

SCHOOL MENU

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

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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, 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 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
高鹽類食品例如: 鹹魚、鹹蛋

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Lunch Menu April 2024

| | Monday 15 April (Japan) | Tuesday 16 April | Wednesday 17 April (India) | Thursday 18 April | Friday 19 April |
|------------|---|---|--|--|---|
| Appetizer | Agedashi Tofu  | Salad Bar | Onion Bhajis  | Salad Bar | Mini-Quiche  |
| Hot Dish A | Pork Tonkatsu  | Chicken Milanese  | Chicken Shawarma | Croque Monsieur  | Greek Fish Fillet  |
| Hot Dish B | Japanese Scramble Eggs  |  Shiitake & Lentil Bolognese with Brown Rice  | Vegetarian Chicken Shawarma  | Croque Madame  | Greek Vegetarian Fish Fillet  |
| Starch | Noodles  | Buttered Barley  | Steamed Rice | French Fries | Buttered Pasta  |
| Vegetables | Sauteed Eggplant  | Broccoli | Turmeric Cauliflowers | Chef Salad | Stew Veggies |
| Dessert | Yogurt  | Holeki Carrot Cake  | Indian Rice Pudding  | Fruits Salad | Ice Cream  |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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 GLOBAL Eats 2024



Monday

Green TUESDAY

Wednesday



Thursday

Friday

| | 22 April (Vietnam) | 23 April | 24 April (Brazil) | 25 April | 26 April (Korea) |
|----------------|--|-----------------------------|-----------------------------|-------------------------|--------------------------|
| Appetizer | Spring Roll | Salad Bar | Chicken Coxinha | Salad Bar | Korean Lettuce Salad |
| Hot Dish A | Chicken Cilantro | Menemen | Beef Enchiladas | Salsiccia Pizza | Beef Bulgogi |
| Hot Dish B | Sweet & Sour Veg Meat Balls with Brown Rice | Turkish Eggs | Green Burritos | Veg Salsiccia Pizza | Korean Eggs Omelette |
| Starch | Steamed Rice | Couscous | Roasted Potatoes | x | Noodles |
| Vegetables | Vegetables Curry (with coconut milk) | Roasted Vegetable | Brazilian Roasted Vegetable | Chef Salad | Bok Choy Sauteed |
| Dessert | Yogurt | Lemon Pie With Meringue | Churros | Fruits Salad | Ice Cream |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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Lunch Menu April 2024

| | Monday 29 April (Thailand) | Tuesday 30 April | Wednesday | Thursday | Friday |
|--|---|--|-----------|----------|--------|
| Appetizer | Ponelo Salad | Salad Bar | | | |
| Hot Dish A | Lemon Grass Pork  | Chicken Arrabiata  | | | |
| Hot Dish B  | Veg Lemon Grass Pork  | Italian Eggs  | | | |
| Starch | Steamed Rice | Buttered Pasta  | | | |
| Vegetables  | Sauteed Eggplant | Steamed Garden Vegetable | | | |
| Dessert | Yogurt  | Tiramisu  | | | |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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- Fatty cut of meat & poultry with skin
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- Full-fat milk or cheese
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- Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

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- Consume trans fat e.g. processed/premade pastries
含有反式脂肪的食料: 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
高含防腐劑的食品 例如: 鹹魚、鹹蛋

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Lunch Menu May 2024











Monday

Tuesday

Wednesday

Thursday

Friday

| | Monday | Tuesday | Wednesday | 2 May | 3 May (Thailand) |
|---|--|---------|-----------|---|---|
| Appetizer | | | | Salad Bar | Thai Spring Rolls  |
| Hot Dish A | | | | Chicken Nuggets  | Steamed Lime & Garlic Fish  |
| Hot Dish B  | | | | Vegetarian Nuggets  | Coconut Thai Curry |
| Starch | | | | French Fries | Pilaf Rice  |
| Vegetables  | | | | Chef's Salad  | Thai Vegetables Stir Fry  |
| Dessert | | | | Fruits Salad | Ice Cream  |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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Vegetarian
素食



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Dairy Alert
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Fish Alert
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Wheat Alert
含小麥

