

# 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



營養紅綠燈 chartwells

## TRAFFIC LIGHT GUIDE

GREEN 綠燈

AMBER 黃燈

RED 紅燈

### EAT MORE 適量

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

1. Whole grain or grains with added vegetables  
全穀類或添加蔬菜的穀類  
例如：糙米、燕麥、全麥粉
2. Lean protein with oil  
低脂蛋白質與油  
例如：雞胸肉、魚、豆腐
3. 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、用極少油煎炒
4. Processed or preserved meat, egg and vegetables  
加工過的肉類、蛋類及蔬菜  
例如：火腿、臘腸、鹹蛋、鹹魚
5. Sauces or gravy with high sugar, salt or fat content  
高糖、高鹽及高脂肪的醬汁或肉汁  
例如：沙爹、沙爹醬、沙爹粉

### EAT MODERATELY 限量

Limit to 2 times  
per week  
每週最多選擇2次

1. Grains with an all amount of added fats, oil e.g. fried rice, fried noodles, baked pasta  
添加大量脂肪、油類的穀類  
例如：炒飯、炒麵、焗意粉
2. Fatty cuts of meat & poultry with skin  
高脂肪的肉類及禽類皮  
例如：肥牛、肥羊、雞皮
3. Full fat milk or cheese  
全脂奶類及芝士  
例如：全脂牛奶、全脂芝士
4. Processed or preserved meat, egg and vegetables  
加工過的肉類、蛋類及蔬菜  
例如：火腿、臘腸、鹹蛋、鹹魚
5. Sauces or gravy with high sugar, salt or fat content  
高糖、高鹽及高脂肪的醬汁或肉汁  
例如：沙爹、沙爹醬、沙爹粉

### EAT LESS 少量

Limit to 4 times  
per month  
每月最多選擇4次

1. Deep-fried foods  
油炸食品  
例如：炸雞、炸薯條
2. Added animal fats or saturated fats e.g. lard, butter, cream, coconut oil, coconut milk  
添加動物脂肪或飽和脂肪  
例如：豬油、牛油、忌廉、椰子油、椰漿
3. Contains trans fat e.g. processed/pre-made pastries, biscuits, margarine, etc.  
含有反式脂肪  
例如：酥皮、餅乾、人造奶油
4. Sugar-sweetened beverages  
添加糖分的飲品  
例如：汽水、果汁
5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs  
極高鹽分的食品  
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致敏原的準確性。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。

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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 January 2026



	Monday 5 Jan	6 Jan	Wednesday 7 Jan	8 Jan	9 Jan
Appetizer	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dish A	Spanish Beef Stew 	Slow-Cooked Roasted Pork light 'Persillade'  	Roasted Chicken Tight with Thyme Gravy Sauce  	'Saucisses au Chou'   	Tuna in Creamy Spinach & Kale Sauce      Sustainable Dish
Dish B	Italian Bean Stew    	Ratatouille	Broccoli & Cheese Frittata   	Veggie Sausage   	Mushroom Stroganoff   
Vegetables	Savoy Cabbage 	Steamed Broccoli	Mixed Vegetables	Braised Cabbage  	Roasted Peppers
Starch	Rice 	Tomato Pasta	Couscous	Potato Wedges	Pasta
Dish C	Vietnamese Pho	Vietnamese Pho	Vietnamese Pho	Vietnamese Pho	Vietnamese Pho
Dairy	Cheese 	Yogurt 	Cheese 	Yogurt 	Ice Cream 
Dessert	Apple	Quatre Quart Cake   	Fruit Compote	Fruit Salad	Orange Slice

\* Ice cream can be substituted with plain yogurt upon request.



