



SCHOOL MENU



YMCA of Hong Kong Christian College
港青基信書院

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SHARE YOUR THOUGHTS

分享你的意見




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 每週至少吃3次或以上	EAT MODERATE 適宜之選 Limit to 1-2 times per week 每週1-2次	EAT LESS 少選為佳 No more than 1 time per week 每週不超過1次
1. Whole grain or grains with added vegetables 全穀類或加了蔬菜五穀類 2. Lean protein with "at trim med" 低脂比華、雞腿、瘦肉片 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康少油的烹煮方法 例如：蒸、燉、焗、煎	1. Grains with small amount of added fat and oil e.g. fried rice, fried noodle, baked snacks 添加了少量脂肪和油類 例如：炒麵、炒粉、焗肉排 2. Fatty cut of meat & poultry with skin 脂肪比例較高及帶皮的肉類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and vegetables 加工或醃製肉類、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	1. Deep-fat foods 油炸食品 2. Added animal fats or saturated fat e.g. lard, butter, cream, coconut oil, coconut crisp, etc. 添加了動物性脂肪或飽和性脂肪的食品 例如：豬油、牛油、忌廉、椰子油、椰油 3. Contains trans fat e.g. processed/premade pastries 夾心餅乾、牛油、酥餅、夾心餅及自製的酥餅食品 4. Sugar sweetened beverages 含糖飲料或飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分或高鹽含量的食品 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 April 2025

Monday

Tuesday

Wednesday

Thursday

Fun Friday

April 1

April 2

April 3

April 4

Meal
A

Beef Goulash with Penne
匈牙利燉牛肉長通粉
   

Tomato Pork Meatballs Spaghetti
茄汁燴豬肉丸意粉
  

Chicken Spanish Paella
雞肉西班牙燴飯
 

Meal
B

HK Style Curry Chicken with Red Rice
港式咖喱雞配紅米飯
   

Thai Sweet & Sour Chicken with Corn Rice
泰式甜酸雞球配粟米飯
 

Braise Pork & Tofu with Carrot Rice
紅燒肉粒豆腐配甘筍飯
  

Meal
C



Sweet and Sour Veggie Meatball Rice
素咕嚕肉配飯
  

Ratatouille Pasta
普羅旺斯雜燴意粉


Braised E-fu Noodles
干燒伊麵
  

Ching Ming Festival Holiday

Seasonal vegetables served daily 每日供應時令蔬菜 



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

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Lunch Menu April 2025







Tuesday

Wednesday

Thursday



	April 7	April 8	April 9	April 10	April 11
<u>Meal A</u>	<p>Braised Teriyaki Eggplant & Tofu with Brown Rice 照燒茄子豆腐配糙米飯</p> <p>  </p>	<p>Roasted Chicken with Mushroom Sauce Spaghetti 蘑菇汁雞肉意粉</p> <p>   </p>	<p>Japanese Fried Udon with Chicken & Narutomaki 日式雜錦雞柳炒烏冬</p> <p>    </p>	<p>Hungarian Braised Pork Stew with Mashed Potato 匈牙利燴豬肉配薯蓉</p> <p> </p>	<p>Hawaiian Pizza 夏威夷薄餅</p> <p>  </p>
<u>Meal B</u>	<p>Lentil Cannellini with Spaghetti 燴扁豆白腰豆配意粉</p> <p> </p>	<p>Stir Fried Pork, Onion & Tomato with Quinoa Rice 鮮茄洋蔥肉片配藜麥飯</p> <p>   </p>	<p>Bean Curd and Corn in Scrambled Egg Sauce with Brown Rice 滑蛋粟米豆腐配糙米飯</p> <p>   </p>	<p>Stir-fried Oyster Mushroom, Green Beans & Sliced Beef with Red Rice 雞脾菇四季豆炒牛肉配紅米飯</p> <p>  </p>	<p>Yeung Chow Fried Rice (No Seafood) 揚州炒飯</p> <p>   </p>
<u>Meal C</u> 	<p>Spinach & Chickpeas Curry with Rice 印度菠菜鷹嘴豆咖喱配飯</p> <p> </p>	<p>Vegetable Bolognese Spaghetti 雜菜素肉醬意粉</p> <p>  </p>	<p>Margherita Cheese Pizza with Corn 意大利芝士薄餅配粟米</p> <p>  </p>	<p>Mushroom & Pea Risotto 野菌青豆意大利飯</p> <p> </p>	<p>Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇焗蛋伴燒薯角</p> <p> </p>
Seasonal vegetables served daily 每日供應時令蔬菜 					