Lunch Menu May 2024



| | Monday 6 May (Japan) | Green TUESDAY 7 May | Wednesday 8 May (Morocco) | Thursday 9 May | Friday 10 May |
|----------------|--|---------------------------------|------------------------------|---------------------------------|--|
| Appetizer | Sunomono (Cucumber Salad) | Salad Bar | Salad Bar | Salad Bar | Hummus & Vegies Sticks |
| Hot Dish A | Japanese Sweet Caramelized Pork | Mee Goreng Mamak Vegetarian | Beef Tajine | Chicken & Bell Pepper Pizza | Roasted Fish with Fresh Herbs |
| Hot Dish B | Japanese Scramble Eggs | Vegetarian Aloo Gobi | Vegetarian Tajine | Pizza Regina | Roasted Vegetarian Fish with Fresh Herbs |
| Starch | Roasted Potato & Herbs | Noodles | Couscous | x | Steamed Rice |
| Vegetables | Steamed Broccoli | Roasted Eggplants | Mix Vegetables Stew (Tajine) | Chef Salad | Baked Pumpkin |
| Dessert | Yogurt | Cinnamon Apple Crumble | Moroccan Orange Cake | Fruits Salad | Ice Cream |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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Lunch Menu May 2024

| | Monday 13 May (China) | Tuesday 14 May | Wednesday 15 May | Thursday 16 May | Friday 17 May |
|------------|--|--|---------------------|--|--|
| Appetizer | Chine Zucchini Salad | Salad Bar | Public Holiday | Salad Bar | Cold Cut  |
| Hot Dish A | Crispy Spicy Chicken   | Pork Ranch     | | Hot Dog    | Fish en Crouete       |
| Hot Dish B | Crispy Spicy Vegetarian Chicken    |  Green Burrito     | | Veg Hot Dog    |  Shiitake & Lentil Bolognese with Brown Rice  |
| Starch | Noodles  | Mashed Potatoes  | | French Fries | Pilaff Rice  |
| Vegetables | Steamed Baby Bok Choi  | Roasted Cherry Tomato & Corn | | Chef Salad   | Garden Vegetables |
| Dessert | Yogurt  | NY Cheesecake    | | Fruits Salad | Alsacian Pie    |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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Lunch Menu May 2024















































Monday

Wednesday

Thursday

Friday

| | 20 May (Slovenia) | 21 May | 22 May | 23 May | 24 May |
|------------|---|---|--|---|---|
| Appetizer | Ruccola Salat (Egg, Cheese & Tomato salad)   | Salad Bar | Salad Bar | Salad Bar | Chicken Parmesan Bites    |
| Hot Dish A | Pork Ragout   | Manchurian Meat Ball     | Chicken Milanese   | Ham & Cheese Pizza    | Beef Bolognese |
| Hot Dish B | Vegetarian Pork Ragout    | Sustainable Dish Sweet & Sour Veg Meat Ball   | Vegetarian Chicken Milanese    | Pizza Margarita   | Egg in Purgatory  |
| Starch | Buttered Barley   | Brown Rice | Roasted Potato & Herbs  | x | Buttered Pasta   |
| Vegetables | Lemon Butter Broccoli  | Roasted Carrots with Honey  | Seasonal Veggies | Chef Salad | Green Beans & Cherry Tomatoes  |
| Dessert | Yogurt  | Sesame Balls     | Meringued Lemon Pie    | Fruits Salad | Ice Cream  |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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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" meat
低脂比較 肉類的蛋白質
- 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
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- 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
- Contribute trans fat e.g. processed/premade pastries
含有反式脂肪的原料: 餅類、酥餅及自製的餅乾類
- 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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| | Monday 3 June (Korea) | Tuesday 4 June | Wednesday 5 June (China) | Thursday 6 June | Friday 7 June |
|------------|--|--|---|--|---|
| Appetizer | Red Cabbage Kimchi Salad | Salad Bar | Bean Sprout Salad | Salad Bar | Brittany Tourte   |
| Hot Dish A | Korean BBQ Duck   | Pork Cuban Mojo   | Chinese Steamed Chicken (skinless)   | Pulled Pork in a Bun   | Fish Shaksuka   |
| Hot Dish B | Korean Pan-Fried Tofu   |  Sustainable Dish Shiitake & Lentil Bolognese with Brown Rice  | Baked Chinese Eggs    |  Sustainable Dish Green Burrito     | Veg. Fish Shaksuka     |
| Starch | Noodles  | Roasted Potato & Herbs  | Steamed Rice | French Fries | Couscous  |
| Vegetables | Seasonal Veggies  | Sauteed Zucchini  | Eggplant Soy Sauce   | Chef Salad   | Garlic Green Beans  |
| Dessert | Yogurt  | NY Cheesecake    | Egg Tart    | Fruits Salad | Ice Cream  |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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Vegetarian
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Wheat Alert
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Lunch Menu June 2024