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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# Lunch Menu January 2026

	Monday	Tuesday	Wednesday	Fun Thursday	Friday
	12 Jan	13 Jan	14 Jan	15 Jan	16 Jan
Appetizer	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Samosa  
Dish A	Chicken Primavera Sauce     Sustainable Dish	Cuban Mojo Pork Loin     Sustainable Dish	Baked Fish with Herb Crust     Sustainable Dish	Cheeseburger   	Cajun Roasted Chicken 
Dish B 	Roast Cauliflower & Chickpea Korma   	Spinach, Okra, Tomato Cheese Lasagna   	Shakshuka - Baked Egg with Tomato Sauce  	Stir-fried Vegetarian Ham with Four Season Bean   	
Vegetables 	Green Bean	Cabbage	Roasted Vegetables	Chef's Salad	Roasted Mushroom
Starch 	Rice	Roasted Potatoes	Pasta	French fries	Pilaf Rice
Dish C	Vietnamese Pho	Vietnamese Pho	Vietnamese Pho	Vietnamese Pho	Vietnamese Pho
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 
Dessert	Pear	Daily Cake   	Apple Beignet   	Fruit Salad	Honeydew Melon

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# Lunch Menu January 2026



	Monday 19 Jan	Tuesday 20 Jan	21 Jan	22 Jan	Friday 23 Jan
Appetizer	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dish A	Italian Chicken Topped with Tomato Sauce & Mozzarella Cheese  	Fish Arrabiata    	Grilled Lemon Chicken Steak 	Meat Lover Pizza   	Classic Pork and Vegetable Stew
Dish B 	Grilled Zucchini Carbonara  	Indian Sweet Potato Light Curry  	Vegetarian Moussaka (Eggplant & Lentil Casserole)  	Margarita Pizza   	Carrot, Long Bean, Egg Fritters    
Vegetables 	Cabbage	Roasted Peppers	Grilled Tomato "Persillade"	Mixed Cabbage Thousand Island	Carrots, Potatoes and Corn
Starch 	Pasta	Rice	Couscous	-	Rice
Dish C	HK Cart Noodle	HK Cart Noodle	HK Cart Noodle	HK Cart Noodle	HK Cart Noodle
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 
Dessert	Pear	Coconut Cake   	Fruit Compote	Fruits Salad	Seasonal Fruit Slice

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限量

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Sustainable  
Seafood  
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含蛋類



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Fish Alert  
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# Lunch Menu



	26 Jan	27 Jan	28 Jan	29 Jan	30 Jan
Appetizer	Salad Bar	Salad Bar	Siu Mai	Salad Bar	Salad Bar
Dish A	Nut-free Calabrese Pesto Pasta	Creamy Pork Stew with Vegetables	BBQ Roasted Chicken Tigt	Ham Gruyere Mac & Cheese	New Orleans Fish
Dish B	Wild Mushroom Ragu	Lentil, Okra & Potato Stew	Stir-fried Cauliflower, Carrot, Baby Corn & Tofu	French Onion Mac & Cheese	Pasta Baked with Corn & Spinach
Vegetables	Mixed Vegetables	Tomato Concassé	Cabbage	Green Peas	Coleslaw
Starch	Pasta	Rice	Roasted Potatoes	-	Mashed Potato
Dish C	HK Cart Noodle	HK Cart Noodle	HK Cart Noodle	HK Cart Noodle	HK Cart Noodle
Dairy	Yogurt	Cheese	Yogurt	Cheese	Ice Cream
Dessert	Apple	Banana Cake	Fruit Salad	Mini Donut	Watermelon

