



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
每星期至少3次或以上

1. Whole grain or grains with added vegetables
全穀類或添加蔬菜全穀類
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
每星期不要超過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、炒飯、焗食包
2. Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮類
3. Full-fat milk or cheese
全脂奶類/乳酪
4. Processed or preserved meat, egg and vegetables
加工或製成肉類、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

EAT LESS 少量

Limit to 4 times
per month
每月不要超過4次

1. Deep-fried foods
油炸食品
2. Added animal fats or saturated animal fats e.g. lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和動物性脂肪的食品
例如：豬油、牛油、忌廉、椰子油、椰漿
3. Contains trans fat e.g. processed/pre-made pastries
含有反式脂肪的食品 例如：酥餅、月餅及自製的餅乾等類
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
高鹽份類的食品 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 May 2024







Monday

Tuesday

Wednesday

Thursday

Friday

			1 May	2 May	3 May
<u>Meal A</u>			Labour Day Holiday	Sweet Corn Chicken Mac & Cheese  	Stewed Chicken Enoki & Egg Tofu with Rice   
<u>Meal B</u>				Salt & Pepper Pork Chop with Rice  	Grilled Fish in Tomato & Onion Sauce with Penne   
<u>Meal C</u> 				Stir Fried Mixed Bell Pepper, Celery & Bean Curd with Rice  	 Stewed Pumpkin Beans and Herbs with Mashed Potato



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 May 2024



Tuesday

Wednesday

Thursday

Friday

	6 May	7 May	8 May	9 May	10 May
<u>Meal A</u>	Braised Enoki Mushroom & Tofu with Rice 	Mixed Pepper, Pineapple and Chicken with Rice 	Diced Pork Steamed with Pumpkin in Black Bean Sauce with Rice 	Chicken A La King with Rice 	Tomato and Sliced Pork with Red Rice
<u>Meal B</u>	Broccoli & Cheese Courgettes with Pasta 	Teriyaki Onion & Pork with Rice 	Pan Fried Fish Fillet with Pasta in Pumpkin Sauce 	Spaghetti Bolognese 	Beef Stroganoff with Pasta
<u>Meal C</u> 	Chunky Vegetables & Red Kidney Beans with Pasta 	Portuguese Vegetables with Penne 	 Margherita Pizza 	Moroccan Potato Tagine with Brown Rice	 Stewed Mixed Vegetables and Chickpeas in Spinach Sauce with Spaghetti



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 May 2024

	Monday 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May
<u>Meal A</u>	Stewed Chicken & Potato with Rice 	Italian Chicken Steak with Fresh Fries	Buddha's Birthday Holiday	Steamed Mushroom & Minced Pork with Red Rice 	Teriyaki Chicken with Rice 
<u>Meal B</u>	Spaghetti Carbonara 	Braised Pork & Onion in Korean Style with Rice 		Swiss Chicken with Red Rice 	Stir-Fried Beef in Egg Drop Sauce with Rice 
<u>Meal C</u> 	Broccoli & Onion Frittata with Roasted Potatoes 	Steamed Egg and Shitake with Rice 		Mixed Mushroom & Creamy Sauce with Penne 	 Assorted Fresh Tomato, Mushroom & Kidney Beans & 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 May 2024

	Monday 20 May	Tuesday 21 May	Wednesday 22 May	Thursday 23 May	Friday 24 May
Meal A	<p>Minced Pork & Eggplant with Rice</p> 	<p>Diced Pork & Corn with Rice</p>	<p>Tuna with Corn Pizza</p> 	<p>Grilled Pork Loin in Tomato Sauce with Rice</p>	<p>Steamed Chicken and Mushroom with Rice</p> 
Meal B	<p>Chicken & Tomato with Brown Rice</p> 	<p>Grilled Fish in Tomato & Onion Sauce with Pasta</p> 	<p>Rosemary and Garlic Chicken with Rice</p> 	<p>Portuguese Coconut Chicken with Rice</p>	<p>Sautéed Tomato & Pork with Brown Rice</p> 
Meal C	<p>Stir-Fried Japanese Udon with Vegetable</p> 	<p>Mixed Vegetable Lasagna</p> 	<p>Mushroom & Onion Frittata with Potato</p> 	<p>Vegetarian Shanghai Fried Noodles</p> 	<p> Braised Lo Hon Style Vegetable 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 May 2024

	Monday 27 May	Tuesday 28 May	Wednesday 29 May	Thursday 30 May	Friday 31 May
<u>Meal A</u>	Honey Mustard Roasted Pork Loin with Pasta 	Tuna & Mushroom Stew with Pasta 	Chicken with Cheese Pizza 	Grilled Honey Chicken with Tomato Pasta 	Chicken Lombardy with Pasta 
<u>Meal B</u>	Baked Chicken with Lemon Sauce with Brown Rice	Rice with Pepper Honey Pork Cube & Potato 	Rice with Steamed Pork Ribs, Fermented Black Bean & Tofu Puff 	Scrambled Egg with Char Siu & Spring Onion with Rice 	Minced Beef & Lettuce Fried Rice 
<u>Meal C</u> 	Stir-fried Mushroom & Shredded Eggs with Silver Needle Noodles 	Chinese Style Braised Mushroom & Tofu with Red Rice 	 Sustainable Dish Shitake & Lentil Bolognese with Brown Rice 	Fried Noodles with Bean Sprout and Dried Tofu 	 VEGAN Lentil & Quinoa Dhal



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