



# HKUGA COLLEGE 港大同學會書院

## Lunch Menu

Sep  
2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	26 Sep	27 Sep	28 Sep	29 Sep	30 Sep
<b>Meal A</b> \$32 	Japanese Style Stir-fried Udon with Bean Curd and Bean Sprouts 日式豆乾銀芽炒烏冬 	Egg Salad Sandwich with Garden Salad 雞蛋沙律青瓜三文治配田園沙律 	Braised Veggie Meat & Pumpkin w/ Rice 南瓜炆素肉丸配飯 	Egg Sandwich with Garden Salad 雞蛋三文治配田園沙律 	Sweet Potato & Chickpea with Red Rice 甘薯鷹咀豆配紅米飯 
<b>Meal B</b> \$40	Thai Style Minced Pork & Eggplants with Red Rice 泰式肉碎茄子配紅米飯 	Sweetcorn & Diced Pork with Rice 粟米肉粒飯	Fresh Tomato and Sliced Pork with Rice 鮮茄肉片配飯	Stir Fried Pork with Rice Noodles 干炒肉片河 	Singapore Style Fried Vermicelli (Seafood Free) 星洲炒米粉(不含海鮮) 
<b>Meal C</b> \$40	Italian Braised Diced Chicken with Rice 意式雞粒燴飯	Spaghetti Bolognese 肉醬意粉 	Herb Fish Fillet with Pasta in Pumpkin Sauce 香草南瓜汁魚柳配通粉 	Lasagna Bolognese 肉醬千層麵 	Thyme Chicken Steak with Rice 百里香燒雞扒飯 
<b>Meal D</b> \$48	Chicken Wrap with Sweetcorn 凱撒雞肉卷配粒粒粟米 	Baked Rice with Chicken in Mushroom Sauce 焗蘑菇汁雞絲飯 	Bacon Cheese Ciabatta with Sweetcorn 煙肉芝士軟包配粒粒粟米 	Baked Fish & Rice in Black Pepper Sauce 焗黑椒魚柳飯 	Fish & Chips 炸魚配薯條 
<b>Starter for Meal D</b>	Fresh Fruit 水果	Salad 沙律	Vegetables Soup 蔬菜湯	Salad 沙律	Fresh Fruit 水果



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

Oct  
2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	03 Oct	04 Oct	05 Oct	06 Oct	07 Oct
<b>Meal A</b> \$32 ✔	HK Style Fried Egg & Tomato with Red Rice 蕃茄炒蛋配紅米飯 ✔ 〇	Vegetarian Meatball with Spaghetti in Marinara Sauce 意式鮮茄素肉意粉 ✔ 〇	Stir Fried Wild Mushroom, Onion & Bean Curd with Rice 洋蔥豆乾炒野菌配飯 ✔ 〇	Vegetables & Egg White Fried Rice (Less Oil) 菜粒蛋白炒飯(少油) ✔ 〇	Scrambled Egg with Mushroom & Rice 蘑菇炒蛋配飯 ✔ 〇
<b>Meal B</b> \$40	Braised Winter Melon & Chicken with Rice 冬瓜炆雞球配飯 〇	Thai Style Minced Pork & Eggplant with Brown Rice 泰式肉碎茄子配糙米飯 〇	Braised Chicken & Potato with Rice 薯仔炆雞配飯 〇	Steamed Mince Pork, Water Chestnut & Mushroom with Rice 馬蹄冬菇蒸肉餅配飯 〇	Braised Chicken Fillet & Cucumber with Brown Rice 青瓜雲耳雞柳配糙米飯 〇
<b>Meal C</b> \$40	Western Fried Rice (Seafood Free) 西炒飯(不含海鮮) 〇	Chicken A La King with Rice 白汁雞皇飯 〇	Rosemary Gravy Roasted Pork Loin with Spaghetti 燒豬柳露絲瑪莉汁配意粉 〇	Lemongrass Pork with Rice 香茅豬扒配飯 〇	Grilled Sole in Pumpkin Sauce with Spaghetti 南瓜汁魚柳意粉 〇
<b>Meal D</b> \$48	Ham Cheese Croissant with Sweet Corn 芝士火腿牛角包配粟米粒 〇	Duck Breast and Cucumber Wrap with Sweetcorn 鴨胸青瓜卷配粒粒粟米 〇	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯 〇	Baked Macaroni with Sweet Corn & Tuna 粟米吞拿魚芝士焗通粉 〇	Hot Dog with Fries 熱狗配薯條 〇
<b>Starter for Meal D</b>	Tomato Soup 蕃茄湯	Salad 沙律	Mushroom Soup 蘑菇湯 〇	Salad 沙律	Fresh Fruit 水果



