

321 至醒午餐 Healthy Lunch 大人細路都啱 Suitable for Everyone



五穀類（如飯麵）、蔬菜類和肉類（及其代替品）佔飯盒容量的比例應是3比2比1。
Grains and Cereals (such as rice and pasta), vegetables and meat (and its substitutes) in lunch box should be provided in the ratio of 3:2:1 by volume.