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

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Lunch Menu April 2025

Monday

Tuesday

Wednesday

Thursday

Fun Friday

April 14

April 15

April 16

April 17

April 18

Meal
A

Spaghetti Bolognaise
肉醬意粉
 

Butter Chicken with
Corn Rice
印度咖喱雞配粟米飯
   

Slow-cooked Pork with
Vegetables & Steamed
Potatoes with Herbs
燜燉豬肉配香草薯仔
   

Tuna Pasta Bake
焗吞拿魚茄汁通粉
    

Meal
B

Chicken Steak in Garlic
Sauce with Brown Rice
蒜蓉汁雞扒配糙米飯
   

Yaki Udon with Beef
雜菜牛肉炒烏冬
  

Japanese Style Chicken
Curry with Carrot Rice
日式咖喱雞肉配甘筍飯
 

Minced Pork & Mushroom
in Steam Egg with
Brown Rice
肉碎香菇蒸水蛋
配糙米飯
   

Meal
C


Shitake Lentil Bolognese
with Rice
香菇扁豆醬配飯
 

Tomato and Egg with
Rice
鮮茄炒蛋配飯


Stir-fried Noodles with
Baby Corn, Cabbage &
Dried Bean Curd
珍珠筍椰菜豆乾炒麵
  

Japanese Curry with
Veggies & Tofu with Rice
日式咖喱雜菜豆腐配飯
 

18-24/4 Easter Holiday

Seasonal vegetables served daily 每日供應時令蔬菜 



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
Seafood
可持續海鮮



Egg Alert
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Peanut Alert
含花生



Tree Nuts Alert
含堅果



Wheat Alert
含小麥

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Lunch Menu April 2025

Monday

Tuesday

Wednesday

Thursday

Fun Friday

April 21

April 22

April 23

April 24

April 25

Meal
A

Meal
B

Meal
C



18-24/4 Easter Holiday
25/4 PTA

Seasonal vegetables served daily 每日供應時令蔬菜 



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
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Peanut Alert
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Wheat Alert
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Lunch Menu April 2025

Monday

Tuesday

Wednesday

Thursday

Friday

April 28

April 29

April 30

Meal
A

Spaghetti Carbonara
卡邦尼意粉



Tandoori Fish with Red
Rice
印度天多利魚塊配飯



Teriyaki Chicken with Rice
日式照燒雞扒配飯



Meal
B

Korean Glass Noodles &
Chicken
韓式雞肉燴粉絲



Hk Style Curry Chicken
with Rice
港式咖哩雞配飯



Honey Glazed BBQ Pork
with Brown Rice
蜜汁叉燒配糙米飯



Meal
C



Hungarian Vegetable
Stew with Red Rice
匈牙利燴雜菜配紅米飯



Vegetarian Cottage Pie
農家雜菜批



Portuguese Mixed Veggies
& Kidney Beans Stew with
Rice
葡汁雜菜紅腰豆配飯



Seasonal vegetables served daily 每日供應時令蔬菜



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



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素食



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Peanut Alert
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Tree Nuts Alert
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Wheat Alert
含小麥

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Lunch Menu May 2025

Monday

Tuesday

Wednesday

Thursday

Fun Friday

May 1

May 2

Meal
A

Meal
B

Meal
C
✓

Pork Sausage with Peas,
Mash and Onion Gravy
烤豬肉腸配青豆、薯蓉及
洋蔥燒汁



Beef Slices and Turnip in
Chu Hau Sauce with
Rice
柱侯蘿蔔牛肉配飯



Spinach & Mushroom
Frittata with Roasted
Potatoes
意式菠菜蘑菇焗蛋
伴燒薯角



LABOUR DAY

Seasonal vegetables served daily 每日供應時令蔬菜 ✓



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
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Egg Alert
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Soy Alert
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Fish Alert
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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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Lunch Menu May 2025



Tuesday

Wednesday

Thursday



May 5		May 6	May 7	May 8	May 9
<u>Meal A</u>	BUDDHA'S BIRTHDAY	Roasted Chicken with Mushroom Sauce Spaghetti 蘑菇汁雞肉意粉 	Japanese Fried Udon with Chicken & Narutomaki 日式雜錦雞柳炒烏冬 	Hungarian Braised Pork Stew with Mashed Potato 匈牙利燴豬肉配薯蓉 	Hawaiian Pizza 夏威夷薄餅
<u>Meal B</u>		Stir Fried Pork, Onion & Tomato with Quinoa Rice 鮮茄洋蔥肉片配藜麥飯 	Bean Curd and Corn in Scrambled Egg Sauce with Brown Rice 滑蛋粟米豆腐配糙米飯 	Stir-fried Oyster Mushroom, Green Beans & Sliced Beef with Red Rice 雞脾菇四季豆炒牛肉配紅米飯 	Yeung Chow Fried Rice (No Seafood) 揚州炒飯 (不含海鮮)
<u>Meal C</u> 		Vegetable Bolognese Spaghetti 雜菜素肉醬意粉 	Margherita Cheese Pizza with Corn 意大利芝士薄餅跟粟米 	Mushroom & Pea Risotto 野菌青豆意大利飯 	Lentil Cannellini with Spaghetti 燴扁豆白腰豆配意粉
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Eat More
適宜

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限量

Eat Less
少量



Vegetarian
素食



Sustainable
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Egg Alert
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Dairy Alert
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Soy Alert
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Fish Alert
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Shellfish Alert
含貝殼類海鮮



Peanut Alert
含花生



Tree Nuts Alert
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Wheat Alert
含小麥

