

SCHOOL MENU


French International School Hong Kong
 香港法國國際學校

chartwells

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BPR Campus



CW Campus



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French International School Hong Kong
 香港法國國際學校

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營養紅綠燈

TRAFFIC LIGHT GUIDE

GREEN 綠燈

EAT MORE 適宜

Choose at least 3 times per week
每日至少攝食3次或以上

- Whole grain or grains with added vegetables
全穀類或添加蔬菜的穀物
- Lean protein with "at trim-med"
低脂比較 瘦的蛋白質
- Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil
健康少油煎炒烹炸方法
例如: 蒸、燉、焗、烤

AMBER 黃燈

EAT MODERATELY 限量

Limit to 2 times per week
每日攝食不超過2次

- Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked bread
添加少量脂肪的穀物
例如: 炒麵、炒飯、焗食包
- Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮類
- Full-fat milk or cheese
全脂奶類/乳酪
- Processed or preserved meat, egg and veggies
加工或製成肉類、蛋類及蔬菜食品
- Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

RED 紅燈

EAT LESS 少量

Limit to 4 times per month
每月攝食不超過4次

- Deep-fried foods
油炸食品
- Added animal fats or saturated fat, fats, egg, lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和性的脂肪的原料: 黃油、牛油、忌廉、椰子油、椰漿
- Contains trans fat e.g. processed/pre-made pastries
含有反式脂肪的原料: 酥餅、月餅及自製的餅乾類
- Sugar sweetened beverages
含糖類飲品/飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs
高鹽類食品/食品 例如: 鹹魚、鹹蛋



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in





Lunch Menu December 2023

Monday

Tuesday

Wednesday

Thursday

Friday

01 Dec

Appetizer

Hot Dish
A

Starch

Vegetables


Dessert

Chicken Parmesan Bite



Panko Crusted Fish



Buttered Pasta



Piperade

Ice Cream



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

Lunch Menu December 2023



Monday

Wednesday

Thursday

Friday

	04 Dec	05 Dec	06 Dec	07 Dec	08 Dec
Appetizer	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Papaya & Tomato Salad
Hot Dish A	Crusted Pork Parmesan 	Crock Pot Vegetarian with Eggs & Rice 	Chicken Basquaise 	Hachi Beef Parmentier 	Daegu Tang Fish with Sautéed Veggies & Noodles
Starch	Buttered Barley 	x	Buttered Pasta 	x	x
Vegetables 	Roasted Pumpkin with Honey	Garlic Green Bean	Broccolis Alfredo 	Eat Seasonal Veggies	x
Dessert	Yogurt 	Black Forrest Cake 	Cherry Clafoutis 	Fruits Salad	Ice Cream



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Vegetarian
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French International School Hong Kong
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Lunch Menu December 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	11 Dec	12 Dec	13 Dec	14 Dec	15 Dec
Appetizer	School Holiday	Salad Bar	Samousa 	Salad Bar	Cold Cut 
Hot Dish A		Sausage Cassoulet 	Chicken Tikka Masala with Mix Veggies & Rice  	Beef Burger   	Roasted Gammon with Cranberry Sauce 
Starch		Mash Potatoes 	x	French Fries	Roasted Potatoes
Vegetables 		Provencal Tomatoes	x	Eat Seasonal Veggies	Green Bean & Cherry Tomatoes 
Dessert		Marble Cheese Cake  	Indian Rice Pudding 	Fruits Salad	Buche de Noel    



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Lunch Menu December 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	18 Dec	19 Dec	Christmas Break	
Appetizer	Salad Bar	Cheese French Puff 		
Hot Dish A	Mustard Beef with Mushrooms 	Fish Chermoulas 		
Starch	Steamed Rice	Couscous 		
Vegetables 	Carrots Vichy	Brown Baked Carrots		
Dessert	Yogurt 	Ice Cream 		



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每日至少攝食3次或以上

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- Lean protein with "at trim" meat
低脂比較瘦的蛋白質
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健康少油煎炒烹炸方法
例如: 蒸、燉、焗、烤

AMBER 黃燈

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每日攝食不應多於2次

- 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、焗食包
- Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮類
- Full-fat milk or cheese
全脂奶類/乳酪
- Processed or preserved meat, egg and veggies
加工或製成肉類、蛋類及蔬菜食品
- Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

RED 紅燈

EAT LESS 少量

Limit to 4 times per month
每月攝食不多於4次

- Deep-fried foods
油炸食品
- Added animal fats or saturated fat like egg, lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和性的脂肪的例如: 黃油、牛油、忌廉、椰子油、椰漿
- Consume trans fat e.g. processed/premade pastries
含有反式脂肪的例如: 餅干、現成及自製的酥餅類
- Sugar sweetened beverages
含糖類飲品/飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs
高鹽類食品/食品 例如: 鹹魚、鹹蛋