**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  
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Fish Alert  
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Peanut Alert  
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Tree Nuts Alert  
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Oct  
2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	10 Oct	11 Oct	12 Oct	13 Oct	14 Oct
<b>Meal A</b> \$32 	Stir Fry Mushroom with E-Fu Noodle 日式炒烏冬 (少油) 	Broccoli & Onion Frittata with Roasted Potatoes 西蘭花洋葱 意式烘蛋配薯粒 	Lo Hon Vegetables with Rice 羅漢齋配飯 	Mixed Bell Pepper, Celery & Black Fungus with Rice 彩椒西芹 雲耳配飯 	Fried Soy Noodle with Bean Sprout 豉油皇銀芽炒麵 
<b>Meal B</b> \$40	Japanese Style Pork Ginger Sauté with Brown Rice 豚肉生薑燒 糙米飯 	Pork Chop Fried Rice Noodle 豬扒炒河 	Braised Chicken & Potato with Brown Rice 薯仔雞球 配糙米飯 	Spaghetti Bolognese 肉醬意粉 	Steamed Egg with Mushroom & Minced Pork with Red Rice 香菇肉碎蒸水蛋 配紅米飯 
<b>Meal C</b> \$40	Grilled Teriyaki Chicken served with Rice 日式照燒雞扒 配飯 	Diced Chicken in Creamy Corn Sauce with Fusilli 忌廉粟米雞粒 配螺絲粉 	Miso-Caramel Glazed Sole with Spaghetti 味噌焦糖 龍荊柳配意粉 	Curry Chicken & Rice 咖哩雞飯 	Chicken Steak with Rice in Mushroom Sauce 意大利磨菇 雞扒飯 
<b>Meal D</b> \$48	Baked Spaghetti & Pork Chop in Onion Gravy 焗洋葱豬扒意粉 	Ham Cheese Ciabatta with French Fries 火腿芝士軟包 配薯條 	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯 	Baked Pork Chop Rice in Black Pepper Sauce 焗黑椒豬扒飯 	Pepperoni Pizza with Wedges 辣肉腸薄餅 配薯角 
<b>Starter for Meal D</b>	Fresh Fruit 水果	Salad 沙律	Vegetables Soup 蔬菜湯	Yogurt 乳酪 	Fresh Fruit 水果



