C	意式蕃茄乾 烘蛋配薯粒 Sun-dried Tomato Frittata with Roasted Potatoes   	鷹咀豆泥 烤茄子卷配 Hummus & Grilled Eggplant Wrap 	紅酒燉蘑菇 配薯蓉 Mushroom Bourguignon with Mashed Potato  	意大利茄蓉燉 扁豆配中東米 Italian Lentil Tomato Stew with Cous Cous  	

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	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	12/9	13/9	14/9	15/9	16/9
Meal A		獵人燴雞意粉 Chicken Cacciatore Pasta	BBQ 燒豬柳 配香草薯蓉 BBQ Pork Loin with Herbed Mash	匈牙利燉牛肉 配口袋包 Beef Goulash with Pita Bread	法式香草焗龍利柳 配炒薯仔 Baked Sole Fillet with Parsley Crust & Sautéed Potato
Meal B	Mid Autumn Festival	蜜汁叉燒飯 Chinese BBQ Pork with Rice	粟米吞拿魚 芝士焗通粉 Baked Macaroni with Sweet Corn & Tuna	野菌南瓜雞柳 輕奶油意粉 Spaghetti with Chicken in Light Cream of Pumpkin & Mushroom	葡汁雞皇意粉 Portuguese Chicken with Spaghetti
Meal C		鐵板炒彩椒及大啡菇 配墨西哥飯 Portobello & Bell Peppers Fajita with Mexican Rice	意式蕃茄羅勒水牛芝士包配南瓜湯 Caprese Ciabbata with Pumpkin Soup	茄醬茄子長通粉 Eggplant Marinara with Penne	南印度蕃薯鷹咀豆 配紅米飯 Sweet Potato & Chickpea Masala with Red Rice

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	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	19/9	20/9	21/9	22/9	23/9
Meal A	<p>蘑菇雞肉 卡邦尼意粉 Pasta Carbonara with Mushroom & Chicken</p>  	<p>檸檬蒜香 雞柳配意粉 Grilled Lemon & Garlic Chicken with Spaghetti</p> 	<p>法式香草 焗龍利柳 配炒薯仔 Baked Sole Fillet with Parsley Crust & Sautéed Potato</p>	<p>肉醬意粉 Spaghetti Bolognese</p>	<p>烤雞薄餅 BBQ Chicken Pizza</p>  
Meal B	<p>雞肉彩椒 西班牙燉飯 Chicken & Bell Pepper Paella</p>	<p>揚州炒飯 Yeung Chow Fried Rice</p> 	<p>泰式肉碎茄子 配糙米飯 Thai Style Minced Pork & Eggplant with Brown Rice</p>	<p>蜜豆炒雞柳 配紅米飯 Stir-fried Chicken & Snow Peas with Red Rice</p>	<p>香煎魚柳配 青醬長通粉 Pan-Fried Fish Fillet with Penne in Pesto Sauce</p>
Meal C	<p>蕃薯羽衣甘藍 咖哩配中東米 Sweet Potato & Kale Curry with Cous Cous</p> 	<p>俄式燴蘑菇 配螺絲粉 Mushroom Stroganoff with Fusilli</p>  	<p>韓式五蔬豆腐 粉絲配糙米飯 Korean Japchae (Vegetables & Tofu) with Brown Rice</p> 	<p>意式洋蔥芝士 烘蛋配薯粒 Spinach & Mushroom Frittata with Roasted Potatoes</p>   	<p>蕃茄炒蛋 配紅米飯 Chinese Tomato-Egg Scramble with Red Rice</p>  

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EAT MORE 健康之選, 適合經常食用
These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY 請適宜地食用
Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS 建議少選擇為佳
Don't have too much of these. Just treat ourselves every so often.

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	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	26/9	27/9	28/9	29/9	30/9
Meal A	蜜糖芥末 烤雞柳 配薯蓉 Honey Mustard Chicken with Mashed Potato 	蒜蓉燒汁 烤雞意粉 Grilled Chicken with Spaghetti in Garlic Gravy 	BBQ 燒豬柳 配香草薯蓉 BBQ Pork Loin with Herbed Mash 	焗意式鮮茄 肉丸意粉 Baked Meatball with Spaghetti in Marinara Sauce 	Staff Development Day (No School for Student)
Meal B	港式咖喱 薯仔牛腩飯 HK Style Beef & Potato Curry with Rice	鮮茄肉片飯 Sautéed Tomato & Pork with Rice	北菇蒸雞飯 Steamed Shitake Mushroom & Chicken with Rice	意大利黑醋 烤豬柳配薯蓉 Balsamic Roasted Pork Loin with Mashed Potato 	
Meal C	焗芝士田園 時蔬長通粉 Veggie Medley Penne Cheesy Bake   	焗鷹咀豆 蔬菜球 配中東米沙津 Oven-baked Falafel with Couscous Salad  	意式菠菜蘑菇 烘蛋配薯粒 Spinach & Mushroom Frittata with Roasted Potatoes  	豆角煎蛋 紅米飯 Chinese Long Bean Omelets with Red Rice  	

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