



餐單更新理念

三月份午膳餐單加入多款新餐款，涵蓋不同口味及食材配搭，讓學生在日常午膳中有更多元的選擇。餐單更新的目標，並非單純增加菜式數量，而是在營養原則下提升整體用餐體驗與接受度。

學生在成長階段，飲食多樣性有助培養良好飲食習慣。因此，在設計餐單時，我們會在營養平衡與口味接受度之間取得適當平衡。

餐單設計的營養原則

活力午餐在規劃餐單時，會以《學生午膳營養指引》為整體框架，重點包括：

- 主食、蛋白質及蔬菜比例合適
- 留意烹調方式（如避免過多油炸）
- 鼓勵足夠蔬菜攝取
- 適當控制調味

新登場!



新餐款的定位

新增餐款中，部份屬於不同風味定位的選擇，目的是提升學生對午膳的接受度及參與度。適度的口味變化有助維持學生對正餐的興趣，避免因長期單一口味而影響進食情況。

我們鼓勵學生在選擇餐款時，配合當日蔬菜攝取及整體一日飲食作平衡安排。均衡飲食並非單一餐款的標籤，而是建基於持續及整體的飲食習慣。

持續檢視與優化

我們會持續監察學生用餐情況及餐款接受度，並定期檢視餐單設計，在營養原則與學生口味之間取得合適平衡。



Rationale Behind the Menu Update

In March, several new menu items have been introduced to enrich students' lunch experience and provide greater variety. The purpose of this update is not merely to increase the number of dishes, but to enhance overall dining satisfaction within established nutritional principles.



Dietary variety plays an important role in fostering healthy eating habits during growth. Therefore, menu planning aims to strike an appropriate balance between nutritional standards and students' acceptance.



Nutritional Principles in Menu Planning

All menus are developed based on "Nutritional Guidelines on Lunch for Students". Key considerations include:

- Appropriate proportions of grains, protein and vegetables
- Encouragement of adequate vegetable intake
- Attention to cooking methods (e.g. limiting excessive frying)
- Sensible use of seasoning and fats



Positioning of New Menu Items

Among the newly introduced items, some are designed with different flavour profiles to enhance students' acceptance and engagement. Appropriate variation in taste may help maintain students' interest in regular meals and support consistent intake. Students are encouraged to consider vegetable intake and overall daily dietary balance when making their selections. Balanced eating is built upon consistent dietary habits over time rather than any individual dish.

Ongoing Review

We will continue to monitor students' meal acceptance and regularly review menu planning to maintain an appropriate balance between nutritional principles and taste preferences.