



YMCA of Hong Kong Christian College



Lunch Enrollment Form For All Students December to February 2023

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 many other healthy and delicious snacks, as well as daily hot lunches, prepared by our on-site team.

To enroll in our program: 1. Please complete the form below, select your meal choice and fill in **A, B or C** in the box provided next to each date. 2. Complete this form and return it to the school cafeteria with the payment. 3. For the Online Enrollment please complete the online form in this link:

<https://www.compass-hk.com/ChartwellsMenu/YMCAform.pdf> and pay through PPS or submit a cheque to our Unit Manager. See full Menu here: <https://www.compass-hk.com/ChartwellsMenu/YMCA.pdf>

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 this form via post address, to: **Cafeteria, 2 Chung Yat Street, Tung Chung, Hong Kong**

You may 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: _____ **Class for :** _____
(first name) (family name) (If not known, please leave blank)

Student No: _____ **Contact No:** _____

Email: _____

Payment Method: **PPS Ref. No:** _____ **Cheque No:** _____

Monday-Friday Meal Plan:

All days in Dec. to Feb. **42 days** x **HK\$ 33.00** = **HK\$1,386.00**

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** _____

Example
MON
2 | A

*Please choose the meal A, B or C for each day, and mark in the appropriate box below. *You have options of choosing 1 Month to 3 Months of Lunch Enrolment.

Dec-22				
Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
TOTAL : 10 DAYS (\$330)				

* December 9, Half Day
* December 16, Christmas Party

Jan-23				
Mon	Tue	Wed	Thu	Fri
	3	4	5	6
9	10	11	12	13
16	17	18	19	20
TOTA : 13 DAYS (\$429)				

* January 3, First Day of School
* January 20, Chinese New Year

Feb-23				
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			
TOTA : 19 DAYS (\$627)				

* February 1, Start of Semester 2
* Feb. 24 - 25 Parents Teacher Conference

Please return this form On or before November 23, 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.



YMCA of Hong Kong
Christian College
港青基信書院

Lunch Menu

DEC
2022



	星期一	星期二	星期三	星期四	星期五
				1/12	2/12
午餐 A				Sweet & Sour Pork with Steamed Rice 咕嚕肉配白飯  	Pepperoni Pizza 辣肉腸薄餅  
午餐 B				Chicken Cacciatore with Pasta 獵人燴雞 配意粉 	Pork Goulash with pasta 匈牙利豬柳 配意粉 
午餐 C 				Vegetable Lasagna 素菜千層麵  	Hummus Wrap with Cherry Tomatoes & Cucumber Salad 鷹嘴豆醬墨西哥 卷配車厘茄青瓜 沙律 

每日供應時令蔬菜 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



YMCA of Hong Kong
Christian College
港青基信書院

Lunch
Menu

DEC
2022

Green
MONDAY

	星期一	星期二	星期三	星期四	星期五
	5/12	6/12	7/12	8/12	9/12
午餐 A	Lentil Bolognese Pasta 印度豆肉醬意粉 	Roasted Chicken in Tomato Basil Sauce with Pasta 番茄羅勒醬烤雞 配意粉 	Korean Style Udon with Shredded Beef 韓式牛肉絲烏冬 	Grilled Rosemary Lemon Chicken & Mashed Potato 迷迭香檸檬烤雞 配薯蓉 	
午餐 B	Red Kidney Bean & Sweet Potato Stew with Mashed Potato 紅腰豆番薯 配薯蓉 	Lemongrass Pork Chop with Red Rice 香茅豬扒 配紅米飯 	Baked Fish Fillet with tomato & Herb Crust with Potato Cubes 香草番茄烤魚柳 配薯粒 	Pork Chop with Black Vinegar Sauce & Rice 黑醋豬扒配白飯 	
午餐 C 	Vegetarian Egg Fried Rice 蛋炒飯 	Teriyaki Tofu with Rice 照燒豆腐配飯 	Cherry Tomato Frittata with Potato Cubes 意式車厘茄烘蛋 配薯粒 	Broccoli and Cheese Penne Bake 西蘭花芝士焗長通粉 	

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YMCA of Hong Kong
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Lunch
Menu

