



YMCA of Hong Kong Christian College

Lunch Enrollment Form For All Students

May to July 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 Enrolment 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: _____ (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:

☐ All days in May to July **46 days** x **HK\$ 33.00** = **HK\$1,518.00**
 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 or 2-3 Months of Lunch Enrolment.

*May 1 Labour Day *May 26 Buddha's Birthday
 * May 11 swimming Gala

*June 22 Tuen ng Festival
 *June 26-30 Enrichment Week

*June 5 to 16 Final Examinations
 *July 6 to 7 Student-teacher Conference

May-23				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	16	18	19
22	23	24	25	26
29	30	31		
Total:20 Days (\$660)				

Jun-23				
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:21 Days(\$693)				

Jul-23				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Total :5days(\$165)				

Please return this form On or before April 28, 2023

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

May
2023

	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	01 May	02 May	03 May	04 May	05 May
<u>Meal A</u>	Labour Day	Beef Lasagne 牛肉千層面  	Chicken Mustard with Pasta 雞肉芥末配意粉  	Spaghetti Bolognaise 肉醬意粉 	Meat Lover Pizza 啖啖肉薄餅  
<u>Meal B</u>		Tandoori Fish with Rice 印度烤魚柳配飯  	Thai Style Minced Pork & Eggplant with Brown Rice 泰式肉碎茄子配糙米飯  	Yeung Chow Fried Rice 揚洲炒飯    	Steam Fish Soya Sauce with Rice 醬油蒸魚飯    
<u>Meal C</u> 		Frittata Cheese with Sautéed Potato 菜餡煎蛋餅配炒薯  	Korean Japchae (Vegetables & Tofu) with Brown Rice 韓式五蔬豆腐粉絲配糙米飯  	Sweet Potatoes & Chickpeas Curry with Rice 番薯鷹嘴豆咖哩飯 	Scrambled Egg & Tomato Rice 番茄炒蛋配飯  
<u>Vegetables</u> 	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
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Lunch Menu

May
2023

	<div>Green MONDAY</div>	Tuesday	Wednesday	Thursday	<div>Fun Friday</div>
	08 May	09 May	10 May	11 May	12 May
<div>Meal A</div>	<div>Thai Green Curry with Rice 泰式咖哩雜菜配飯</div> <div></div>	<div>HK Style Beef & Potato Curry with Rice 港式咖哩薯仔牛腩飯</div> <div></div>	<div>Chicken Lombardy with Pilaf Paprika Rice 芝士蘑菇烤雞配辣椒抓飯</div> <div></div>	<div>Swimming Gala</div>	<div>Fish Burger with Chips 魚漢堡配薯條</div> <div></div>
<div>Meal B</div>	<div>Vegetarian Lasagne 素菜千層面</div> <div></div>	<div>Pasta Carbonara with Mushroom & Chicken 蘑菇雞肉卡邦尼意粉</div> <div></div>	<div>Beef Gyudon with Rice 牛肉蓋飯</div> <div></div>		<div>Pork Bulgogi Udon 豬肉烏冬面</div> <div></div>
<div>Meal C</div>	<div>Ratatouille with Pasta 普羅旺斯菜配意粉</div> <div></div>	<div>Sweet Potatoes & Chickpeas Curry with Rice 番薯鷹嘴豆咖哩飯</div> <div></div>	<div>Vegetarian Lasagne 素菜千層面</div> <div></div>		<div>Mac & Cheese 芝士焗通粉</div> <div></div>
<div>Vegetables</div>	<div>每日供應時令蔬菜 Seasonal vegetables served daily</div>				



