

SCHOOL MENU

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

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營養紅綠燈 chartwells

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

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
添加少量脂肪的食物
例如: 炒麵、炒粉、焗食
- Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮
- 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脂肪的食物
例如: 黃油、牛油、忌廉、椰子油、椰漿
- Contains trans fat e.g. processed/premade pastries
含有反式脂肪的食物: 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

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！

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Lunch Menu December 2023

Monday

Tuesday

Wednesday

Thursday

Friday

01 Dec

Appetizer

Hot Dish
A

Hot Dish
B


Starch

Vegetables


Dessert

Pasta
Pasta

Chicken Parmesan Bite



Panko Crusted Fish



Green Panko Fish



Buttered Pasta



Piperade

Ice Cream



Bolognese Style    + Tropical Fusion Smoothie 



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

Green
TUESDAY

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 
Hot Dish B 	Spiced Lentils & Spinach Pie 	Vegetarian Taquitos with Eggs & Rice 	Vegetarian Quesadillas 	Vegetarian Bolognese	Manchurian Meat Balls 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 
Pasta Pasta	Bolognese Style  + Tropical Fusion Smoothie 				



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Lycée
Français
International
de Hong Kong

French International
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Lunch Menu December 2023

	Monday 11 Dec	Tuesday 12 Dec	Wednesday 13 Dec	Thursday 14 Dec	Friday 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 
Hot Dish B 		Croque Madame   	Vegetarian Dal Makhani with Mix veggies & Rice	Green Burritos	Roasted Salmon with Dills 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    
Pasta Pasta		Carbonara Style    + Tropical Fusion Smoothie 			



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Wheat Alert
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Lunch Menu December 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	18 Dec	19 Dec	
Appetizer	Salad Bar	Cheese French Puff  	Christmas Break
Hot Dish A	Mustard Beef with Mushrooms  	Fish Chermoulas  	
Hot Dish B	Vegetarian Bourguignon Stew 	Maghmours with Chickpeas   	
Starch	Steamed Rice	Couscous 	
Vegetables 	Carrots Vichy	Brown Baked Carrots	
Dessert	Yogurt 	Ice Cream 	
Pasta Pasta	Tuscan Style    + Tropical Fusion Smoothie 		



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健康少油煎炒烹炸方法
例如: 蒸、燉、焗、烤

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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

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油炸食品
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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
- Contains trans fat e.g. processed/pre-made 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
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高含防腐劑的食品 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
Hot Dish B	Frittata Cheese & Tomato	Buffalo Cauliflower with Pasta	Green Burritos	Margherita Pizza	Vegetarian Bulgogi 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
Crepe Sarrazin	Galette Complete + Antioxidant Smoothie				



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 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   
Hot Dish B 	Mushrooms & Eggs Stroganoff   	Vegetarian Quesadillas with Spinach & Chickpeas  	Japanese Curry Tofu with Steamed Veggies & Udon  	Vegetarian Nuggets  	Arabian Chickpeas
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 
Crepe Sarrazin 	Galette Saucisse     + Antioxidant Smoothie 				



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Wheat Alert
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Lunch Menu January 2024

	Monday 22 Jan	Green TUESDAY 23 Jan	Wednesday 24 Jan	Thursday 25 Jan	Friday 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   
Hot Dish B 	Swedish Vegetarian Meat Balls   	Vegetarian Bolognese	Eggs Pesto Parmesan  	Vegetarian Hot Dog  	Vietnamese Tomato Tofu 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 
Crepe Sarrazin 	Galette Forestiere     + Antioxidant Smoothie 				



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Wheat Alert
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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  		
Hot Dish B 	Chick Peas & Broccolis with Rice Casserole	Vegetarian Sausage  	Vegetarian Aloo Gobi with Eggs & Rice 		
Starch	x	Mash Potatoes 	x		
Vegetables 	Roasted Mushrooms with Herbs	Roasted Bell Peppers	x		
Dessert	Yogurt 	Pears & Lemon Jelly Cake    	Mango Panna Cotta 		
Crepe Sarrazin 	Galette Vegetarian     + Antioxidant Smoothie 				



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營養紅綠燈

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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 每日至少攝食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穀物 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 每日攝食不應多於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 添加少量油的穀物 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 	<p>EAT LESS 少量</p> <p>Limit to 4 times per month 每月攝食不多於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原料: 黃油、牛油、忌廉、椰子油、椰漿 Consume trans fat e.g. processed/premade pastries 含有反式脂肪的原料: 餅乾、月餅及自製的酥餅類 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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Menu du

