

SCHOOL MENU

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

chartwells

SHARE YOUR THOUGHTS

分享你的意見

BPR Campus

CW Campus

JL Campus

TKO Campus

營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈

EAT MORE 適宜

Choose at least 3 times per week
每星期至少吃3次或以上

- Whole grain or grains with added vegetables 全粒麥或添加蔬菜的麵粉
- Lean protein with fat trimmed 低脂肪的蛋白質
- Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil. 健康的烹調方法 例如: 蒸、焗、烤、焗

AMBER 黃燈

EAT MODERATELY 限量

Limit to 2 times per week
每星期不多於2次

- Grains with small amount of added fat, e.g. fried rice, fried noodle, baked pasta 添加少量脂肪的穀物 例如: 炒飯、炒麵、焗意粉
- Fatty cut of meat & poultry 脂肪較高的肉類
- Full fat milk or cheese 全脂奶及奶
- Processed or preserved meat, egg and waffles 加工、醃製或預製肉類、蛋類及鬆餅等食品
- Sauces or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁

RED 紅燈

EAT LESS 少量

Limit to 4 times per month
每月不多於4次

- Deep-fried foods 油炸食品
- Added animal fat 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 例如: 豬油、牛油、忌廉、椰子油、椰油
- Contains trans fat e.g. processed/pre-made pastries 含有反式脂肪 例如: 酥餅、餅乾、夾心餅乾
- Sugar-sweetened beverages 添加糖分的飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs 鹽分極高的食品 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。 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.

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- 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	Jeudi 29 Aug	Vendredi 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
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
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Fish Alert
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Shellfish Alert
含貝殼類海鮮



Gluten Alert
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Lunch Menu September 2024

	Lundi 2 Sep	Mardi 3 Sep	Mercredi 4 Sep	Jeudi 5 Sep	Vendredi 6 Sep
Entrée	Salade de Pommes de Terre au Curry  		Salade Vietnamiennne 		Rouleaux de Printemps  
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 
Produit Laitier	Fromage 	Fromage 	Yaourt 	Fromage 	Yaourt 
Dessert	Yaourt 	Yaourt 	Boules au Sésame	Salade de Fruits	Glace 



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Lunch Menu September 2024



	Lundi 9 Sep	Mardi 10 Sep	11 Sep	Vendredi 13 Sep	
Entrée	Salade Bar	Salade Bar	Salade Turque	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
Produit Laitier	Fromage	Fromage	Yaourt	Fromage	Yaourt
Dessert	Yaourt	Yaourt	Gâteau de Semoule	Salade de Fruits	Glace



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Soy Alert
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Lunch Menu September 2024

Green
MONDAY

FUN Thursday

	Mardi 16 Sep	Mercredi 17 Sep	Fun Thursday 19 Sep	Vendredi 20 Sep	
Entrée	Salade de Pomme de Terre au Curry   	Salade Bar	Jour Férié	Salade Bar	
Plat A	Tikka Massala Végétarien 	Porc Char Siu  	-	Nuggets de Poulet   	Porc BBQ à la Coréenne  
Plat B 	Aloo Gobi Végétarien	Boules "Aigre et Doux", Riz Brun   	-	Nuggets de Légumes  	Omelette Coréenne 
Légume 	Poivrons Rôtis	Bok Choi	-	Salade du Chef  	Carottes au sucre Brun
Féculent	Pomme de Terre	Riz Vapeur	-	Frites	Noodles  
Produit Laitier	Fromage 	Fromage 	-	Fromage 	Yaourt 
Dessert	Yaourt 	Tarte aux Oeufs 	-	Salade de Fruits	Glace 



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Lunch Menu September 2024

	Lundi 23 Sep	Mardi 24 Sep	Mercredi 25 Sep	Jeudi 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
Produit Laitier	Fromage	Fromage	Yaourt	Fromage	Yaourt
Dessert	Yaourt	Yaourt	Far Breton	Salade de Fruits	Glace



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