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素食



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Lunch Menu

May
2023

	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	15 May	16 May	17 May	18 May	19 May
<u>Meal A</u>	Chicken & Paprika with Pasta 雞肉紅花粉 配意大利粉	Balsamic Roasted Pork Loin with Mashed Potato 意大利黑醋 烤豬柳配薯蓉	Baked Fish Fillet with Tomato Sauce and Mash Potato 番茄醬烤魚 配薯蓉	Chicken in Roasted Pepper Sauce with Barley 燴雞肉甜椒汁 配大麥	Grilled Chicken Burger with Roasted Potato 烤雞漢堡 配烤薯粒
<u>Meal B</u>	Mongolian Beef with Brown Rice 蒙古牛肉配飯	Chicken & Bell Pepper Paella 雞肉彩椒 西班牙燉飯	Teriyaki Chicken with Brown Rice 照燒雞 配糙米飯	Shigeyuki Pork Ginger with Rice 薑汁燒豬肉飯	Chinese BBQ Pork with Rice 蜜汁叉燒飯
<u>Meal C</u>	Sweet Potato Kale Curry with Rice 甜薯什菜咖哩 糙米飯	Eggplant Marinara with Pasta 茄醬茄子 長通粉	Yaki Udon Vegetable with Dried Tofu Curd 蔬菜豆干 日式烏冬	Frittata Cheese with Sautéed Potato 菜餡煎蛋餅 配炒薯	Spaghetti Mushrooms Bolognese 番茄蘑菇意粉
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含小麥



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Lunch Menu

May
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	22 May	23 May	24 May	25 May	26 May
<u>Meal A</u>	Beef Moussaka 茄子肉醬千層批  	Pork Loin with Honey Mustard & Roasted Potato with Spices 蜜糖芥末 燒豬柳配烤薯	Spaghetti Bolognaise 肉醬意粉 	Fried Chicken with Rice and Gravy 肉汁炸雞飯  	Buddha's Birthday
<u>Meal B</u>	Stir-fried Shrimp & Egg with Brown Rice 蝦仁炒蛋 配糙米飯 	Chicken Red Curry with Rice 紅咖哩雞飯 	Braised Pumpkin Pork with Red Rice 南瓜肉片 配紅米飯  	Vietnamese Style Lemongrass Pork Chop with Rice 香茅豬扒飯   	
<u>Meal C</u> 	Florentine Spaghetti with Eggs 菠菜雞蛋 焗意粉   	Thai Pot Noodles with Tofu & Eggs 泰式豆腐蛋 炒麵   	Lentils & Sweet Potatoes Shepherd Pies 扁豆紅薯 牧羊派  	Moroccan Chickpea Tagine with Pasta 摩洛哥鷹咀豆 燴菜配意粉 	
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素食



Sustainable
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Lunch Menu

May
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	29 May	30 May	31 May		
<u>Meal A</u>	Chicken & Paprika with Pasta 雞肉紅花粉 配意大利粉 	Nasi Goreng Indonesian Fried Rice (Less Oil) 印尼炒飯 (少油)   	Chicken Arrabiata with Pasta 番茄雞肉 配意粉 		
<u>Meal B</u>	Yeung Chow Fried Rice 揚州炒飯    	Roasted Lemon Thyme Chicken with Mashed Potato 檸檬香草烤雞 配薯蓉 	Roasted Pork with Mashed Potato 烤豬肉配薯蓉 		
<u>Meal C</u> 	Sweet Potato Kale Curry with Rice 甜薯什菜 咖哩飯 	Vegetarian Napolitano Pasta 素拿破崙意粉 	Vegetarian Quesadillas 玉米餅  		
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Lunch Menu

JUNE
2023

	Monday	Tuesday	Wednesday	Thursday	 Fun Friday
				01 June	02 June
<u>Meal A</u>				Coq Au Vin with Mashed Potato 法式紅酒燉雞 配薯蓉 	Thai Grilled Chicken with Rice 泰式烤雞飯   
<u>Meal B</u>				Beef Lasagna 牛肉千層面 	Roasted BBQ Pulled Pork Burger with Corn on the Cob BBQ 手撕豬肉 漢堡配粟米  
<u>Meal C</u> 				Scrambled Egg & Tomato Rice 番茄炒蛋配飯 	Eggplant Marinara with Pasta 茄醬茄子 長通粉  
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Lunch Menu

