



YMCA of Hong Kong Christian College



Lunch Enrollment Form For All Students

May 2024 - June 2024

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 Only to our Unit Manager. See full Menu here:

<https://www.compass-hk.com/ChartwellsMenu/YMCA.pdf>

Payment Methods ONLY:

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 JUNE # **38** days x **HK\$ 34.00** = **HK\$1,292.00**

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\$34.00**

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 Enrollment.

1-MAY LABOUR DAY HOLIDAY
2-MAY START OF STUDY LEAVE (F.4 IGCSE-focused and F.5 GCE)
29 MAY -14 JUNE: FINAL EXAMINATION 3 - 4 DSE-FOCUSED & 5 DSE

FINAL EXAMINATION F1-F2 7-14/JUNE
TUEN NG FESTIVAL HOLIDAY 10/JUNE
24-28 JUNE: ENRICHMENT WEEK

1-JULY HKSAR ESTABLISHMENT DAY
2-5 JULY: SPECIAL TIMETABLE (To be informed in due course)
(Please refer to the school calendar.)

May-24				
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	29	30	31
Total: 20 Day's (\$680)				

Jun-24				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
Total: 18 Day's (\$612)				

Jul-24				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		
Total : 0 days's (\$0)				

Please return this form On or before April 24, 2024

Via mail, or hand it in to the school's Cafeteria Box or Staff. 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.



SCHOOL MENU



YMCA of Hong Kong Christian College
港青基信書院

chartwells

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 <p>Choose at least 3 times per week 每日至少吃3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀物 Lean protein with fat trim-med 低脂肪或低脂的蛋白質 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 <p>Limit to 1-2 times per week 每日吃1-2次</p> <ol style="list-style-type: none"> Grains with small amount of added fat/oil e.g. fried rice, fried noodle, baked snacks 添加少量脂肪的穀物 例如：炒麵、炒粉、焗食粉 Fatty cut of meat & poultry with skin 脂肪比例較高及帶皮的肉類 Full fat milk or cheese 全脂的奶類 Processed or preserved meat, egg and vegetables 加工或經處理的魚、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肉汁 	EAT LESS 少選為佳 <p>No more than 1 time per week 每星期不超過1次</p> <ol style="list-style-type: none"> Deep fat foods 油炸食品 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：黃油、牛油、忌廉、椰子油、椰漿 Contains trans fat e.g. processed/premade pastries 含有反式脂肪的食品：預製餅皮及白麵包的鬆餅等物 Sugar sweetened beverages 非正糖飲品或飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽分或高防腐劑的食品：鹹魚、鹹蛋



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訂閱 每月營養資訊
SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER



COMPASS | HK GROUP

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 2024








Monday

Tuesday

Wednesday

Thursday



			1 May	2 May	3 May
<u>Meal A</u>			LABOUR DAY HOLIDAY	Braised Minced Pork, Potato & Carrot with Red Rice 薯仔甘筍燉肉碎配紅米飯  	Fish & Chips 炸魚薯條   
<u>Meal B</u>				Chicken Satay with Rice (Nut Free) 沙嗲烤雞配飯 (不含花生)  	Tandoori Chicken with Rice 印度天多利烤雞配飯 
<u>Meal C</u> 				Mushroom & Onion Frittata with Sweet Corn 意式蘑菇洋蔥烘蛋配粟米粒  	Baked Mac & Cheese 芝士焗通粉   

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



chartwells

Lunch Menu MAY 2024



Tuesday

Wednesday

Thursday



	6 May	7 May	8 May	9 May	10 May
Meal A	Vegetarian Lasagne 素千層麵 	Pasta Carbonara 卡邦尼意粉 	Steamed Pumpkin Pork with Steamed Rice 南瓜蒸肉片配飯 	SWIMMING GALA	Sweet and Spicy Korean Fried Chicken with Rice 甜脆韓式炸雞配飯
Meal B	Vegetable Enchiladas 素墨西哥辣汁卷餅 	Steamed Fish in Ginger & Spring Onion Soy Sauce with Rice 薑蔥蒸魚柳配白飯 	Roasted Thyme & Rosemary Chicken with Mashed Potato 香草烤雞配薯蓉 		Hawaiian Pizza 夏威夷披薩
Meal C 	Sustainable Dish Shitake & Lentil Bolognese with Brown Rice 香菇蘭度豆醬配糙米飯 	Pumpkin, Cannellini & Mixed Mushroom in Tomato Sauce with Pasta 鮮茄南瓜白豆雜菌 配長通粉 	Vegetarian Egg Fried Rice 田園蛋炒飯 		Teriyaki Tofu with Red Rice 照燒豆腐飯