Monday

Wednesday

Thursday

Friday

10 June

11 June

12 June

13 June

14 June (Vietnam)

| | Monday 10 June | Green TUESDAY 11 June | Wednesday 12 June | Thursday 13 June | Friday 14 June (Vietnam) |
|----------------|--|---|---------------------------|-----------------------------|---|
| Appetizer | | Salad Bar | Salad Bar | Salad Bar | Fresh Spring Roll |
| Hot Dish A | | Sweet & Sour Veg Meat Ball | Chilli con Carne | Ham & Corn Fiesta Pizza | Vietnamese Steamed Turmeric Fish |
| Hot Dish B | Public Holiday | Sweet Potatoes & Vegies Sweet Curry | Veg. Chilli con Carne | Italian Garden Pizza | Vietnamese Steamed Turmeric Veg. Fish |
| Starch | | Brown Rice | Steamed Rice | x | Noodles |
| Vegetables | | Moroccan Cauliflower | x | Chef Salad | Stir Fry Vegetable |
| Dessert | | Crepes | Coconut Pudding | Fruits Salad | Ice Cream |
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| | Monday 17 June (Japan) | Tuesday 18 June | Wednesday 19 June (Malaysia) | Thursday 20 June | Friday 21 June |
|--|--|--|---|---|--|
| Appetizer | Vegetable Tempura  | Salad Bar | Papaya Salad | Salad Bar | Sausage Roll  |
| Hot Dish A | Roasted Chicken Teriyaki  | Pork Crusted Parmesan  | Malaysian Fried Chicken  | BBQ Baby Back Rib | Roasted Fish New Orleans  |
| Hot Dish B  | Roasted Veg. Chicken Teriyaki  | Vegetarian Tikka Massala | Mushroom and Tofu Rendang (with coconut)  | Parmesan Roasted Vegies & Eggs  | Roasted Veg. Fish New Orleans  |
| Starch | Steamed Rice | Roasted Potato | Couscous  | French Fries | Buttered Pasta  |
| Vegetables  | Braised Mixed Cabbages  | Sauteed Eggplant | Steamed Lemon Butter Broccoli  | Chef Salad | Corn on Cob  |
| Dessert | Yogurt  | Chocolate Brownie  | Malaysian Egg Cake  | Fruits Salad | Ice Cream  |
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Lunch Menu June 2024



Monday

Wednesday

Thursday

Friday

| | 24 June (China) | 25 June | 26 June | 27 June (Mexico) | 28 June |
|----------------|--|--------------------------------|-----------------------------------|----------------------------|---------|
| Appetizer | Shredded Chicken Salad | Salad Bar | Salad Bar | Salad Bar | Buffet |
| Hot Dish A | Hoisin Beef | Vegetarian Moussaka | Roasted Garlic Pork Loin | Pizza Chicken Mexicana | |
| Hot Dish B | Hoisin Veg. Beef | Mushrooms & Egg Parmentier | Roasted Garlic Veg. Pork Loin | Pizza Salsa Yucatan | |
| Starch | Noodles | x | Mashed Potatoes | x | |
| Vegetables | Steamed Baby Bok Choi | x | Seasonal Veggies | Chef Salad | |
| Dessert | Yogurt | Yagkwa | Cherry Clafouti | Fruits Salad | |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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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
例如: 酥餅、月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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Menu du Avril 2024


Lundi

Mardi

Mercredi

Jeudi

Vendredi

| | 15 Avril (Japan) | 16 Avril | 17 Avril (India) | 18 Avril | 19 Avril |
|------------|---|--|--|--|---|
| Appetizer | Tofu Agedashi  | Salad Bar | Bhajis à l'oignon  | Salad Bar | Mini-Quiche  |
| Hot Dish A | Pork Tonkatsu  | Poulet milanais  | Shawarma au poulet | Croque Monsieur  | Filet de poisson à la grecque  |
| Hot Dish B | Oeufs brouillés japonais  |  Champignons Shiitake et Lentil avec riz brun  | Shawarma au poulet végétarien  | Croque Madame  | Filet de poisson végétarien grec  |
| Starch | Nouilles  | Orge Beurré  | Riz cuit à la vapeur | Frites | Pâtes au beurre  |
| Vegetables | Aubergines sautées  | Brocoli | Choux-fleurs au curcuma | Salade du chef | Ragoût de légumes |
| Dessert | Yaourt  | Gâteau à la carotte  | Riz au lait indien  | Salade de Fruits | Crème glacée  |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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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Menu du GLOBAL EATS 2024



