













	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Feb	2 Feb	3 Feb
<u>Meal A</u>			Chicken Tandoori with Basmati Rice	Stir-fried Beef with Chinese Zucchini with Red Rice	Tuna Sandwich    
<u>Meal B</u>			Steamed Pumpkin & Pork with Red Rice	Fried Rice with Honey Glazed BBQ Pork (Less Oil)   	Japanese Curry Chicken with Rice
<u>Meal C</u> 			Pizza Margherita  	Japanese Vegetarian Udon  	Lentil Tomato Stew with Rice
Soup			Minestrone Soup	Broccoli Soup	Mushroom Soup
Fruit			Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink			100% Fruit Juice	Low Sugar Soya	100% Fruit Juice



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

	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	6 Feb	7 Feb	8 Feb	9 Feb	10 Feb
Meal A	Scrambled Tomato & Egg with Rice 	Braised Chicken & Potato in Oyster Sauce with Rice  	BBQ Meat Lover Pizza   	Peri-Peri Chicken with Mash 	Ham & Cheese Sandwich  
Meal B	Pesto Grilled Eggplant Wrap with Garden Salad 	Stir Fry Pork with Ginger & Spring Onion with Red Rice	Korean Chicken Bulgogi with Brown Rice  	Thai Fish Curry with Pandan Rice 	Southern Fried Chicken with Mash Potato   
Meal C	Ratatouille with Roasted Potatoes	Singapore Style Stir-fried Rice Vermicelli   	Vegetarian Meatball Spaghetti with Marinara Sauce  	Vegetarian Chili with Pita Bread 	Mixed Vegetable Enchiladas 
Soup	Potato & Leek Soup	Cream of Carrot Soup	Minestrone Soup	Sweet Corn Soup	Mushroom Soup
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya	100% Fruit Juice	Low Sugar Soya	100% Fruit Juice



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	13 Feb	14 Feb	15 Feb	16 Feb	17 Feb
<u>Meal A</u>	Stir fried celery and chicken with Rice	Pan fried sweet paprika fish fillet with steamed potato	Ham & Sweet Corn Pizza	BBQ Pork with Red Rice	Egg & Bacon Sandwich
<u>Meal B</u>	Lemon Grass Pork Chop with Rice	Baked Mozzarella and Chicken Pasta in Tomato Sauce	Sweet and sour pork with red Rice	Chicken schnitzel with mashed Potato	Roasted Pork with Onion Gravy with Rice
<u>Meal C</u>	Vegetable Paella	Teriyaki tofu with Rice	Spinach & Cheese Omelette with Roasted Potato	Vegetarian Napolitano Penne	Sweet Potato & Chick Pea Patties with Cous Cous
Soup	Cream of Pumpkin	Mixed Mushroom Miso Soup	Cream of Carrot Soup	Minestrone Soup	Mushroom Soup
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed fruit	Fresh fruit	Mixed fruit
Drink	100% Fruit Juice	Low Sugar Soya	100% fruit Juice	Low Sugar Soya	100% Fruit Juice



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Wheat Alert
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Green

MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
	20 Feb	21 Feb	22 Feb	23 Feb	24 Feb
Meal A	Mac & Cheese  	Baked Sole Fillet with Salsa with Red Rice  	American Pizza  	Chicken Ala King with Rice 	Club Sandwich   
Meal B	Vegetarian Fried Rice   	Stir Fried Broccoli & Pork Slices with Rice	Chicken with Salsa & Steamed Potato	Sweet & Sour Pork with Red Rice  	Braised Chicken & Potato in Oyster Sauce with Brown Rice  
Meal C 	Lentil Tomato Stew with Rice	Vegetable Lasagne  	Stir Fry Udon with Assorted Veg with Dried Bean Curd (Less Oil)  	Mixed Pad Thai Noodles (Less Oil)  	Thai Coconut Cauliflower & Lentil Curry with Rice 
Soup	Carrots soup	Mushroom soup	Minestrone soup	Broccoli soup	Pumpkin soup
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit Salad	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya	100% Fruit Juice	Low Sugar Soya	100% Fruit Juice



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Wheat Alert
含小麥

	Monday	Tuesday	Wednesday	Thursday	Friday
	27 Feb	28 Feb			
Meal A	Steam Spare Ribs & Mustard with Mashed Potato 	Pork Bulgogi with Rice  			
Meal B	Portuguese Chicken with Red Rice	Chicken Paprika & Herbs with Pasta 			
Meal C 	Mushroom Stroganoff Pasta  	Spaghetti Carbonara   			
Soup	Potato leek Soup	Mushroom Soup			
Fruit	Mixed Fruit Salad	Fresh Fruit			
Drink	100% Fruit Juice	Low Sugar Soya			



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ESF
英基

DISCOVERY
COLLEGE



**SHARE
YOUR
THOUGHTS**
分享你的意見



Chartwells
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COMPASS
GROUP

訂閱

每月營養資訊



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EAT · LEARN · LIVE

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

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

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