Seasonal vegetables served daily 每日供應時令蔬菜

	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 2024



	Monday 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Fun Friday 17 May
Meal A	Grilled Pork Neck with Rice 烤豬頸肉飯   	Chicken Adobo with Rice 菲律賓醋燒雞配飯  	BUDDHA'S BIRTHDAY HOLIDAY	Chicken Cacciatore with Mashed Potato 獵人燴雞配薯蓉  	Japanese Pork Curry with Red Rice 日式咖哩豬配紅米飯  
Meal B	Bolognese Pasta 肉醬意粉  	Sicilian Fish Fillet with Pasta 西西里蕃茄烤魚意粉    		Pork Chop Onion Black Pepper Sauce with Rice 洋蔥黑椒汁豬扒配飯  	Thai Grilled Chicken with Rice 泰式烤雞飯   
Meal C 	Aloo Gobi 印度椰菜花馬鈴薯咖哩 	Singapore Style Stir-fried Rice Vermicelli 素星洲炒米   		Chickpea & Tomato Penne Bake 蕃茄鷹咀豆焗長通粉  	Tofu Tikka Masala with Red Rice 印度咖哩豆腐配紅米飯  

Seasonal vegetables served daily 每日供應時令蔬菜 

	Eat More 適宜 Eat Moderately 限量 Eat Less 少量	 Vegetarian 素食  Sustainable Seafood 可持續海鮮  Soy Alert 含大豆	 Egg Alert 含蛋類  Dairy Alert 含奶類  Peanut Alert 含花生	 Fish Alert 含魚類  Shellfish Alert 含貝殼類海鮮  Tree Nuts Alert 含堅果  Wheat Alert 含小麥
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Lunch Menu MAY 2024

Monday

Tuesday

Wednesday

Thursday



20 May

21 May

22 May

23 May

26 April

Meal	20 May	21 May	22 May	23 May	26 April
Meal A	<p>Roasted Chicken with Mashed Potato and Gravy 烤雞配燒汁薯蓉</p> 	<p>Chicken Biryani 雞肉印度飯</p> 	<p>BBQ Chicken with Brown Rice 燒烤雞配糙米飯</p> 	<p>Taiwanese Minced Pork with Brown Rice 台式肉燥配糙米飯</p> 	<p>Fried Chicken with Rice and Gravy 炸雞配飯和肉汁</p> 
Meal B	<p>Stir-fried Thai Style Beef & Pineapple with Rice 泰式菠蘿炒牛肉配白飯</p> 	<p>Minced Pork with Eggplant and Red Rice 茄子肉碎配紅米飯</p> 	<p>Roasted Fish Chermoulas with Rice 摩洛哥烤魚柳配飯</p> 	<p>Beef Stroganoff & Mushroom with Mashed Potato 俄式蘑菇燴牛柳配薯蓉</p> 	<p>Garlic Stir-fry Pork & Broccoli with Red Rice 蒜香西蘭花炒豬肉配紅米飯</p> 
Meal C 	<p>Tomato Lentil Stew with Mashed Potatoes 蕃茄燉扁豆配薯蓉</p> 	<p>Spaghetti Mushrooms Bolognese with Chickpeas 番茄蘑菇鷹咀豆意粉</p> 	<p>Vegetarian Quesadilla 素食玉米餅</p> 	<p>Pesto Pasta with Spinach and Mushroom 菠菜蘑菇通心粉</p> 	<p>Braised Vegetables Lo Han Style with Rice 羅漢齋飯</p> 