DEC
2022

	星期一	星期二	星期三	星期四	星期五
	12/12	13/12	14/12	15/12	16/12
午餐 A	<p>Pork Schnitzel with Penne Pesto 炸豬扒配羅勒青 醬長通粉</p>  	<p>Thai Chicken Grilled with Red Rice 泰式烤雞 配紅米飯</p> 	<p>Grilled Herb Chicken with Gravy & Lyonnaised Potato 香草烤雞配肉汁 里昂洋蔥薯塊</p> 	<p>Roasted Rosemary Chicken with Gravy and Cranberry Sauce 迷迭香烤雞配肉 汁蔓越莓醬</p> 	
午餐 B	<p>Beef & Mushroom Stroganoff with Rice 俄式燴牛肉磨菇 配飯</p>	<p>Chinese BBQ Pork with Red Rice 叉燒配紅米飯</p> 	<p>Japanese Miso glazed Fish Fillet with Red Rice 味噌烤魚 配紅米飯</p>   	<p>Honey Roasted Gammon Ham with Mashed Potato 蜜汁金門火腿配 薯蓉</p> 	
午餐 C 	<p>Spinach & Onion Frittata with Roasted Potatoes 意式菠菜洋蔥烘 蛋配烤薯</p>  	<p>Tomato Lentil Stew with Mashed Potatoes 番茄燴印度扁豆 配薯蓉</p> 	<p>Margherita Pizza 蕃茄羅勒水牛芝 士薄餅</p>  	<p>Eggplant Rollatini with Spinach and Pasta Aioli 芝士茄子卷配蒜 泥蛋黃醬意粉</p> 	

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YMCA of Hong Kong
Christian College
港青基信書院

Lunch Menu

JAN
2023

Fun Friday

	星期一	星期二	星期三	星期四	星期五
	2/1	3/1	4/1	5/1	6/1
午餐 A		Japanese Curry Chicken with Red Rice 日式咖喱雞 配紅米飯	Parmesan Crusted Fish with Roasted Potato 巴馬臣芝士烤魚 配焗薯   	Paprika Chicken Stew with Mashed Potato 甜辣粉燉雞 配薯蓉 	Hawaiian Pizza 夏威夷薄餅  
午餐 B		Steamed Pumpkin Pork with Red Rice 南瓜蒸豬肉 配紅米飯 	Beef Stroganoff with Mashed Potato 俄式燴牛肉 配薯蓉 	BBQ Pork with Steamed Rice 叉燒飯 	Spaghetti Bolognese 肉醬意粉 
午餐 C 		Vegetable Enchiladas 辣醬蔬菜 粟米餡餅  	Chinese Long Beans Omelets with Red Rice 豆角煎蛋 配紅米飯 	Penne Pesto with Spinach and Mushroom 菠菜蘑菇青醬 長通粉 	Chinese Style Braised Mushroom & Tofu with Red Rice 中式紅燒蘑菇豆腐配紅米飯 

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Lunch Menu

JAN
2023

Fun Friday

	星期一	星期二	星期三	星期四	星期五
	9/1	10/1	11/1	12/1	13/1
午餐 A	<p>Thai Vegetable Green Curry with Rice 泰式蔬菜青咖哩 配白飯</p>	<p>Taiwanese Minced Pork & Mushroom with Steamed Rice 台式香菇肉燥飯</p>	<p>Stir-Fry Beef and Broccoli with Steamed Rice 西蘭花炒牛肉配 白飯</p>	<p>Grilled Rosemary Lemon Chicken & Mashed Potato 迷迭香檸檬烤雞 配薯蓉</p>	<p>Americano Pizza 美式薄餅</p>
午餐 B	<p>Mushroom & Onion Frittata with Sweet Corn 蘑菇洋蔥烘蛋配 粟米粒</p>	<p>Pan-fried Fish with Tomato Salsa and Pasta 香煎魚柳意粉 配莎莎醬</p>	<p>Stir-fried Celery & Chicken with Red Rice 西芹炒雞柳配紅 米飯</p>	<p>Sweet & Sour Pork with Rice 咕嚕肉配白飯</p>	<p>Tandoori Chicken with Red Rice 印度烤雞 配紅米飯</p>
午餐 C	<p>Vegetarian Lasagna 素菜千層麵</p>	<p>Stir-Fry Mushroom & Spinach with Pasta 蘑菇炒菠菜 配意粉</p>	<p>Vegetable Gratin with Tomato Pasta 焗蔬菜配 番茄意粉</p>	<p>Red Lentil Dahl with Rice 印度豆咖哩配飯</p>	<p>Mac & Cheese 芝士焗通粉</p>