JUNE
2023

	Green MONDAY	Tuesday	Wednesday	Thursday	Fun Friday
	05 June	06 June	07 June	08 June	09 June
Meal A	Vegetarian Lasagne 素菜千層面   	Sweet and Sour Chicken with Rice 咕嚕雞配飯   	Rosemary Garlic Pork Loin Sautéed Potato 蒜蓉迷迭香豬柳配炒薯  	Roasted Thyme & Rosemary Chicken with Mashed Potato 香草烤雞配薯蓉 	Hawaiian Pizza 夏威夷薄餅  
Meal B	Lentil & Potatoes Shepherd Pies 扁豆紅薯牧羊派   	Thai Style Minced Pork & Eggplant with Brown Rice 泰式肉碎茄子配糙米飯  	Pasta Carbonara with Mushroom & Chicken 蘑菇雞肉卡邦尼意粉  	Beef Chow Fun 牛肉炒粉 (Beef Ho Fun)  	Honey BBQ Pork with Rice 蜜汁叉燒飯  
Meal C	Scrambled Egg & Tomato Rice 番茄炒蛋配飯  	Spaghetti Mushrooms Lentils Bolognese 番茄蘑菇扁豆意粉 	Cauliflower, Pumpkin & Pea Korma with Brown Rice 椰菜花南瓜青豆印度咖哩配糙米飯 	Mushroom & Onion Frittata with Sweet Corn 意式蘑菇洋蔥烘蛋配粟米粒 	Thai Green Curry with Rice 泰式咖哩雜菜配飯 
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Lunch Menu

JUNE
2023

	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	12 June	13 June	14 June	15 June	16 June
<u>Meal A</u>	Beef Rendang with Java Rice 巴東牛肉配薑黃飯 	Thai Fish Curry with Pandan Rice 泰式咖哩魚配斑蘭香飯   	Tandoori Chicken with Rice 天多利烤雞配飯  	Stir-Fried Leek and Pork with Rice 京蔥炒肉片配飯  	Grilled Chicken Burger with Corn on the Cob 烤雞漢堡配粟米  
<u>Meal B</u>	Cheese Broccoli Chicken with Roasted Potato 芝士西蘭花雞配烤薯 	Pasta Carbonara 卡邦尼意粉   	Beef Lasagna 牛肉千層面  	Chicken & Bell Pepper Paella 雞肉彩椒西班牙燉飯	Steamed Sole Fish with Ginger and Spring Onions and Red Rice 薑蔥蒸魚柳配紅米飯    
<u>Meal C</u>	Vegetarian Meat Balls with Spaghetti 素肉丸意大利粉   	Vegetarian Egg Fried Rice 田園炒飯   	Singapore Style Stir-fried Rice Vermicelli 素星洲炒米   	Cheddar Broccoli Frittata with Roasted Potatoes 意式西蘭花烘蛋配焗薯粒  	Spaghetti Mushrooms Bolognese 番茄蘑菇意粉 
<u>Vegetables</u>	每日供應時令蔬菜 Seasonal vegetables served daily				



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Lunch Menu

JUNE
2023

	Monday	Tuesday	Wednesday	Thursday	<div></div> Fun Friday
	19 June	20 June	21 June	22 June	23 June
<div>Meal A</div>	<div>Chicken Pad Thai 泰式雞肉炒金邊粉</div> <div></div>	<div>Taiwanese Minced Pork with Brown Rice 台式肉燥配糙米飯</div> <div></div>	<div>Mongolian Beef with Rice 蒙古牛肉配飯</div> <div></div>	<div>Tuen Ng Holiday</div>	<div>BBQ Chicken Pizza 烤雞薄餅</div> <div></div>
<div>Meal B</div>	<div>Chinese BBQ Pork with Rice 蜜汁叉燒飯</div> <div></div>	<div>Roll Fish & Parsley Cream with Turmeric Rice 歐芹奶油魚卷配薑黃飯</div> <div></div>	<div>BBQ Pork Loin with Herbed Mash BBQ 燒豬柳配香草薯蓉</div> <div></div>		<div>Yeung Chow Fried Rice 揚州炒飯</div> <div></div>
<div>Meal C</div> <div></div>	<div>Vegetable Enchiladas 素墨西哥卷餅</div> <div></div>	<div>Spinach and Potato Frittata 菠菜薯仔煎蛋餡餅</div> <div></div>	<div>Chinese Long Bean Omelets with Red Rice 豆角煎蛋紅米飯</div> <div></div>		<div>Baked Vegetarian Meatball with Spaghetti in Marinara Sauce 焗意式鮮茄素肉丸意粉</div> <div></div>
<div>Vegetables</div> <div></div>	<div>每日供應時令蔬菜 Seasonal vegetables served daily</div>				



