

# SCHOOL MENU

## SHARE YOUR THOUGHTS

分享你的意見

BPR Campus



CW Campus



JL Campus



TKO Campus



### 營養紅綠燈

## TRAFFIC LIGHT GUIDE

GREEN 綠燈

AMBER 黃燈

RED 紅燈

EAT MORE  
適量

Choose at least 3 times per week  
每週至少吃3次或以上

- Whole grain or grains with added vegetables  
全穀類食物(如全麥粉等)
- Lean protein with fat trimmed  
低脂肪肉類或低脂肪蛋白質
- Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil  
健康少油的烹調方法(例如:蒸、焗、烤、焗)

EAT MODERATELY  
限量

Limit to 2 times per week  
每週吃2次或不超過2次

- Grains with an all amount of added fat, e.g. fried rice, fried noodles, baked pasta  
高脂肪含量的食物(例如:炒飯、炒麵、焗意粉)
- Fatty cut of meat & poultry with skin  
脂肪含量較高的肉類及禽類的肉類
- Full fat milk or cheese  
全脂奶類
- Processed or preserved meat, egg and vegetables  
加工或醃製肉類、蛋類及蔬菜等食品
- Sauces or gravy with high sugar, salt or fat content  
高糖、高鹽及高脂肪的醬汁或芡汁

EAT LESS  
少量

Limit to 4 times per month  
每月最多不超過4次

- Deep-fried foods  
油炸食品
- Added animal fats or saturated fats like e.g. lard, butter, cream, coconut oil, coconut milk  
添加了動物性脂肪或飽和脂肪的食品(例如:豬油、牛油、忌廉、椰子油、椰油)
- Contains trans fat e.g. processed/premade pastries, confectionery, biscuits  
含反式脂肪(例如:預先製作及預包的糕點類)
- Sugar-sweetened beverages  
含糖類飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs  
極高鹽含量的食品(例如:鹹魚、鹹蛋)



## 有關於食物致敏原

All About Allergens

請注意我們在廚房內也有處理:  
Please be aware that we also handle and prepare:



蛋類  
Eggs



奶類  
Dairy



木本堅果  
Nuts



大豆  
Soy



甲殼類動物  
Shellfish



魚類  
Fish



花生  
Peanuts



小麥  
Gluten

如您患有任何食物過敏症或不耐症，請與我們聯絡，讓我們為您提供所需的食物資訊，助您作出合適的餐點選擇。

If you have food allergies or food intolerances to certain food ingredients, please speak to a member of our team so that we can provide you with the food information necessary to choose a suitable meal.

免責聲明: 儘管我們已採取一切措施確保廚房內的交叉污染率降至最低，但仍可能會出現我們無法控制的情況，並可能影響所供食物資訊的準確性。因此，我們建議您不要僅僅依賴這些資訊，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 to that of 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.



Egg Alert  
含蛋類



Soy Alert  
含大豆



Shellfish Alert  
含貝殼類海鮮



Dairy Alert  
含奶類



Fish Alert  
含魚類



Gluten Alert  
含麩質

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# Lunch Menu August 2024

Lundi

Mardi

Mercredi

Jedi

Vendredi

				29 Aug	30 Aug
Entrée				Rouleaux de Printemps Thailandais  	Salade Bar
Plat A				Travers de Porc BBQ   	Poisson Vapeur Ail et Citron Vert  
Plat B 				Champignons Bolognaise 	Curry Thai au Lait de Coco
Légume 				Légumes de Saison	Sauté de Légumes Façon Thai
Féculent				Pommes Rôties aux Herbes	Riz Pilaf
Plat C				Noodle Hut	Noodle Hut
Produit Laitier				Fromage 	Yaourt 
Dessert				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



Egg Alert  
含蛋類



Dairy Alert  
含奶類



Soy Alert  
含大豆



Fish Alert  
含魚類



Shellfish Alert  
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# Lunch Menu September 2024

**Green MONDAY**

**FUN Thursday**

Mardi  
3 Sep

Mewcredi  
4 Sep

5 Sep

Friday  
6 Sep

	2 Sep	3 Sep	4 Sep	5 Sep	6 Sep
Entrée	Salade de Pommes de Terre au Curry 	Salade Bar	Salade Vietnamiennne 	Salade Bar	Rouleaux de Pringtemps 
Plat A	Boulettes Végétariennes Mandchou 	Rôti de Porc à l'Ail	Poulet Frit aux Epices 	Hamburger au Fromage 	Poisson Chermoulas 
Plat B	Aloo Gobi Végétarien	Lentilles et Champignons Bolognaise Riz Brun 	Vietnamese Tomato Tofu 	Hamburger Végétarien 	Pois Chiches au Four
Légume	Tomates Rôties	Broccoli Alfredo 	Choux Braisés	Salade du Chef 	Courgettes Rôties au Cumin
Féculent	riz	Avoine Beurré 	Nouilles 	Frites	Semoule 
Plat C	Noodle Hut	Noodle Hut	Noodle Hut	Noodle Hut	Noodle Hut
Produit Laitier	Fromage	Fromage	Yaourt	Fromage	Yaourt
Dessert	Yaourt	Yaourt	Boules au Sésame	Salade de Fruits	Glace

Salad Bar, Soup and Fruit 'Caravan' are available daily.



