



Renaissance  
College  
Hong Kong  
啓新書院

# SCHOOL MENU



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serving up happy & healthy



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## SHARE YOUR THOUGHTS

分享你的意見



## 營養紅綠燈 TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<p><b>EAT MORE 適宜</b></p> <p>Choose at least 3 times per week 每日至少攝食3次或以上</p> <ol style="list-style-type: none"> <li>Whole grain or grains with added vegetables 全穀類或添加蔬菜的食物</li> <li>Lean protein with "at trim" meat 低脂比較瘦的蛋白質</li> <li>Healthy cooking methods e.g. steaming, poaching, grilling or baking with very little oil 健康少油烹調方法 例如：蒸、燉、焗、烤</li> </ol>	<p><b>EAT MODERATELY 限量</b></p> <p>Limit to 2 times per week 每日攝食不超過2次</p> <ol style="list-style-type: none"> <li>Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked bread 添加少量脂肪的食物 例如：炒麵、炒粉、焗食</li> <li>Fatty cut of meat &amp; poultry with skin 脂肪含量較高的肉類及皮肉類</li> <li>Full-fat milk or cheese 全脂奶類/乳酪</li> <li>Processed or preserved meat, egg and veggies 加工或製成肉類、蛋類及蔬菜食品</li> <li>Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁</li> </ol>	<p><b>EAT LESS 少量</b></p> <p>Limit to 4 times per month 每月攝食不超過4次</p> <ol style="list-style-type: none"> <li>Deep-fried foods 油炸食品</li> <li>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</li> <li>Contributes to trans fat e.g. processed/premade pastries 含有反式脂肪的食品 例如：酥餅、月餅及自製的餅乾等</li> <li>Sugar sweetened beverages 手工糖分的飲品</li> <li>Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽含量的食品 例如：鹹魚、鹹蛋</li> </ol>

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 November 2023

Monday

Tuesday

Wednesday

Thursday

Friday

			1 Nov	2 Nov	3 Nov
<u>Meal A</u>			Pepperoni Pizza   	Roast Chicken with Red Pepper Sauce with Rice	Pan Fried Fish with Herbed Crust & Steamed Parsley Potatoes   
<u>Meal B</u>			Scramble Egg with Tomato & Beef with Red Rice 	Pork and Paprika Stew with Brown Rice	Pork Chop with Black Vinegar Sauce with Rice
<u>Meal C</u> 			Cauliflowers & Beans Curry with Rice	Fried Salt & Pepper Tofu with Brown Rice 	VEGAN Vegetable Roll in Fresh Tomato Sauce with Rice



Eat More  
適宜

Eat Moderately  
限量

Eat Less  
少量



Vegetarian  
素食



Sustainable Seafood  
可持續海鮮



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Egg Alert  
含蛋類



Dairy Alert  
含奶類



Soy Alert  
含大豆



Fish Alert  
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Wheat Alert  
含小麥



# Lunch Menu November 2023



Tuesday

Wednesday

Thursday

Friday

	6 Nov	7 Nov	8 Nov	9 Nov	10 Nov
<u>Meal A</u>	<p>Vegetarian Enchiladas with Herbs Potatoes</p>	<p>Japanese Curry Chicken with Brown Rice</p>	<p>Tuna &amp; Cheese Pizza</p>	<p>Honey Glazed BBQ Pork with Rice</p>	<p>Orange Teriyaki Pork with Rice</p>
<u>Meal B</u>	<p>Steamed Egg &amp; Mushroom with Brown Rice</p>	<p>Baked Fish with Tomato Salsa with Rice</p>	<p>Chicken Cacciatore with Brown Rice</p>	<p>Braised Beef and Turnip in Chu Hou Sauce with Rice</p>	<p>Chicken Chop Suey with Rice</p>
<u>Meal C</u>	<p>Vegetarian Lasagne</p>	<p>Mushroom &amp; Onion Frittata with Potato</p>	<p>Braised Glass Noodles with Assorted Veg &amp; Shredded Eggs</p>	<p>Chickpea &amp; Tomato Tagine with Mixed Grain Rice</p>	<p>VEGAN Garlic Herb Broccoli &amp; Zucchini Pasta</p>



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# Lunch Menu November 2023

	Monday 13 Nov	Tuesday 14 Nov	Wednesday 15 Nov	Thursday 16 Nov	Friday 17 Nov
Meal A	Pan Fried Fish in Sweet Corn & Egg Sauce with Rice 	Tandoori Chicken with Brown Rice	Mushroom & Ham Pizza 	Garlic Chicken with Mashed Potato 	Steamed Shiitake & Chicken with Brown Rice 
Meal B	Pork Goulash with Pasta 	Stir Fried Long Beans & Minced Pork with Rice 	Baked Pork Chop with Tomato Sauce & Rice	Chinese Steamed Fish with Black Bean Sauce & Rice 	Sweet & Sour Pork with Brown Rice 
Meal C	Thai Coconut Lentil Curry with Brown Rice 	Broccoli & Cheese Courgettes with Tomato Penne 	Mushroom & Onion Frittata with Rice 	Shanghai Style Fried Noodle with Dried Bean Curd & Vegetables 	VEGAN Moroccan Chickpea Stew with Couscous 