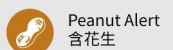


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## Lunch Menu

Oct  
2022

	Monday 17 Oct	Tuesday 18 Oct	Wednesday 19 Oct	Thursday 20 Oct	Friday 21 Oct
<b>Meal A</b> \$32 	Garlic Mixed Vegetables & Bean Curd with Rice 蒜香雜菜豆乾配飯 	Braised Chestnut with Carrots in Tomato Sauce w/ Rice 茄汁燴栗子甘筍飯 	Thai Veg & Tofu Curry with Rice 泰式時蔬豆腐咖哩飯 	Roasted Bell Pepper Sandwich with Corn Salad 雜椒三文治配粟米沙律 	Sautéed Mixed Vegetables & Red Kidney Beans with Rice 雜菜紅腰豆配飯 
<b>Meal B</b> \$40	Shanghai Style Double Cooked Pork with Rice 上海回鍋肉配飯 	Braised Beef with Turnip with Brown Rice 蘿蔔牛肉配飯 	Steamed Mince Pork, Water Chestnut & Mushroom with Rice 馬蹄冬菇蒸肉餅配飯 	Chinese BBQ Pork with Rice 蜜汁叉燒配飯 	Soy Sauce Chicken with Rice 豉油雞配飯 
<b>Meal C</b> \$40	Braised Chicken in Portuguese Style & Rice (Coconut Milk Free) 葡國雞飯(不含椰奶) 	Herbs Roasted Chicken with Penne 香草雞扒配尖通粉 	Fresh Tomato Pan Fried Fish with Fusilli 鮮茄煎魚柳配螺絲粉 	Beef Stroganoff with Spaghetti 俄式牛柳絲燴意粉 	Pork Chop with Rice In Onion Sauce 洋蔥煎豬扒意粉 
<b>Meal D</b> \$48	Chicken Wrap with Sweetcorn 凱撒雞肉卷配粒粒粟米 	Baked Rice with Chicken in Mushroom Sauce 焗蘑菇汁雞絲飯 	Bacon Cheese Ciabatta with Potato 煙肉芝士軟包配薯粒 	Baked Pork Chop Rice in Black Pepper Sauce 焗黑椒豬扒飯 	Pork Patties Burger with Fries 豬柳漢堡飽薯條 
<b>Starter for Meal D</b>	Fresh Fruit 水果	Fresh Fruit 水果	Tomato Soup 蕃茄湯	Salad 沙律	Yogurt 乳酪 



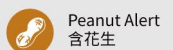


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Oct  
2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	24 Oct	25 Oct	26 Oct	27 Oct	28 Oct
<b>Meal A</b> \$32 	Stir Fried Rice Noodles with Mixed Vegetables 干炒雜菜河 	Vegetarian Napoleon Spaghetti 素拿破崙意粉 	Braised Celery & Vegetarian Chicken with Brown Rice 西芹燴素雞丁配糙米飯 	Japanese Enoki & Tofu with Rice 日式金菇豆腐飯 	Vegetarian Pizza with Sweet Corn 素薄餅配粟米粒 
<b>Meal B</b> \$40	Shredded Chicken Tomato & Onion Stew with Brown Rice 鮮茄洋蔥燴雞絲配糙米飯	Sweetcorn & Diced Pork with Rice 粟米肉粒飯	Singapore Style Fried Vermicelli (Seafood Free) 星洲炒米粉(不含海鮮) 	Stir-fried Leek & Beef with Red Rice 京蔥炒牛肉配紅米飯 	Roast Chicken & Tomato with Rice 鮮茄燒雞配飯
<b>Meal C</b> \$40	Pumpkin with Pork with Rice 南瓜肉片飯 	Spaghetti Bolognaise 肉醬意粉 	Baked Tuna Macaroni and Cheese 芝士焗吞拿魚通粉 	Italian Braised Diced Chicken with Rice 意式雞粒燴飯	Pan Fried Fish in Pumpkin Sauce with Mashed Potatoes 南瓜汁煎魚柳配薯蓉 
<b>Meal D</b> \$48	Fish & Chips 炸魚配薯條 	Baked Rice & Pork Chop in Onion Gravy 焗洋蔥豬扒飯 	Bacon Cheese Ciabatta with Potato 煙肉芝士軟包配薯粒 	Chicken Burger with Potatoes 雞扒包配薯粒 	Baked Fish & Rice in Black Pepper Sauce 焗黑椒魚柳飯 
<b>Starter for Meal D</b>	Yogurt 乳酪 	Fresh Fruit 水果	Corn Soup 粟米湯 	Salad 沙律	Fresh Fruit 水果





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Oct  
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	Monday	Tuesday	Wednesday	Thursday	Friday
	31 Oct				
<u>Meal A</u> \$32 	Vegetarian Lasagne 雜菜千層麵 				
<u>Meal B</u> \$40	Steamed Shiitake & Chicken with Red Rice 北菇蒸雞配紅米飯 				
<u>Meal C</u> \$40	Balsamic Roasted Pork Loin with Mashed Potato 意大利黑醋烤豬柳配薯蓉				
<u>Meal D</u> \$48 	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯				
Starter for Meal D	Vegetables Soup 蔬菜湯				



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