Seasonal vegetables served daily 每日供應時令蔬菜 

	<p>Eat More 適宜</p> <p>Eat Moderately 限量</p> <p>Eat Less 少量</p>	<p> Vegetarian 素食</p> <p> Sustainable Seafood 可持續海鮮</p>	<p> Egg Alert 含蛋類</p> <p> Dairy Alert 含奶類</p> <p> Soy Alert 含大豆</p>	<p> Fish Alert 含魚類</p> <p> Shellfish Alert 含貝殼類海鮮</p> <p> Peanut Alert 含花生</p>	<p> Tree Nuts Alert 含堅果</p> <p> Wheat Alert 含小麥</p>
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Lunch Menu MAY 2024

Monday

Tuesday

Wednesday

Thursday

Fun Friday

27 May

28 May

29 May

30 May

31 May

Meal
A

Japanese Stir-fried
Udon with Sliced Pork &
Bean Sprouts
日式豚肉炒烏冬
 

Tandoori Chicken with
Rice
印度天多利烤雞配飯
 

Creamy Chicken Alfredo
Pasta
奶油雞肉意粉
 

Steam Fish Soy Sauce
with Rice
醬油蒸魚飯
 

Sweet & Sour Pork with
Steamed Rice
咕嚕肉配飯
 

Meal
B

Roasted Thyme &
Rosemary Chicken with
Mashed Potato
香草烤雞配薯蓉
 

Korean Beef Bulgogi
with Corn Rice
韓式烤牛肉配粟米飯
 

Thai Fish Curry with
Pandan Rice
泰式咖哩魚配斑蘭香飯
   

Garlic Pork Loin with
Roasted Potato
蒜蓉豬柳配烤薯
 

BBQ Chicken Pizza BBQ
雞肉薄餅
 

Meal
C

Scrambled Egg with
Tomato and Rice
番茄炒蛋飯


Vegetable Paella
素西班牙燉飯


Mushroom & Onion
Frittata with
Sweet Corn
意式蘑菇洋蔥蛋餅
配粟米粒
 

Vegetarian Egg Fried
Rice
田園蛋炒飯


Braised Mushroom Tofu
with Rice
香菇燴豆腐飯
 

Seasonal vegetables served daily 每日供應時令蔬菜 



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



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 June 2024



	Monday 3 June	Tuesday 4 June	Wednesday 5 June	Thursday 6 June	Fun Friday 7 June
Meal A	Taiwanese Minced Pork with Brown Rice 台式肉燥配糙米飯 	Baked Sole Fish and Lemon with Roasted Potatoes 檸檬魚柳配烤薯粒 	Hainanese Chicken with Red Rice 海南雞配紅米飯 	Steamed Fish in Ginger & Spring Onion Soy Sauce with Red Rice 薑蔥紅米飯蒸魚 	Spicy Chicken Burger with Corn in a Cob 辣味雞肉漢堡配粟米
Meal B	Pasta Chicken Carbonara 雞肉卡邦尼意粉 	Stir Fry Udon with Beef 牛肉炒烏冬 	Bolognese Pasta 肉醬意粉 	Pan-fried Pork Chop with Mash Potato and Mushroom Gravy 香煎豬扒配蘑菇汁薯蓉 	Char Siu Fried Rice 叉燒炒飯
Meal C 	Vegetarian Burrito 素墨西哥捲餅 	Vegetarian Egg Fried Rice 田園蛋炒飯 	Vegetarian Chili Con Carne with Rice 墨西哥素辣豆醬配飯 	Mushroom & Onion Frittata with Sweet Corn 意式蘑菇洋蔥蛋餅配粟米粒 	Baked Mac & Cheese 芝士焗通粉
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