Lundi



Mercredi



Jeudi

Vendredi

| | 22 Avril (Vietnam) | 23 Avril | 24 Avril (Brazil) | 25 Avril | 26 Avril (Korea) |
|------------|---|-------------------------------|--------------------------|----------------------------------|--------------------------------|
| Appetizer | Rouleau de printemps | Salad Bar | Poulet Coxinha | Salad Bar | Salade de laitue coréenne |
| Hot Dish A | Poulet à la coriandre | Ménémen | Enchiladas au bœuf | Pizza Salcissia | Bulgogi de Bœuf |
| Hot Dish B | Boules de viande végétarienne "Aigre et Doux" avec riz brun | Oeufs turos | Burrito "Vert" | Pizza Salcissia végétarienne | Omelette coréenne aux œufs |
| Starch | Riz cuit à la vapeur | Couscous | Pommes de Terre Rôties | x | Nouilles |
| Vegetables | Curry De Légumes (au lait de coco) | Légumes Rôtis | Légumes rôtis brésiliens | Salade du chef | Bok Choy Sauté |
| Dessert | Yaourt | Tarte Au Citron Meringuée | Churros | Salade de Fruits | Crème glacée |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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Wheat Alert
含小麥



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Lundi

Mardi

Mercredi

Jeudi

Vendredi

| | 29 Avril (Thailand) | 30 Avril | | | |
|--|---|---|--|--|--|
| Appetizer | Salade de pomelo | Salad Bar | | | |
| Hot Dish A | Porc à la citronnelle   | Poulet Arrabiata   | | | |
| Hot Dish B  | Vegetarian Porc à la Citronnelle   | Oeufs italiens   | | | |
| Starch | Riz cuit à la vapeur | Pâtes au beurre   | | | |
| Vegetables  | Aubergines sautées | Légumes du jardin cuits à la vapeur | | | |
| Dessert | Yaourt  | Tiramisu    | | | |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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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, 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
- 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
每月攝食不多於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
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: 鹹魚、鹹蛋

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Lundi

Mardi

Mercredi

Jeudi

Vendredi

| | Lundi | Mardi | Mercredi | 2 Mai | 3 Mai (Thailande) |
|--|--|-------|----------|--|--|
| Appetizer | | | | Bar de Salade | Rouleaux de Printemps Thailandaisv  |
| Hot Dish A | | | | Nuggets de Poulet  | Poisson Vapeur "Ail et Citron Vert"  |
| Hot Dish B  | | | | Nuggets Végétariens  | Curry Thaïlandais à la Noix de Coco |
| Starch | | | | Frites | Riz Pilaff  |
| Vegetables  | | | | Salade du chef  | Sauté de Légumes à la Thaïlandaise  |
| Dessert | | | | Salade de Fruits | Glace  |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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適宜

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少量



Vegetarian
素食



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可持續海鮮



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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



Lundi

Mercredi

Jedi

Vendredi

| | 6 Mai (Japon) | 7 Mai | 8 Mai (Maroc) | 9 Mai | 10 Mai |
|------------|--|------------------------------------|--------------------------------|---------------------------------|--------------------------------------|
| Appetizer | Sunomono (Salade de Concombre) | Bar de Salade | Bar de Salade | Bar de Salade | Bâtons de Légumes et Hummus |
| Hot Dish A | Porc Caramelisé à la Japonaise | Mee Goreng Mamak Vegetarien | Tajine de Boeuf | Pizza au Poulet et Poivrons | Poisson Rôti aux Herbes Fraîches |
| Hot Dish B | Oeufs Brouillés à la Japonaise | Aloo Gobi Vegetarien | Tajine Vegetarien | Pizza Régina | Poisson Rôti aux Herbes Fraîches |
| Starch | Pommes de Terre Rôties aux Herbes | Nouilles | Couscous | x | Riz Vapeur |
| Vegetables | Broccoli à la Vapeur | Aubergines Rôties | Légumes Variés (Tajine) | Salade du chef | Citrouille cuite |
| Dessert | Yahourt | Crumble aux Pommes et Cannelle | Gâteau Marocain à l'Orange | Salade de Fruits | Glace |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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Soy Alert
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Fish Alert
含魚類



