



Renaissance
College

Hong Kong

啓新書院

SCHOOL MENU



chartwells
serving up happy & healthy



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
適宜

Choose at least
3 times per week
每日至少攝食3次或以上

1. Whole grain or grains with added vegetables
全穀類或添加蔬菜的穀物
2. Lean protein with "at trim" med
低脂比較 瘦的蛋白質
3. Healthy cooking methods e.g. steaming, poaching, grilling or baking with very little oil
健康少油煎炒烹炸方法
例如：蒸、燉、焗、烤

EAT MODERATELY
限量

Limit to 2 times
per week
每日攝食不超過2次

1. Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked bread
添加少量脂肪的穀物
例如：炒麵、炒粉、焗食
2. Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮
3. Full-fat milk or cheese
全脂奶類
4. Processed or preserved meat, egg and veggies
加工或製成肉類、蛋類及蔬菜
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

EAT LESS
少量

Limit to 4 times
per month
每月攝食不超過4次

1. Deep fried foods
油炸食品
2. Added animal fats or saturated fat like egg, lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和脂肪的食品
例如：黃油、牛油、忌廉、椰子油、椰漿
3. Contains trans fat
e.g. processed/premade pastries
含有反式脂肪的食品
例如：酥餅、月餅及自製的餅乾
4. Sugar sweetened beverages
手工糖分的飲品
5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs
高鹽份的食品
例如：鹹魚、鹹蛋



立即follow我哋嘅平台，
定期接收最新金巴斯集團(香港)
嘅消息及營養資訊啦！

Stay tuned to our social media channels to receive
latest news and regular Nutritional Information
from Compass Group Hong Kong.



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 June 2024



Tuesday

Wednesday

Thursday

Friday

	3 June	4 June	5 June	6 June	7 June
<u>Meal A</u>	<p>Lentil & Vegetables Cottage Pie</p>	<p>Steamed Fish with Ginger & Spring Onion with Rice</p>	<p>La Reine Pizza (Ham, Mozzarella & Mushroom)</p>	<p>Stir-fried Leek & Pork with Brown Rice</p>	<p>Baked Fish Fillet & Parsley Crust with Brown Rice</p>
<u>Meal B</u>	<p>Chunky Vegetables & Red Kidney Beans with Pasta</p>	<p>Pineapple Roasted Pork Loin with Herbs Potatoes</p>	<p>Japanese Chicken Curry with Rice</p>	<p>Beef Burgundy with Mash Potatoes</p>	<p>Grilled Tuscan Rosemary Lemon Chicken with Baked Potato</p>
<u>Meal C</u>	<p>Braised Enoki Mushroom & Tofu with Rice</p>	<p>Pesto Roasted Veggie with Tomato Couscous & Cheese</p>	<p>Vegetable Frittata with Sweetcorn</p>	<p>Thai Vegetables & Lentil Curry with Rice</p>	<p> VEGAN Vegetable Roll in Fresh Tomato Sauce with Rice </p>



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



All meals are nut-free
所有食物均不含堅果



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



Wheat Alert
含小麥

Lunch Menu June 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	10 June	11 June	12 June	13 June	14 June
<u>Meal A</u>	Tuen Ng Festival	Pork Goulash with Rice	Americano Pizza (Pepperoni, Sweetcorn, Mushrooms)	Italian Style Fish Fillet with Tomato Sauce & Olives with Rice	Pork Schnitzel with Rice
<u>Meal B</u>		Nasi Goreng	Lemon Herbed Roasted Chicken with Pasta	Gaeng Pa Gai (Thai Jungle Curry with Chicken) with Rice	Tandoori Chicken with Brown Rice
<u>Meal C</u>		Broccoli & Cheese Courgette with Tomato Penne	Vegetarian Ma-Po Tofu with Mixed Rice	Stir Fried Rice Noodles with Vegetables & Shredded Eggs	Japanese Style Grilled Eggplant with Rice



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



All meals are nut-free
所有食物均不含堅果



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



Wheat Alert
含小麥

Lunch Menu June 2024

	Monday 17 June	Tuesday 18 June	Wednesday 19 June	Thursday 20 June	Friday 21 June
<u>Meal A</u>	Roasted Cajun Chicken with Brown Rice	California Grilled Fish with Steamed Potato  	Braised Tomato, Onion, and Chicken with Brown Rice  	Chicken Paprika & Herbs with Rice  	Steamed Black Fungus & Chicken with Rice  
<u>Meal B</u>	Scrambled Egg with Tomato & Beef with Rice 	Sweet and Sour Pork with Brown Rice   	Beef Burgundy with Pasta 	Pork in Black Vinegar with Rice  	Lemongrass Pork Chop with Rice Vermicelli with Shredded Carrots   
<u>Meal C</u> 	Vegetables Lasagna   	Braised Glass Noodles with Assorted Vegetables & Shredded Eggs   	Margherita Pizza (Tomato, Basil, Mozzarella)  	Chinese Style Steamed Egg & Mushroom with Rice   	 Stir-Fried Udon with Assorted Vegetables & Bean Curd  



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



All meals are nut-free
所有食物均不含堅果



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



Wheat Alert
含小麥

Lunch Menu June 2024



	Monday 24 June	25 June 	Wednesday 26 June	Thursday 27 June	Friday 28 June
<u>Meal A</u>	Chinese BBQ Pork & Brown Rice  	Chili Con Carne (Beef)  	Meat Lover Pizza (Ham, Bacon, Pepperoni)  	Chicken, Tomato & Mozzarella Pasta Bake  	Mediterranean Beef Fusilli 
<u>Meal B</u>	Orange & Fennel Roasted Fish Fillet with Rice  	Mexican Shredded Chicken  	Chicken Cacciatore with Pasta 	Steamed Fish in Soy & Spring & Red Rice    	Teriyaki Chicken with Brown Rice  
<u>Meal C</u> 	Taiwanese Style Braised Tofu with Rice  	Pumpkin Quesadilla  	 Sustainable Dish Shitake & Lentil Bolognese with Brown Rice  	Italian Eggplant Parmigiana With French Fries 	 VEGAN Moroccan Chickpea Stew with Couscous 



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



All meals are nut-free
所有食物均不含堅果



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



Wheat Alert
含小麥