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# Lunch Menu November 2023

	Monday 20 Nov	Tuesday 21 Nov	Wednesday 22 Nov	Thursday 23 Nov	Friday 24 Nov
Meal A	Vietnamese Lemongrass Pork Chop with Rice 	Roast Chicken with Red Pepper Sauce with Rice	 BBQ Chicken Pizza  	Japanese Curry Chicken with Brown Rice  	Ginger Pork Sauté with Rice  
Meal B	Steamed Chicken and Mushroom with Brown Rice  	Pork and Paprika Stew with Brown Rice	Beef, Scrambled Egg and Tomato with Red Rice 	Steamed Fish with Spring Onion in Soy Sauce with Rice     	Braised Chicken & Potato in Oyster Sauce with Rice   
Meal C	Broccoli & Cheese Courgettes with Tomato Penne   	Lo Hon Vegetables with Brown Rice  	Mushroom & Onion Frittata with French Fries 	Mac & Cheese  	 CAULIFLOWERS & BEANS CURRY WITH RICE



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# Lunch Menu November 2023



Monday

Wednesday

Thursday

Friday

	27 Nov	28 Nov	29 Nov	30 Nov	
<u>Meal A</u>	Roasted Thyme & Rosemary Chicken with Red Rice	Thai Red Curry with Pork	Hawaiian Pizza	Bolognese Pasta	
<u>Meal B</u>	King Dou Pork With Rice	Thai Chicken in Sweet Chili Sauce with Rice	Honey Soy Chicken with Rice	Chinese Steamed Fish with Mushroom & Rice	
<u>Meal C</u>	Vegetables & Beans Stew with Rice	Pineapple Fried Rice	Stir Fried Singapore Noodles with vegetables and Eggs	Spinach & Cheese Omelette with Roasted Potatoes	



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# Lunch Menu December 2023




Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	1 Dec
<u>Meal A</u>					Chicken Cacciatore with Brown Rice
<u>Meal B</u>					Stir Fried Pork Loin with Zucchini & Fungus with Rice 
<u>Meal C</u> 					VEGAN Braised Enoki Mushroom & Tofu with Rice 



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# Lunch Menu December 2023



Tuesday

Wednesday

Thursday

Friday

	4 Dec	5 Dec	6 Dec	7 Dec	8 Dec
Meal A	<p>Mushroom &amp; Onion Quiche</p>	<p>Malaysian Fish Curry with Mixed Rice</p>	<p> Hawaiian Pizza</p>	<p>Baked Fish with Parsley Crust &amp; Rice</p>	<p>Tomato Basil Chicken with Pasta</p>
Meal B	<p>Broccoli &amp; Cheese Courgettes with Penne</p>	<p>Pineapple Roasted Pork Loin with Herbs Potatoes</p>	<p>Vietnamese Lemongrass Pork Chop with Roasted Potatoes</p>	<p>Chicken A La King with Rice</p>	<p>Braised Pork with Pumpkin &amp; Rice</p>
Meal C	<p>Vegetables Singapore Rice Noodles</p>	<p>Shanghai Style Fried Noodles with Vegetables</p>	<p>Japanese Style Grilled Eggplant &amp; Tofu with Rice</p>	<p>Cauliflower &amp; Chickpeas Fritters with Brown Rice</p>	<p><b>VEGAN</b> Pesto Roasted Veggie with Tomato Couscous</p>



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# Lunch Menu December 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	11 Dec	12 Dec	13 Dec	14 Dec	15 Dec
<u>Meal A</u>	School Holiday	Roasted Cajun Chicken with Brown Rice	California Grilled Fish with Steamed Potatoes  	Slow-Roasted Turkey with Gravy and Potatoes Cube 	Half day School
<u>Meal B</u>		Scrambled Egg with Tomato & Beef with Rice 	Teriyaki Pork Loin with Brown Rice  	Traditional Roasted Ham with Honey Gravy and Potatoes 	
<u>Meal C</u> 		Vegetables Lasagna   	Veggie Lovers Pizza   	Sweet Potatoes and Chickpeas Patties with Rice   	



