



# SCHOOL MENU



Australian International School Hong Kong 香港澳洲國際學校

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營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<b>EAT MORE 適宜</b> Choose at least 3 times per week 每星期選擇3次或以上	<b>EAT MODERATELY 限量</b> Limit to 2 times per week 每星期選擇不多於2次	<b>EAT LESS 少量</b> Limit to 4 times per month 每月選擇不多於4次
1. Whole grains or grains with added vegetables 全穀類或添加蔬菜的穀類 2. Lean protein with oil trim med 低脂肪較健康的蛋白質 3. Healthy cooking methods e.g. steam, poaching, grill e.g. fish skin with very little oil 健康的烹調方法如蒸、焗、煎、烤	1. Grains with small amount of added fat and oil e.g. fried rice, fried noodle, fried corn 添加少量脂肪的穀類 2. Fatty cut of meat & poultry with skin 脂肪較多較厚及帶皮的肉類 3. Full fat milk or cheese 全脂奶類	1. Deep-fried foods 油炸食品 2. Added animal fat or saturated fat limit fat e.g. lard, butter, cream, coconut oil, coconut milk 添加了動物脂肪或飽和脂肪的食品如：豬油、牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/packaged pastries 含有反式脂肪的食品：沖孔餅、餅乾、自製的酥餅、餅乾
	4. Processed or preserved meat, egg and veggies 加工或製成的肉、蛋類及蔬菜食品 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	4. Sugar sweetened beverages 含糖的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted veg 高鹽的罐頭食品 例如：鹹魚、鹹菜

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.

訂閱 每月營養資訊

SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER

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 April 2024

	Monday 15 Apr	Tuesday 16 Apr	Wednesday 17 Apr	Thursday 18 Apr	Friday 19 Apr
<u>Meal A</u>	Staff PL Day	Spaghetti Bolognese 	Stir Fried Pork with Zucchini  	Pan Fried Fish Fillet in Tomato Sauce  	HK Style Soy Chicken  
<u>Meal B</u> 		Scramble Egg with & Tomato 	Garden Supreme Pizza  	Stir-fried Udon with Vegetables  	Sweetcorn & Zucchini Frittata  
Pasta  / Rice / Potato + Seasonal Vegetables Served Daily					
<b>Green MONDAY</b>		23 Apr	24 Apr	25 Apr	26 Apr
<u>Meal A</u>	 Sustainable Dish Shitake & Lentil Bolognese with Brown Rice   	Teriyaki Beef  	BBQ Chicken Pizza   	Onion Pork Chop  	Tandoori Chicken 
<u>Meal B</u> 	Japanese Vegetarian Curry   	Mac & Cheese  	Stewed Mixed Vegetables and Chickpeas in Spinach Sauce with Spaghetti  	Teriyaki Tofu Steak with Enoki Mushroom  	Stir-fried Rice Noodles with Assorted Vegetables  
Pasta  / Rice / Potato + Seasonal Vegetables Served Daily					



Eat More  
適宜

Eat Moderately  
限量

Eat Less  
少量



Vegetarian  
素食



Sustainable Seafood  
可持續海鮮



All meals are nut-free  
所有食物均不含堅果



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



Wheat Alert  
含小麥



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# Lunch Menu Apr/May 2024

	Monday 29 Apr	Tuesday 30 Apr	Wednesday 1 May	Thursday 2 May	Friday 3 May
<u>Meal A</u>	Grilled Pork Chop in Tomato Sauce	Young Chow Fried Rice 	Public Holiday	Steamed Fish in Ginger & Spring Onion Soy Sauce 	Sweet and Sour Pork 
<u>Meal B</u> 	Steamed Broccoli, Corn, & Egg with Rice 	Cauliflower, Pumpkin & Pea Korma 		Mushroom Stroganoff 	Vegetarian Lasagna 
Pasta  / Rice / Potato + Seasonal Vegetables Served Daily					
<b>Green MONDAY</b>		7 May	8 May	9 May	10 May
<u>Meal A</u>	Sustainable Dish Sweet & Sour Veg Meatball with Brown Rice 	Braised Chicken & Potato 	Pepperoni Pizza 	Taiwanese Minced Pork Mushroom 	Herb Baked Fish Fillet 
<u>Meal B</u> 	Lo Han Vegetables 	Aubergine Parmigiana 	Vegetarian Fried Rice 	Tuscan Chickpea Stew	Vegetarian Singapore Fried Noodles (Non Spicy) 
Pasta  / Rice / Potato + Seasonal Vegetables Served Daily					