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Lunch Menu January 2024



Monday

Wednesday

Thursday

Friday

	08 Jan	09 Jan	10 Jan	11 Jan	12 Jan
Appetizer	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Sigeumchi Namul
Hot Dish A	Beef Tajine 	Primavera Casserole with Eggs & Pasta 	Ranch Pork Loin 	Chicken BBQ Pizza 	Korean BBQ Fish with Mix Veggies & Noodles
Starch	Couscous 	X	Roasted Potatoes	X	X
Vegetables 	Sauteed Eggplants	Corn on Cob	Ratatouilles	Eat Seasonal Veggies	X
Dessert	Yogurt 	White Chocolate Mousse Cake 	King Cake 	Fruits Salad	Ice Cream



Eat More
適宜

Eat Moderately
限量

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Vegetarian
素食



Sustainable Seafood
可持續海鮮



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Egg Alert
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Lunch Menu January 2024

	Monday 15 Jan	Tuesday 16 Jan	Wednesday 17 Jan	Thursday 18 Jan	Friday 19 Jan
Appetizer	Salad Bar	Salad Bar	Vegetable Tempura 	Salad Bar	Mini Quiche   
Hot Dish A	Pork Stroganoff Casserole with Pasta   	Chicken Jerk	Pork Tonkatsu with Steamed Veggies & Udon   	Chicken Nuggets  	Sole Meuniere   
Starch	x	Buttered Barley  	x	French Fries	Couscous 
Vegetables 	Harissa Roasted Carrots	Vegetable Tian	x	Eat Seasonal Veggies	Steamed Broccolis
Dessert	Yogurt 	Crepe   	Green Tea Red Bean Cake   	Fruits Salad	Ice Cream 



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Lunch Menu January 2024



Monday

Wednesday

Thursday

Friday

	22 Jan	23 Jan	24 Jan	25 Jan	26 Jan
Appetizer	Salad Bar	Salad Bar	Italian Salad Bar	Salad Bar	Spring Roll
Hot Dish A	Beef Bourguignon	Vegetarian Tajine with Couscous	Chicken Milanese	Beef Moussaka	Vietnamese Turmeric Fish with Steamed Veggies & Noodles
Starch	Roasted Potatoes	x	Buttered Pasta	x	x
Vegetables	Roasted Greek Vegetable	Braised Mix Vegetable	Eggplant Parmigiana	Eat Seasonal Veggies	x
Dessert	Yogurt	King Cake	Tiramisu	Fruits Salad	Ice Cream



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Lunch Menu January 2024

Monday

Tuesday

Wednesday

Thursday

Friday

	29 Jan	30 Jan	31 Jan		
Appetizer	Salad Bar	Salad Bar	Samosa 		
Hot Dish A	Chicken Arrabiata Casserole with Rice 	Mojo Pulled Pork 	Baked Tandoori Chicken with Veggies & Rice  		
Starch	x	Mash Potatoes 	x		
Vegetables 	Roasted Mushrooms with Herbs	Roasted Bell Peppers	x		
Dessert	Yogurt 	Pears & Lemon Jelly Cake    	Mango Panna Cotta 		



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TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
<p>EAT MORE 適宜</p> <p>Choose at least 3 times per week 每日至少吃3次或以上</p> <ol style="list-style-type: none"> Whole grain or grains with added vegetables 全穀類或添加蔬菜的食物 Lean protein with "at trim" meat 低脂比較瘦的蛋白質 Healthy cooking methods e.g. steaming, poaching, grilling or baking with very little oil 健康少油煎炒烹炸方法 例如：蒸、燉、焗、烤 	<p>EAT MODERATELY 限量</p> <p>Limit to 2 times per week 每日吃這樣不多於2次</p> <ol style="list-style-type: none"> 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、炒飯、焗食包 Fatty cut of meat & poultry with skin 脂肪含量較高的肉類及雞肉皮類 Full-fat milk or cheese 全脂奶類/乳酪 Processed or preserved meat, egg and veggies 加工或製成肉類、蛋類及蔬菜食品 Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁 	<p>EAT LESS 少量</p> <p>Limit to 4 times per month 每月吃這樣不多於4次</p> <ol style="list-style-type: none"> Deep-fried foods 油炸食品 Added animal fats or saturated fat like egg, lard, butter, cream, coconut oil, coconut milk 添加了動物性脂肪或飽和性的脂肪的例如：黃油、牛油、忌廉、椰子油、椰漿 Consume trans fat e.g. processed/premade pastries 含有反式脂肪的例如：餅類、酥餅及自製的餅乾等類 Sugar sweetened beverages 含糖類飲品/飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽類食品/食品 例如：鹹魚、鹹蛋



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in



COMPASS | HK GROUP

Monday

Tuesday

Wednesday

Thursday

Friday

01 Dec

Appetizer

Hot dish
A

Starch

Vegetables



Dessert

Bouchée de poulet au
parmesan

Poisson en croûte de
panko

Pâtes beurrées

Piperade

Glace



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
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Dairy Alert
含奶類



Soy Alert
含大豆



Fish Alert
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Shellfish Alert
含貝殼類海鮮