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# Lunch Menu January 2024



Tuesday

Wednesday

Thursday

Friday

	8 Jan	9 Jan	10 Jan	11 Jan	12 Jan
<u>Meal A</u>	<p>Lentil &amp; Vegetables Cottage Pie</p>	<p>Steamed Fish with Ginger &amp; Spring Onion with Rice</p>	<p> La Reine Pizza (Ham, Mozzarella &amp; Mushroom)</p>	<p>Beef Stroganoff with Pasta</p>	<p>Stir-fried Leek &amp; Pork with Brown Rice</p>
<u>Meal B</u>	<p>Chunky Vegetables &amp; Red Kidney Beans with Pasta</p>	<p>Pineapple Roasted Pork Loin with Herbs Potatoes</p>	<p>Stir-Fried Chicken with Zucchini, Black Fungus &amp; Mixed Grain Rice</p>	<p>Japanese Chicken Curry with Rice</p>	<p>Macau Style Portuguese Chicken with Rice</p>
<u>Meal C</u>	<p>Braised Enoki Mushroom &amp; Tofu with Rice</p>	<p>Pesto Roasted Veggie with Tomato Couscous &amp; Cheese</p>	<p>Braised Tofu with Mixed Grain Rice</p>	<p>Vegetable Frittata with Sweetcorn</p>	<p> VEGAN Thai Vegetables &amp; Lentil Curry with Rice</p>



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# Lunch Menu January 2024

	Monday 15 Jan	Tuesday 16 Jan	Wednesday 17 Jan	Thursday 18 Jan	Friday 19 Jan
Meal A	<p>Steamed Fish in Black Bean Soy Sauce with Brown Rice</p> 	<p>Pork Goulash with Rice</p>	<p> Americano Pizza (Pepperoni, Sweetcorn, Mushrooms)</p> 	<p>Honey Glazed BBQ Pork with Brown Rice</p> 	<p>Italian Style Fish Fillet with Tomato Sauce &amp; Olives with Rice</p> 
Meal B	<p>Grilled Tuscan Rosemary Lemon Chicken with Baked Potatoes</p>	<p>Nasi Goreng</p> 	<p>Lemon Herbed Roasted Chicken with Pasta</p> 	<p>Yakitori Chicken with Rice</p> 	<p>Gaeng Pa Gai (Thai Jungle Curry with Chicken) with Rice</p> 
Meal C	<p>Stir Fried Tomato &amp; Scrambled Egg with Rice</p> 	<p>Broccoli &amp; Cheese Courgettes with Tomato Penne</p> 	<p>Stir Fried Rice Noodles with Vegetables &amp; Shredded Eggs</p> 	<p>Vegetarian Ma-Po Tofu with Mixed Rice</p> 	<p> Japanese Style Grilled Eggplant with Rice</p> 



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# Lunch Menu January 2024

	Monday 22 Jan	Tuesday 23 Jan	Wednesday 24 Jan	Thursday 25 Jan	Friday 26 Jan
Meal A	<p>Pork Schnitzel with French Fries</p> 	<p>Roasted Cajun Chicken with Brown Rice</p>	<p>California Grilled Fish with Steamed Potatoes</p> 	<p>Braised Tomato, Onion and Chicken with Brown Rice</p> 	<p>Chicken Paprika &amp; Herbs with Rice</p>
Meal B	<p>Tandoori Chicken with Brown Rice</p>	<p>Scrambled Egg with Tomato &amp; Beef with Rice</p> 	<p>BBQ Pork Loin with Brown Rice</p> 	<p>Pork in Black Vinegar with Rice</p>	<p>Beef Burgundy with Pasta</p> 
Meal C	<p>Chinese Style Steamed Egg &amp; Mushroom with Rice</p> 	<p>Vegetables Lasagna</p> 	<p>Classic Margherita Pizza (Tomato, Basil, Mozzarella)</p> 	<p>Braised Glass Noodles with Assorted Vegetables &amp; Shredded Eggs</p> 	<p>VEGAN Stir-Fried Udon with Assorted Vegetables &amp; Bean Curd</p> 



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# Lunch Menu January 2024



Monday

Wednesday














Thursday

Friday

29 Jan

30 Jan

31 Jan

	Monday 29 Jan	Tuesday 30 Jan	Wednesday 31 Jan	Thursday	Friday
Meal A	Chinese BBQ Pork & Brown Rice  	Moussaka (Eggplant Lasagna)  	 Meat Lover Pizza (Ham, Bacon, Pepperoni)  		
Meal B	Portuguese Chicken (Macau Style) with Rice	Chicken Tzatziki (Cucumber, Mint, Greek Yogurt & Garlic) 	Orange & Fennel Roasted Fish Fillet with Rice  		
Meal C	Taiwanese Style Braised Tofu with Rice  	Vegetarian Pastitsio (Lentil & Pasta) 	Italian Eggplant Parmigiana With Mash Potato 		



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