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# Lunch Menu May 2024

	Monday 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May
<u>Meal A</u>	HK Style Soy Chicken  	Mediterranean Fish Stew with Garlic  	Public Holiday	Teriyaki Beef  	Chinese BBQ Pork with Rice  
<u>Meal B</u> 	Vegetable Lasagna   	Garden Frittata  		Stir Fried Broccoli, Lotus Root & Bean Curd  	Vegetarian Risotto 
Pasta  / Rice / Potato + Seasonal Vegetables Served Daily					
	20 May	21 May	22 May	23 May	24 May
<u>Meal A</u>	Pasta Carbonara  	Braised Beef with Tomato  	Ham & Sweet Corn Pizza   	Chicken A La King  	Grilled Fish with Sweet Corn Sauce  
<u>Meal B</u> 	Japanese Stir-fried Udon with Assorted Vegetables   	Stir-fried Fungus, Mushroom with Dried Bean Curd  	Baked Pasta with Tomato Sauce  	Braised Vegetables & Tofu  	Vegetarian Korean Bibimbap Bowl   
Pasta  / Rice / Potato + Seasonal Vegetables Served Daily					



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# Lunch Menu May/June 2024



Tuesday

Wednesday

Thursday

Friday

	27 May	28 May	29 May	30 May	31 May
<b>Meal A</b>	Sustainable Dish Shitake & Lentil Bolognese with Brown Rice 	Chicken Cacciatore	Stir-fried Pork with Broccoli & Lotus Root with Rice 	Yeung Chow Fried Rice 	Homemade Lasagne 
<b>Meal B</b> 	Mac & Cheese 	Braised Winter Mushroom & Tofu with Red Rice 	Garden Supreme Pizza 	Vegetarian Shepherd's Pie 	Japanese Curry with Vegetables 
Pasta  / Rice / Potato + Seasonal Vegetables Served Daily					
	3 June	4 June	5 June	6 June	7 June
<b>Meal A</b>	Grilled Fish in Pumpkin Sauce 	Peri-Peri Chicken	Roasted Pork Loin in Onion Gravy 	Teriyaki Chicken 	Spaghetti Bolognese 
<b>Meal B</b> 	Italian Veggie Meatball & Spaghetti with Marinara Sauce 	Silky Tofu in Sweetcorn & Egg Drop Sauce 	Mushroom & Sweet Corn Pizza 	Japanese Grilled Tofu 	Tomato & Scrambled Egg with Red Rice 
Pasta  / Rice / Potato + Seasonal Vegetables Served Daily					



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# Lunch Menu June 2024

	Monday 10 June	Tuesday 11 June	Wednesday 12 June	Thursday 13 June	Friday 14 June
<u>Meal A</u>	Public Holiday	Stir-fried Shanghai Noodles with Shredded Pork 	Steamed Fish in Ginger & Spring Onion Soy Sauce 	Teriyaki Beef 	BBQ Pork 
<u>Meal B</u> 		Tomato, Carrot & Kidney Bean Stew	Neapolitan Margarita Pizza 	Moroccan Chickpea Stew	Mushroom Stroganoff 
Pasta  / Rice / Potato + Seasonal Vegetables Served Daily					
	17 June	18 June	19 June	20 June	21 June
<u>Meal A</u>	Japanese Style Chicken Curry 	HK Style Braised Beef with Tomato Sauce 	Sweet and Sour Pork 	Beef and Lettuce Fried Rice (Less Oil) 	Last Day of School
<u>Meal B</u> 	Cauliflower, Pumpkin & Pea Korma 	Creamy Spinach and Cheese Macaroni 	Ratatouille Pasta 	Stew Kidney Bean & Spinach in Pumpkin Sauce 	
Pasta  / Rice / Potato + Seasonal Vegetables Served Daily					



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