Décembre 2023

Monday

Tuesday

Wednesday

Thursday

Friday

		01 déc.
Appetizer		Bouchée de poulet au parmesan    
Hot Dish A		Poisson en croûte de panko   
Hot Dish B		Poisson Panko végétarien  
Starch		Pâtes beurrées  
Vegetables		Piperade
Dessert		Glace 
Pasta Pasta	Style bolognaise    + Smoothie Fusion Tropicale 	



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Vegetarian
素食



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Shellfish Alert
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Wheat Alert
含小麥

Menu du

Décembre 2023



Monday

Wednesday

Thursday

Friday

	04 déc.	05 déc.	06 déc.	07 déc.	08 déc.
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
Hot Dish B	Tarte aux lentilles épicées et aux épinards 	Taquitos végétariens aux œufs et au riz 	Quesadillas végétariennes 	Bolognaise Vegetarienne	Boulettes de viande mandchoue avec légumes et nouilles sautés
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
Pasta Pasta	Style bolognaise + Smoothie Fusion Tropicale				



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Menu du

Décembre 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	11 déc.	12 déc.	13 déc.	14 déc.	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 
Hot Dish B 		Croque Madame   	Dal Makhani végétarien avec mélange de légumes et de riz	Burritos Vert	Saumon rôti à la sauce à l'aneth     
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    
Pasta Pasta 		Style Carbonara    + Smoothie Fusion Tropicale 			



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Monday

Tuesday

Wednesday

Thursday

Friday

	18 déc.	19 déc.	Vacances de Noël	
Appetizer	Bar à salades	Feuilleté français au fromage  		
Hot Dish A	Boeuf à la moutarde et aux champignons  	Poissons Chermoulas  		
Hot Dish B 	Ragoût végétarien bourguignon	Maghmours aux pois chiches   		
Starch	Riz cuit à la vapeur	Couscous 		
Vegetables 	Carottes Vichy	Carottes brunes au four		
Dessert	Yaourt 	Glace 		
Pasta Pasta 	Style toscan    + Smoothie Fusion Tropicale 			



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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 每日至少攝食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穀物 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 每日攝食不應多於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 添加少量油的穀物 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 	<p>EAT LESS 少量</p> <p>Limit to 4 times per month 每月攝食不多於4次</p> <ol style="list-style-type: none"> Deep-fried foods 油炸食品 Added animal fats or saturated fat fats e.g. lard, butter, cream, coconut oil, coconut milk 添加了動物性脂肪或飽和脂肪的脂肪類 例如：豬油、牛油、忌廉、椰子油、椰漿 Consume trans fat e.g. processed/premade pastries 含有反式脂肪的脂肪類 例如：酥餅、月餅及自製的餅乾類 Sugar sweetened beverages 手工糖分的飲品 Preserved foods with extremely high salt content e.g. salted fish and salted eggs 高鹽份類的食品 例如：鹹魚、鹹蛋



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訂閱 每月營養資訊

SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER



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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	Burritos Vert	Pizza BBQ au poulet	Poisson BBQ coréen avec mélange de légumes et de nouilles
Hot Dish B	Frittata au fromage et à la tomate	Chou-fleur Buffalo avec pâtes	Omelettes au fromage	Margherita Pizza	Bulgogi végétarien 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
Crêpe Sarrazin	Galette Complète + Smoothie Antioxydant				



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



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

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Menu du Janvier 2024

	Monday 15 Jan	Tuesday 16 Jan	Wednesday 17 Jan	Thursday 18 Jan	Friday 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   
Hot Dish B 	Champignons et oeufs Stroganoff   	Quesadillas végétariennes aux épinards et pois chiches  	Tofu japonais au curry avec légumes cuits à la vapeur et udon  	Croquettes végétariennes  	Pois chiches arabes
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 
Crêpe Sarrazin 	Galette Saucisse     + Smoothie Antioxydant 				



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Wheat Alert
含小麥

Menu du Janvier 2024

Monday

Green
TUESDAY

Wednesday

Thursday

Friday

22 Jan

23 Jan

24 Jan

25 Jan

26 Jan

	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   
Hot Dish B 	Boulettes de viande végétariennes suédoises   	Bolognaise Vegetarienne	Oeufs Pesto Parmesan  	Hot-dog végétarien  	Tofu vietnamien à la tomate 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 
Crêpe Sarrazin 	Galette Forestière     + Smoothie Antioxydant 				



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 Wheat Alert
含小麥

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  		
Hot Dish B 	Pois chiches et brocolis avec casserole de riz	Saucisse végétarienne  	Aloo Gobi végétarien avec oeufs 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 		
Crêpe Sarrazin 	Galette Végétarienne     + Smoothie Antioxydant 				



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