Lunch Menu June 2024

Monday

Tuesday

Wednesday

Thursday



10 June

11 June

12 June

13 June

14 June

Meal
A

Meal
B

Meal
C

TUEN NG
FESTIVAL

Beef Goulash with
Mashed Potato
匈牙利燴牛肉配薯蓉
 

Braised Minced Pork,
Potato & Carrot
with Red Rice
薯仔甘筍燉肉碎
配紅米飯
 

Scramble Egg with
Tomato Sauce with
Red Rice
番茄炒蛋配紅米飯


Sole Fish with Parsley
Cream Sauce Roasted
Potato
香草奶油醬魚柳
配烤薯粒
   

Chicken Paella
雞肉海鮮飯
  

Braised Vegetables Lo
Han Style with Rice
羅漢齋飯
 

Chicken Tikka Masala
with Naan Bread
雞肉咖哩配印度烤餅
 

Garlic Stir-fry Pork &
Broccoli with Red Rice
蒜香西蘭花炒豬肉
配紅米飯
 

Singapore Style Stir-
fried Rice Vermicelli
素星洲炒米
  

Thai Grilled Chicken Gai
Yang with Rice
泰式烤雞配飯
  

Hawaiian Pizza
夏威夷披薩
  

Teriyaki Tofu
with Red Rice
照燒豆腐紅米飯
 

Seasonal vegetables served daily 每日供應時令蔬菜 

	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 June 2024



	Monday 17 June	Tuesday 18 June	Wednesday 19 June	Thursday 20 June	Fun Friday 21 June
Meal A	Grilled Pork Neck with Rice 烤豬頸肉飯 	Chicken Adobo with Rice 菲律賓醋燒雞配飯 	Japanese Pork Curry with Red Rice 日式咖哩豬配紅米飯 	Roasted Lemon Thyme Chicken with Mashed Potato 檸檬香草烤雞配薯蓉 	Fish Burger with Roasted Potatoes 魚柳漢堡配烤薯粒
Meal B	Bolognese Pasta 肉醬意粉 	Pan Fried Sole Fish with Orange and Capers Sauce with Corn Rice 香煎龍利魚佐橙子酸豆醬配粟米飯 	BBQ Chicken with Brown Rice 燒烤雞配糙米飯 	Pork Chop Onion Black Pepper Sauce with Rice 洋蔥黑椒汁豬扒配飯 	Korean Glass Noodles with Pork & Rice 韓式豬肉燴粉絲配飯
Meal C 	Sustainable Dish Shitake & Lentil Bolognese with Brown Rice 香菇蘭度豆醬配糙米飯 	Aglio Olio Sun-Dried Tomato 生曬番茄乾橄欖油意粉 	Vegetarian Quesadilla 素墨西哥芝士餡餅 	Chickpea & Tomato Penne Bake 蕃茄鷹咀豆焗長通粉 	Tofu Tikka Masala with Red Rice 印度咖哩豆腐配紅米飯
Seasonal vegetables served daily 每日供應時令蔬菜					

Eat More
適宜

Eat Moderately
限量

Eat Less
少量

Vegetarian 素食
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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 June 2024

Monday

Tuesday

Wednesday

Thursday

Friday

24 June

25 June

26 June

27 June

28 June

Meal
A

Roasted Chicken with Mashed Potato and Gravy
烤雞配燒汁薯蓉
  

Italian Tomato Chicken with Rice
西西里雞球飯


Stir Fry Beef and Black Pepper Sauce with Brown Rice
黑椒牛肉糙米飯
 

Taiwanese Minced Pork with Brown Rice
台式肉燥配糙米飯
  

Meal
B

Pan fry Sole Fish and Tomato Sauce with Brown Rice
番茄醬煎魚柳配糙米飯
   

Minced Pork with Eggplant and Red Rice
茄子紅米肉碎
  

Creamy Tomato Chicken Pasta
奶油番茄雞肉義大利麵
 



Baked Mac & Cheese with Bacon
焗芝士煙肉通粉
  

Meal
C


Braised Mushroom Tofu with Rice
香菇燴豆腐飯
 

Spaghetti Mushrooms Bolognese with Chickpeas
番茄蘑菇鷹咀豆意粉
 

Tomato Lentil Stew with Mashed Potatoes
蕃茄燉扁豆配薯蓉


Pesto Pasta with Spinach and Mushroom
菠菜蘑菇通心粉
 

ENRICHMENT WEEK

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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