Shellfish Alert
含貝殼類海鮮



Wheat Alert
含小麥

| | Lundi 13 Mai (Chine) | Mardi 14 Mai | Mercredi 15 Mai | Jedi 16 Mai | Vendredi 17 Mai |
|--|---|---|--------------------|--|--|
| Appetizer | Salade de Courgette à la Chinoise | Bar de Salade | Jour férié | Bar de Salade | Charcuterie  |
| Hot Dish A | Poulet Croûstillant et Epicé   | Porc Façon Ranch     | | Hot Dog    | Poisson en Crouste       |
| Hot Dish B  | Poulet Végétarien Croûstillant et Epicé   | Burrito "Vert"      | | Hot Dog Végétarien    | Champignons Shiitake et Lentil avec riz brun   |
| Starch | Nouilles  | Purée de Pomme de Terre  | | Frites | Riz Pilaff  |
| Vegetables  | Bok Choi à la Vapeur | Tomate Cerise et Maïs Rôtis | | Salade du chef   | Légumes du Jardin |
| Dessert | Yahourt  | NY Cheesecake    | | Salade de Fruits | Tarte Alsacienne    |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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Wheat Alert
含小麥

Menu du

Mai 2024



Lundi

Mercredi

Jeudi

Vendredi























20 Mai (Slovanie)

21 Mai

22 Mai

23 Mai

24 Mai (Italie)

| | 20 Mai (Slovanie) | 21 Mai | 22 Mai | 23 Mai | 24 Mai (Italie) |
|------------|---|---|---|--|---|
| Appetizer | Ruccola Salat (Egg, Cheese & Tomato salad)   | Bar de Salade | Bar de Salade | Bar de Salade | Chicken Parmesan Bites    |
| Hot Dish A | Porc en Ragoût   | Boules de Légumes Façon Mandchou     | Poulet a la Milanaise   | Pizza Jambon et Fromage    | Boeuf Bolognaise |
| Hot Dish B | Porc en Ragoût    |  Sustainable Dish Boules de Viande Végétarienne "Aigre et Doux"   | Poulet Végétarien a la Milanaise    | Pizza Margarita   | Oeuf en Purgatoire  |
| Starch | Orge au Beurre   | Riz brun | Pomme de Terre Rôties  | x | Pâtes au Beurre   |
| Vegetables | Brocoli au Beurre Citronné  | Carottes Rôties au Miel  | Légumes de Saison | Salade du chef | Haricots Verts et Tomate Cerise  |
| Dessert | Yahourt  | Boules de Sésame     | Tarte au Citron Meringuée    | Salade de Fruits | Glace  |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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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
- Contribute trans fat e.g. processed/pre-made pastries
含有反式脂肪的原料: 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
高含防腐劑的食品 例如: 鹹魚、鹹蛋

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Menu du

Juin 2024















































Lundi

Mardi

Mercredi

Jeudi

Vendredi

| | 3 Juin (Coree) | 4 Juin | 5 Juin (Chine) | 6 Juin | 7 Juin |
|------------|--|--|---|---|---|
| Appetizer | Kimchi au Chou Rouge | Salad Bar | Salade de Germes de Soja | Salad Bar | Tourte Bretonne   |
| Hot Dish A | Canard Coréen BBQ   | Porc "Mojo" Cubain   | Poulet Vapeur à la Chinoise   | Bun à l'Effiloché de Porc   | Poisson Shaksuka   |
| Hot Dish B | Poêlé de Tofu à la Coréenne   |  Champignons Shiitake et Lentil avec riz brun  | Oeufs au Four Façon Chine    |  Burrito "Vert"     | Poisson Végétarien Shakshuka     |
| Starch | Nouilles  | Pommes de Terre Rôties aux Herbes  | Riz Vapeur | Frites | Couscous  |
| Vegetables | Légumes de Saison  | Courgettes Sautées  | Aubergines au Soja   | Salade du Chef   | Haricots Verts à l'Ail  |
| Dessert | Yahourt  | NY Cheesecake    | Tartelette aux Oeufs    | Salade de Fruits | Glace  |
| Tartines | Meat Tartine / Vegetarian Tartine (Weekly Rotation) | | | | |



