



































Lunch Menu May 2021

Share Your Thoughts

	Monday	Tuesday	Wednesday	Thursday	Friday
	24 May	25 May	26 May	27 May	28 May
<u>Meal A</u>	Braised Chicken & Potato in Chu Hou Sauce with Rice 	Thai Green Curry Fish Fillet with Rice   	Bourguignon Beef with Mashed Potato 	Margherita Pizza With Potato Cube  	Rosemary Roasted Pork Loin with Mashed Potato 
<u>Meal B</u>	Cheese Bake Penne with Cauliflower  	Braised Shredded Pork & Eggplant with Rice 	Mushroom Carbonara   	Stir Fried Chicken & Snow Peas with Miso Curry & Rice	Stir Fried Mixed Bell Pepper & Olive Oil with Spaghetti
<u>Sandwich C</u> 	Ham & Cheese Sandwich 	Mushroom & Cheese Sandwich  	Tuna Mayo Sandwich   	Roasted Vegetable Sandwich  	BBQ Chicken Sandwich 
Vegetables	Roasted Vegetables	Buttered Carrot 	Grilled Tomato	Chinese Zucchini	Cauliflower
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Chocolate Mousse  	Fresh Fruit

	31 May	01 June	02 June	03 June	04 June
<u>Meal A</u>	Grilled Pork Chop with Mashed Potato 				
<u>Meal B</u>	Stir Fried Chicken & Celery with Rice				
<u>Sandwich C</u> 	Sweet Corn & Mayo Sandwich   				
Vegetables	White Radish & Carrot				
Dessert	Fresh Fruit				



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.



Vegetarian Choice



Egg Alert



Dairy Alert



Fish Alert



Shellfish Alert



Sustainable Seafood

Highlighted in respective color on the menu



Sustainable Seafood 環保海鮮

Seafood with this icon has been chosen according to the recommendation from WWF-Hong Kong's Seafood Guide.

Learn more: wwf.org.hk/seafoodguide/en

本標誌的菜式根據世界自然基金會香港分會的《海鮮選擇指引》選用環保海鮮。

了解更多: wwf.org.hk/seafoodguide



wwf.org.hk/seafoodguide



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- Receive the latest news on health & wellbeing trends supported by the Compass's Nutrition team.
- Bringing you tips and facts about topics like: Eating Seasonal, Wellbeing & You, Parent Connection, Beyond the Kitchen, and more!

EAT WELL ! FEEL GREAT !



Traffic Light Guide that helps you make healthy choices easy!

WHAT'S OUR GRADING CRITERIA FOR ALL LUNCH MEALS? WHAT DOES THE COLOUR REPRESENT? LET'S TAKE A BRIEF LOOK!

GREEN
EAT MORE

- Whole grain or grains with added vegetables
- Lean meat with fat trimmed
- Healthy cooking methods are used, e.g. steaming, poaching, grilling, any method that requires a little oil

FOOD SAMPLE

AMBER
EAT MODERATE

- Grains with added fat and oil (small amount)
- Fatty cut of meat & poultry with skin
- Full fat milk or cheese
- Processed or preserved meat, egg and veggies
- Sauce or gravy with high sugar, salt or fat content
- Cooking methods that requires a slightly higher temperature or a small amount of oil, e.g. stir-frying, roasting

FOOD SAMPLE

RED
EAT LESS

- Grains with added fat and oil
- Full fat cream or coconut cream
- Highly processed meat
- Cooking methods that requires a lot of oil and high heat (e.g. deep fried), or contains an unnecessary amount of sugar or salt

FOOD SAMPLE



Want to know more?

Scan this QR code for our reference document from the Centre for Health Protection or simply visit the EatSmart Website: <https://school.eatsmart.gov.hk/> for more information

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