**Eat More**  
適宜

**Eat Moderately**  
限量

**Eat Less**  
少量

Vegetarian  
素食

Sustainable Seafood  
可持續海鮮

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

Gluten Alert  
含麩質



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# Lunch Menu September 2024



	Lundi 9 Sep	Mardi 10 Sep	11 Sep	12 Sep	Vendredi 13 Sep
Entrée	Salade Bar	Salade Bar	Salade Turque	Salade Bar	Salade Mexicaine
Plat A	Rôti de Porc à la Citronnelle   	Poisson au Curcuma à la Vietnamiennne  	Kebab de Poulet 	Pizza Pepperoni   	Poulet Rôti Façon Mexicaine
Plat B 	Riz Pad Thai à l'Ananas   	Poisson V. au Curcuma à la Vietnamiennne    	Choux Fleur au Four "Aneth et Féta" 	Pizza Margherita   	Burrito Végétarien au Riz Brun    
Légume 	Aubergines Sautées  	Légumes de Saison	Tomate Cerise et Haricot Vert	Salade du Chef  	Potiron au Four
Féculent	Nouille  	Pomme de Terre Bombay	Riz au citron	x	Avoine Beurré  
Plat C	Noodle Hut	Noodle Hut	Noodle Hut	Noodle Hut	Noodle Hut
Produit Laitier	Fromage 	Fromage 	Yaourt 	Fromage 	Yaourt 
Dessert	Yaourt 	Yaourt 	Gâteau de Semoule	Salade de Fruits	Glace 

Salad Bar, Soup and Fruit 'Caravan' are available daily.



Eat More  
適宜

Eat Moderately  
限量

Eat Less  
少量



Vegetarian  
素食



Sustainable  
Seafood  
可持續海鮮



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



Gluten Alert  
含麩質



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# Lunch Menu September 2024

**Green MONDAY**

**FUN Thursday**

	Mardi 16 Sep	Mercredi 17 Sep	Vendredi 20 Sep
Entrée	Salade de Pomme de Terre au Curry   	Salade Bar	Salade Bar
Plat A	Tikka Massala Végétarien 	Porc Char Siu  	Porc BBQ à la Coréenne  
Plat B 	Aloo Gobi Végétarien	Boules "Aigre et Doux", Riz Brun   	Nuggets de Légumes  
Légume 	Poivrons Rôtis	Bok Choi	Salade du Chef  
Féculent	Pomme de Terre	Riz Vapeur	Frites
Plat C	Noodle Hut	Noodle Hut	Noodle Hut
Produit Laitier	Fromage 	Fromage 	Fromage 
Dessert	Yaourt 	Tarte aux Oeufs 	Salade de Fruits

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# Lunch Menu September 2024

	Lundi 23 Sep	Mardi 24 Sep	KNOW YOUR FRENCH 25 Sep	Lasano phile 26 Sep	Vendredi 27 Sep
Entrée	Salade Bar	Salade Bar	Mini Quiche Lorraine 	Pain Aillé 	Salade Bar
Plat A	Porc Effiloché Mojo	Poisson Vapeur "Citron Vert et Ail" 	Poulet Cordon Bleu 	Lasagne de Boeuf 	Porc Vindaloo
Plat B	Brocoli et Pois Chiche au Fromage 	Chou-fleur Kun Pao 	Croque Madame 	Lasagne de Légumes 	Curry de Patates Douces et Légumes
Légume	Légumes de Saison	Choi Sum	Tomate Cerise et Haricot Vert	Salade du Chef 	Broccoli au Citron
Féculent	Pâtes au Beurre 	Riz Vapeur	Purée de Pommes de Terre 	X	Semoule 
Plat C	Asian Bowl	Asian Bowl	Asian Bowl	Asian Bowl	Asian Bowl
Produit Laitier	Fromage	Fromage	Yaourt	Fromage	Yaourt
Dessert	Yaourt	Yaourt	Brittany Far 	Salade de Fruits	Glace

Salad Bar, Soup and Fruit 'Caravan' are available daily.



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適宜

Eat Moderately  
限量

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少量



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Shellfish Alert  
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Gluten Alert  
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