Eat More
適宜

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限量

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少量



Vegetarian
素食



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Wheat Alert
含小麥



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Menu du

Juin 2024



Lundi

Mercredi

Jeudi

Vendredi

10 Juin

11 Juin

12 Juin

13 Juin

14 Juin (Vietnam)

| | 10 Juin | 11 Juin | 12 Juin | 13 Juin | 14 Juin (Vietnam) |
|----------------|----------------|--|--------------------------------|-----------------------------------|---|
| Appetizer | | Salad Bar | Salad Bar | Salad Bar | Rouleaux de Printemps Frais |
| Hot Dish A | Public Holiday | Boules de Viande Végétarienne "Aigre et Doux" | Chili con Carne | Pizza Jambon et Maïs "Fiesta" | Poisson à la Vietnamiennne |
| Hot Dish B | | Curry de Légumes et Patates Douces | Chili con Carne Végétarien | Pizza du Jardin d'Italie | Poisson Végétarien à la Vietnamiennne |
| Starch | | Riz brun | Riz Vapeur | x | Nouilles |
| Vegetables | | Choux-fleur à la Marocaine | x | Salade du Chef | Sauté de Légumes |
| Dessert | | Crêpes | Pudding à la Noix de Coco | Salade de Fruits | Glace |
| Tartines | | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | |



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Menu du Juin 2024

| | Lundi 17 Juin (Japon) | Mardi 18 Juin | Mercredi 19 Juin (Malaysie) | Jeudi 20 Juin | Vendredi 21 Juin |
|--|--|--|--|--|---|
| Appetizer | Tempura de Légume  | Salad Bar | Salade de Papaye | Salad Bar | Friand à la Saucisse  |
| Hot Dish A | Poulet Rôti Tériyaki  | Cote de Porc en crouste de Parmesan  | Poulet Frit à la Malaysienne  | BBQ de Travers de Porc | Poisson Rôti "Nouvelle-Orléans"  |
| Hot Dish B  | Poulet Végétarien Rôti Tériyaki  | Tikka Massala Vegetarien | Rendang aux champignons et tofu (à la noix de coco)  | Légumes Rôtis aux Oeufs et Parmesan  | Poisson Végétarien Rôti "Nouvelle-Orléans"  |
| Starch | Riz Vapeur | Pommes de Terre Rôties | Couscous  | Frites | Pâtes au Beurre  |
| Vegetables  | Choux Braisés  | Aubergines Sautées | Broccoli Vapeur au Beurre Citroné  | Salade du chef | Epi de Maïs  |
| Dessert | Yahourt  | Brownie au Chocolat  | Gâteau Malai aux Oeufs  | Salade de Fruits | Glace  |
| Tartines | Meat Tartine / Vegetarian Tartine (Weekly Rotation) | | | | |



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Wheat Alert
含小麥

Menu du

Juin 2024



Lundi

Mercredi

Jeudi

Vendredi

24 Juin (Chine)

25 Juin

26 Juin

27 Juin (Mexique)

28 Juin

| | 24 Juin (Chine) | 25 Juin | 26 Juin | 27 Juin (Mexique) | 28 Juin |
|----------------|--|------------------------------------|----------------------------------|-------------------------------|---------|
| Appetizer | Salade au Poulet "Effiloché" | Salad Bar | Salad Bar | Salad Bar | |
| Hot Dish A | Boeuf Sauce Hoisin | Moussaka Végétarienne | Rôti de Porc à l'Ail | Pizza Mexicaine au Poulet | |
| Hot Dish B | Boeuf Végétarien Sauce Hoisin | Champignons et Oeuf Parmentier | Porc Végétarien Rôti à l'Ail | Pizza à la Yucatanne | Buffet |
| Starch | Nouilles | x | Purée de Pomme de Terre | x | |
| Vegetables | Bébé Pak Choi | x | Légumes de Saison | Salade du chef | |
| Dessert | Yahourt | Yagkwa | Clafouti aux Cerises | Salade de Fruits | |
| Tartines | Meat Tartine / Vegetarian Tartine(Weekly Rotation) | | | | |



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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香港法國國際學校

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