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Lunch Menu May 2025

Monday

Tuesday

Wednesday

Thursday

Fun Friday

May 12

May 13

May 14

May 15

May 16

Meal
A

Spaghetti Bolognese
肉醬意粉



Butter Chicken with
Corn Rice
印度咖喱雞配粟米飯



Slow-cooked Pork with
Vegetables & Steamed
Potatoes with Herbs
燜燉豬肉配香草薯仔



Tuna Pasta Bake
焗吞拿魚茄汁通粉



New Yorker Hotdog with
Corn
美式紐約熱狗配粟米



Meal
B

Chicken Steak in Garlic
Sauce with Brown Rice
蒜蓉汁雞扒跟配糙米飯



Yaki Udon with Beef
雜菜牛肉炒烏冬



Roasted Chicken with
Mushroom Sauce
Spaghetti
蘑菇汁雞肉意粉



Minced Pork & Mushroom
in Steam Egg with
Brown Rice
肉碎香菇蒸水蛋
配糙米飯



Sautéed Zucchini and
Chicken with Rice
翠肉瓜炒雞柳配飯



Meal
C

Roast Cauliflower &
Chickpea Korma
with Rice
烤椰菜花鷹嘴豆
印式咖喱配白飯



Tomato and Egg with
Rice
鮮茄炒蛋配飯



Stir-fried Noodles with
Baby Corn, Cabbage &
Dried Bean Curd
珍珠筍椰菜豆乾炒麵



Japanese Curry with
Veggies & Tofu with Rice
日式咖喱雜菜豆腐配飯



Vegetable Tagine with
Brown Rice
摩洛哥素雜菜配糙米飯



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Eat More
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限量

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Shellfish Alert
含貝殼類海鮮



Peanut Alert
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Tree Nuts Alert
含堅果



Wheat Alert
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Internal



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Lunch Menu May 2025

Monday

Tuesday

Wednesday

Thursday

Fun Friday

May 19

May 20

May 21

May 22

May 23

Meal
A

Chicken Cacciatore with Spaghetti
獵人燴雞意粉
   

Chili Con Carne with Rice
墨西哥肉醬配飯
   

Teriyaki Chicken with Corn Rice
日式照燒雞扒跟粟米飯
 

Honey Mustard Roast Chicken Steak with Roasted Potatoes
蜜糖芥辣烤雞扒配燒薯角
 

Baked Fish in Low-fat White Sauce with Tricolour Fusilli
白汁焗魚柳配三色螺絲粉
     

Meal
B

Vietnamese Lemongrass Porkchop with Red Rice
越式香茅豬扒配紅米飯
  

Fried Rice Vermicelli (No Seafood)
星洲炒米 (不含海鮮)
   

Tandoori Fish with Brown Rice
印度天多利魚塊配糙米飯
 

Tomato, Minced Pork and Egg with Brown Rice
鮮茄肉碎炒蛋配糙米飯
   

Grilled Chicken Burger with Potato Wedges
烤雞漢堡跟薯角
   

Meal
C


Broccoli & cheddar frittata with Roasted Potatoes
西蘭花車打芝士焗蛋伴燒薯角
 

Braised Teriyaki Eggplant & Tofu with Brown Rice
照燒茄子豆腐配糙米飯
 

Mushroom Stroganoff with Rice
忌廉蘑菇配飯
  

Vegetarian Stir-fired Shanghai Noodles
素上海粗炒
 

Malaysian Curry with Veggies & Chickpeas with Rice
馬來西亞淡咖哩鷹嘴豆雜菜配飯


Seasonal vegetables served daily 每日供應時令蔬菜 



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Wheat Alert
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Internal



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Lunch Menu May 2025

	Monday May 26	Tuesday May 27	Wednesday May 28	Thursday May 29	Friday May 30
<u>Meal A</u>	Spaghetti Carbonara 卡邦尼意粉  	Thai Sweet & Sour Chicken with Corn Rice 泰式甜酸雞球配粟米飯 	Fish Fillet in Sweet Corn Sauce with Brown Rice 粟米魚柳配糙米飯      	Beef Slices and Turnip in Chu Hau Sauce with Rice 柱侯蘿蔔牛肉配飯   	Pan-fried Fish Fillet in Tomato Sauce with Brown Rice 鮮茄魚柳配糙米飯  
<u>Meal B</u>	Korean Glass Noodles & Chicken 韓式雞肉燴粉絲     	Tomato Pork Meatballs Spaghetti 茄汁燴豬肉丸意粉   	Minced Pork & Mushroom in Steam Egg with Brown Rice 肉碎香菇蒸水蛋配糙米飯    	Braised Potato and Chicken Stew with Brown Rice 薯仔炆雞配糙米飯     	Hawaiian Pizza 夏威夷薄餅   
<u>Meal C</u> 	Hungarian Vegetable Stew with Red Rice 匈牙利燴雜菜配紅米飯 	Ratatouille Pasta 普羅旺斯雜燴意粉 	Mixed Bean & Vegetable with rice 鮮茄雜豆燉菜配飯 	Stir Fried Rice Noodles with Mixed Vegetables & Shredded Eggs 素三絲炒米粉(含蛋)   	Mac & Cheese 芝士通心粉  
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