Wheat Alert
含小麥

Menu du

Décembre 2023



Monday

Wednesday

Thursday

Friday

	04 Dec	05 Dec	06 Dec	07 Dec	08 Dec
Appetizer	Bar à salades	Bar à salades	Bar à salades	Bar à salades	Salade de papaye et de tomates
Hot dish A	Porc en croûte de parmesan   	Mijoteuse végétarienne avec oeufs et riz    	Poulet Basquaise 	Parmentier de bœuf Hachi   	Poisson Daegu Tang avec légumes sautés et nouilles    
Starch	Orge beurrée 	x	Pâtes beurrées 	x	x
Vegetables 	Citrouille rôtie au miel	Haricot vert à l'ail	Brocolis Alfredo 	Mangez des légumes de saison	x
Dessert	Yaourt 	Gâteau de la forêt noire   	Clafoutis aux cerises   	Salade de fruits	Glace 



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Monday

Tuesday

Wednesday

Thursday

Friday

	11 Dec	12 Dec	13 Dec	14 Dec	15 déc.
Appetizer	School Holiday	Bar à salades	Samousa 	Bar à salades	Charcuterie 
Hot dish A		Saucisse Cassoulet 	Poulet Tikka Masala avec Mélange de Légumes et Riz  	Burger de bœuf   	Gammon rôti avec sauce aux canneberges 
Starch		Purée de pommes de terre 	x	Frites	Potaos rôties 
Vegetables 		Tomates Provençales	x	Mangez des légumes de saison	Haricots verts et tomates cerises
Dessert		Gâteau au fromage marbré  	Riz au lait indien 	Salade de fruits	Bûche de Noël   



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Monday

Tuesday

Wednesday

Thursday

Friday

18 Dec

19 Dec

	18 Dec	19 Dec	
Appetizer	Bar à salades	Feuilleté français au fromage 	Vacances de Noël
Hot dish A	Boeuf à la moutarde et aux champignons 	Poissons Chermoulas 	
Starch	Riz cuit à la vapeur	Couscous 	
Vegetables 	Carottes Vichy	Carottes brunes au four	
Dessert	Yaourt 	Glace 	



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Menu du Janvier 2024



Monday

Wednesday

Thursday

Friday

	08 Jan	09 Jan	10 Jan	11 Jan	12 Jan
Appetizer	Bar à salades	Bar à salades	Bar à salades	Bar à salades	Sigeumchi Namul  
Hot Dish A	Tajine de boeuf 	Casserole Primavera aux oeufs et pâtes    	Longe de porc ranch   	Pizza BBQ au poulet   	Poisson BBQ coréen avec mélange de légumes et de nouilles    
Starch	Couscous 	x	Pommes de terre rôties	x	x
Veggies 	Aubergines sautées	Épis de maïs	Ratatouilles	Mangez des légumes de saison	x
Dessert	Yaourt 	Gâteau à la mousse au chocolat blanc   	Galette des rois   	Salade de fruits	Glace 



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

Menu du Janvier 2024

Monday

Tuesday

Wednesday

Thursday

Friday

	15 Jan	16 Jan	17 Jan	18 Jan	19 Jan
Appetizer	Bar à salades	Bar à salades	Tempura de légumes 	Bar à salades	Mini Quiche   
Hot Dish A	Casserole de porc Stroganoff avec pâtes   	Poulet Jerk	Tonkatsu de porc avec légumes cuits à la vapeur et udon   	Croquettes de poulet  	Sole Meuniere   
Starch	x	Orge beurrée  	x	Frites	Couscous 
Veggies 	Carottes rôties à la harissa	Tian végétal	x	Mangez des légumes de saison	Brocolis cuits à la vapeur
Dessert	Yaourt 	Crêpe   	Gâteau aux haricots rouges au thé vert   	Salade de fruits	Glace 



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Wheat Alert
含小麥

Menu du Janvier 2024

Monday



Wednesday

Thursday

Friday

	22 Jan	23 Jan	24 Jan	25 Jan	26 Jan
Appetizer	Bar à salades	Bar à salades	Bar à salades italiennes	Bar à salades	Rouleau de printemps
Hot Dish A	Bœuf Bourguignon	Tajine végétarien au couscous	Poulet à la milanaise	Moussaka au bœuf	Poisson vietnamien au curcuma avec légumes et nouilles cuits à la vapeur
Starch	Pommes de terre rôties	x	Pâtes beurrées	x	x
Veggies	Légumes grecs rôtis	Mélange de légumes braisés	Aubergine Parmigiana	Mangez des légumes de saison	x
Dessert	Yaourt	Galette des rois	Tiramisu	Salade de fruits	Glace



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含小麥



Lycée Français
International de Hong
Kong
香港法國國際學校

chartwells

Menu du Janvier 2024

Monday

Tuesday

Wednesday

Thursday

Friday

	29 Jan	30 Jan	31 Jan		
Appetizer	Bar à salades	Bar à salades	Samosa 		
Hot Dish A	Casserole de poulet Arrabiata avec riz 	Porc effiloché Mojo 	Poulet tandoori cuit au four avec légumes et riz  		
Starch	x	Purée de pommes de terre 	x		
Veggies 	Champignons rôtis aux herbes	Poivrons rôtis	x		
Dessert	Yaourt 	Gâteau à la gelée de poires et de citron    	Panna cotta à la mangue 		



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