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Lunch Menu

JAN
2023

Fun Friday

	星期一	星期二	星期三	星期四	星期五
	16/1	17/1	18/1	19/1	20/1
午餐 A	Korean Pork Bulgogi with Brown Rice 韓式炒豬肉 配糙米飯 	Portuguese Chicken with Red Rice 葡國雞配紅米飯	Classic Beef Lasagna 牛肉千層麵 	Pepperoni Pizza 辣肉腸薄餅 	
午餐 B	Creamy Chicken Alfredo Pasta 白汁雞肉意粉 	Lemon Grass Pork Chop with Steamed Rice 香茅豬扒配白飯 	Roasted Thyme & Rosemary Chicken with Potatoes 迷迭香百里香烤雞配薯仔	Beef Stroganoff & Mushroom with Mashed Potato 俄式燴牛肉磨菇配薯蓉 	
午餐 C 	Tofu Tikka Masala with Red Rice 印度香料豆腐咖哩配紅米飯 	Vegetarian Frittata with Potato Cubes 素菜烘蛋配薯粒 	Vegetable Japchae 韓式雜菜炒粉絲 	Pan-fried Tofu in Curry Sauce with Rice 咖哩豆腐配白飯 	

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YMCA of Hong Kong
Christian College
港青基信書院

Lunch Menu

FEB
2023

Fun Friday

	星期一	星期二	星期三	星期四	星期五
			1/2	2/2	3/2
午餐 A			Japanese Curry Chicken with Rice 日式咖哩雞飯	Stir-fried Beef with Chinese Zucchini with Red Rice 翠玉瓜炒牛肉 配紅米飯	Spaghetti Bolognese 肉醬意粉 
午餐 B			Steamed Pumpkin & Pork with Red Rice 南瓜蒸豬肉 配紅米飯 	Fried Rice with Honey Glazed BBQ Pork (Less Oil) 蜜汁叉燒炒飯 (少油)  	Chicken Tandoori with Basmati Rice 烤雞配印度香米
午餐 C 			Lentil Tomato Stew with Rice 印度豆番茄配飯	Japanese Vegetarian Udon 日式素食烏冬  	Pizza Margherita 蕃茄羅勒水牛芝 士薄餅  

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Lunch Menu

FEB
2023

Green
MONDAY

Fun Friday

	星期一	星期二	星期三	星期四	星期五
	6/2	7/2	8/2	9/2	10/2
午餐 A	Scrambled Tomato & Egg with Rice 番茄炒蛋配白飯 	Braised Chicken & Potato in Oyster Sauce with Rice 蠔油薯仔炆雞 配飯 	Beef Stroganoff & Mushroom with Mashed Potatoes 俄式牛柳絲蘑菇 薯蓉 	Peri-Peri Chicken with Mash 霹靂霹靂烤雞 配薯蓉 	BBQ Meat Lover Pizza 燒烤醬啖啖肉 薄餅
午餐 B	Pesto Grilled Eggplant wrap with Garden Salad 青醬烤茄子 田園沙律卷 	Stir Fry Pork with Ginger & Spring Onion with Red Rice 薑蔥炒豬肉 配紅米飯	Thai Fish Curry with Pandan Rice 泰式咖哩魚 配班蘭椰香白飯 	Korean Chicken Bulgogi with Brown Rice 韓式烤雞 配糙米飯 	Southern Fried Chicken with Mash Potato 美式炸雞 配薯蓉
午餐 C	Ratatouille with Roasted Potatoes 普羅旺斯燉菜 配焗薯 	Singapore Style Stir-fried Rice Vermicelli 星洲炒米 	Vegetarian Meatball Spaghetti with Marinara Sauce 意式蕃茄醬 素肉丸意粉 	Vegetarian Chili with Pita Bread 辣味燉菜 配口袋麵包 	Mixed Vegetable Enchiladas 辣醬蔬菜 粟米餡餅