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Lunch Menu

JUNE
2023

	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	26 June	27 June	28 June	29 June	30 June
<u>Meal A</u>	Chicken Pesto with Spaghetti 青醬雞肉意粉 	HK Style Fresh Tomato & Beef with Rice 港式番茄牛肉飯  	Parmesan Crusted Sole Fish with Chimichurri Sauce and Herbs Potato 青醬芝士魚柳配香草薯粒    	Minced Pork with Sweetcorn Sauce with Rice 粟米肉粒飯	Fried Chicken with Rice and Gravy 肉汁炸雞飯  
<u>Meal B</u>	Tonkatsu and Steamed Rice with Japanese Curry 日式咖喱炸豬扒飯   	Tandoori Chicken with Rice 印度天多利烤雞配飯	Braised Pumpkin Pork with Red Rice 南瓜肉片配紅米飯  	Teriyaki Chicken with Brown Rice 照燒雞配糙米飯  	Pasta Carbonara with Bacon 卡邦尼意粉  
<u>Meal C</u> 	Vegetable Lo Mein 時蔬伴麵  	Veggie Medley Penne Cheesy Bake 焗芝士時蔬長通粉  	Korean Style Stir-fry Tofu with Red Rice 韓式豆腐配紅米飯  	Chickpea & Tomato Penne Bake 蕃茄鷹咀豆焗長通粉  	Mac & Cheese 芝士焗通粉  
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Lunch Menu

July
2023

	Monday	Tuesday	Wednesday	Thursday	Fun Friday
	03 July	04 July	05 July	06 July	07 July
<u>Meal A</u>	Garlic Pork Loin with Roasted Potato 蒜蓉豬柳配烤薯	Korean Beef Bulgogi with Corn Rice 韓式烤牛肉配粟米飯	Thai Grilled Chicken with Rice 泰式烤雞配糙米飯	Honey BBQ Pork with Rice 蜜汁叉燒飯	Beef Lasagne 牛肉千層面
<u>Meal B</u>	Chicken Mustard with Pasta 雞肉芥末意粉	Steam Fish Soya Sauce with Rice 醬油蒸魚飯	Pasta Carbonara 卡邦尼意粉	Peri-Peri Chicken with Mash 霹靂霹靂雞配薯蓉	Fish and Chips 炸魚薯條
<u>Meal C</u>	Bean Masala with Brown Rice 南印度豆咖哩配糙米飯	Mushroom Stroganoff with Fusilli 俄式燴蘑菇配螺絲粉	Scrambled Egg & Tomato Rice 番茄炒蛋配飯	Tofu Tikka Masala with Rice 印式咖哩豆腐紅米飯	Vegetarian Egg Fried Rice 田園蛋炒飯
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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 HK
Christian College
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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!



 GREEN 綠燈	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
 AMBER 黃燈	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 Full fat milk or cheese 全脂奶品類	Processed or preserved meat, egg and veggies 加工或醃製肉類、蛋類及蔬菜食品 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁
 RED 紅燈	EAT LESS 少選為佳 👎	Deep-fried foods 油炸食品 Sugar-sweetened beverages 添加糖分的飲品	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 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