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Lunch Menu

FEB
2023

Fun Friday

	星期一	星期二	星期三	星期四	星期五
	13/2	14/2	15/2	16/2	17/2
午餐 A	Stir Fried Leek and Pork with Rice 京蔥炒肉片飯	Yeung Chow Fried Rice with Sliced Chicken 揚州雞粒炒飯 	Honey Soy Chicken with Red Rice 蜜糖豉油雞 配紅米飯  	HK Style Fresh Tomato & Beef with Rice 港式鮮茄牛肉飯	Chicken Fajitas Pizza 墨西哥烤雞薄餅  
午餐 B	Coq Au Vin with Mashed Potato 法式紅酒燉雞 配薯蓉 	Pasta Carbonara with Bacon 卡邦尼煙肉意粉  	巴馬臣脆皮比目魚配阿根廷青醬 香薯   	Classic Chicken Adobo with Steamed Rice 菲律賓醋燒雞 配飯 	Tonkatsu and Steamed Rice with Japanese Curry 日式咖哩吉列豬扒飯  
午餐 C 	Mac & Cheese 芝士焗通粉  	Korean Style Stir-fry Tofu with Red Rice 韓式豆腐 配紅米飯 	Vegetarian Napolitano Penne 素菜拿破崙 長通粉 	Mixed Vegetable Vindaloo with Rice 印度咖哩雜菜 配飯	Vegetable Lo Mein 素菜撈麵   

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Lunch
Menu

FEB
2023

Fun Friday

	星期一	星期二	星期三	星期四	星期五
	20/2	21/2	22/2	23/2	24/2
午餐 A	Lemon Basil Chicken with Red Rice 九層塔檸檬雞 配紅米飯	Vietnamese Caramelized Pork with Steamed Rice 越南焦糖紅燒肉 配白飯 	Chicken Cacciatore Pasta 獵人燴雞 配意粉 	Beef Rendang with Java Rice 巴東牛肉配飯	
午餐 B	Diced Pork with Sweetcorn Sauce over Red Rice 粟米肉粒紅米飯	Thai Chicken Pineapple Fried Rice 泰式菠蘿雞粒 炒飯 	Sole Fish Escabeche with Steamed Rice 炸甜酸比目魚 配白飯   	Cheese Broccoli Chicken with Roasted Potato 西蘭花芝士焗雞 配焗薯 	
午餐 C 	Spinach and Potato Frittata 菠菜薯仔烘蛋 	Ratatouille with Spaghetti 普羅旺斯燉菜 配意粉 	Vegetarian Asian Fried Rice 素菜炒飯  	Vegetarian Meat Balls with Spaghetti 意式蕃茄醬 素肉丸意粉 	

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Menu

FEB
2023



	星期一	星期二	星期三	星期四	星期五
	27/2	28/2			
午餐 A	Chicken Pesto with Spaghetti 青醬雞意大利粉 	Mongolian Beef with Red Rice 蒙古牛肉 配紅米飯 			
午餐 B	Grilled Pork with Honey Mustard with Roasted Potato 蜜糖芥末烤豬扒 配焗薯	Chicken Cacciatore with Mashed Potato 獵人燴雞 配薯蓉 			
午餐 C 	Tuscana Vegetarian Pasta Salad 意式素意粉沙律 	Japanese Stir- fried Udon with Assorted Vegetables 日式雜菜炒烏冬   			

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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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營養紅綠燈 Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐!



EAT MORE 健康之選



Whole grain or grains with added vegetables
全穀類或添加蔬菜的穀物

Lean protein with fat trimmed
脂肪比例較低的蛋白質

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、慢煮、烤、焗

EAT MODERATE 適宜之選



Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta
添加少量油的穀物 例如: 炒飯、炒麵、焗意粉

Fatty cut of meat & poultry with skin
脂肪比例較高及連皮的肉類

Processed or preserved meat, egg and veggies
加工或醃製肉類、蛋類及蔬菜食品

Full fat milk or cheese
全脂奶品類

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



Deep-fried foods
油炸食品

Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut cream, etc.
添加了動物性脂肪或植物性飽和脂肪 例如: 豬油、牛油、忌廉、椰子油、椰漿

Contains trans fat e.g. processed/premade pastries
含反式脂肪 例如: 預先製作及包裝的烘焙食物

Sugar-sweetened beverages
添加糖分的飲品

Preserved foods with extremely high salt content e.g. salted fish and salted eggs
鹽分極高的食品 例如: 鹹魚、鹹蛋