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# Lunch Menu February 2026



Tuesday

Wednesday

Friday

2 Feb

3 Feb

4 Feb

5 Feb

6 Feb

Appetizer	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dish A	Grilled Chicken Breast & Tomato Sauce	Roasted Pork light Mustard	Roasted Paprika-Lemon Chicken	Beef Lasagna	Chicken Fricassee in Creamy Mushroom
Dish B	Vegetarian 'Pot-au-feu'	Classic Falafel	Stir-fried Rice Vermicelli with Bak Choy, Broccoli, Carrot	Broccoli & Cheddar Lasagna	Vegetarian Meatball in Tomato Sauce
Vegetables	Broccoli	Tomato Concassé	Cabbage	Coleslaw	Cabbage
Starch	Pasta	Mashed Potatoes	Rice	-	Pilaf Rice
Dish C	Japanese Ramen	Japanese Ramen	Japanese Ramen	Japanese Ramen	Japanese Ramen
Dairy	Yogurt	Cheese	Yogurt	Cheese	Ice Cream
Dessert	Crepe au sucre	Apple	Daily Cake	Fruit Salad	Orange

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# Lunch Menu February 2026

**Plant Forward**  
9 Feb

Tuesday

10 Feb












































Wednesday CNY

11 Feb

**FUN Thursday**  
12 Feb

Friday

13 Feb

Appetizer	Salad Bar	Salad Bar	Spring Rolls	Salad Bar	Salad Bar
Dish A	Diced Pork Loin with Vegetables in Mustard Gravy   	Chicken Alfredo   	Pork Char-Siu  	Chicken Nugget   	Steamed Fish Fillet with Light Lemon Butter Tomato Sauce  
Dish B 	Creamy Mushroom & Spinach Stew   	Korean Vegetables Egg Fritters    	Veg Pork Char-Siu & Tofu  	Veggie Nugget    	Carrot, French Beans, and Black-Eyed Peas Casserole    
Vegetables 	Grilled Zucchini	Cauliflower	Broccoli	Mexican Corn Salad	Seasonal Steamed Vegetables
Starch 	Mashed Potato	Pasta	Mixed Rice with carrots, Scrambled eggs   	Fries	Rice
Dish C	Japanese Ramen	Japanese Ramen	-	Japanese Ramen	Japanese Ramen
Dairy	Yogurt 	Cheese 	Tofu Pudding	Cheese 	Ice Cream 
Dessert	Apple	Pineapple Cake	Egg Tart   	Fruit Salad	Orange slices

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# Lunch Menu February 2026

	Monday 16 Feb	Tuesday 17 Feb	Wednesday 18 Feb	Thursday 19 Feb	Friday 20 Feb
Appetizer					
Dish A	School Holiday	Chinese New Year Break	Chinese New Year Break	Chinese New Year Break	School Holiday
Dish B ✓					
Vegetables ✓					
Starch ✓					
Dairy					
Dessert					



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Shellfish Alert  
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


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# Lunch Menu March 2026

	Monday 23 Feb	Tuesday 24 Feb	GLOBAL Eats 25 Feb	FUN Thursday 26 Feb	Friday 27 Feb
Appetizer	Salad Bar	Samosa 	Salad Bar	Salad Bar	Salad Bar
Dish A	Korean Light Beef Bulgogi 	Tandoori Fish Fillet    	Hawaiian Tomato Pork Chop   	Japanese Fried Chicken (Karaage)   	Pork Stew with Sweet Corn   
Dish B 	Mixed Vegetables in Non-Spicy Green Curry  	Vegetarian Aloo Gobi 	Japanese Style Stir-fried Udon Mix Vegetables & Shredded Egg   	Veggie Nugget   	Mushroom Stroganoff   
Vegetables 	Cabbage Salad	Carrot, Celery	Roasted Cherry Tomatoes	Chef Salad	Bak Choy
Starch 	Rice	Steamed Potato	Noodle	Tomato Pasta	Rice
Dish C	Japanese Ramen	Japanese Ramen	Japanese Ramen	Japanese Ramen	Japanese Ramen
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 
Dessert	Apple	Daily Cake   	Pancakes   	Fruit Salad	Seasonal Fruit Slice

\* Ice cream can be substituted with plain yogurt upon request.



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  
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# Lunch Menu March 2026



	Monday 2 Mar	Tuesday 3 Mar	Wednesday 4 Mar	Thursday 5 Mar	Friday 6 Mar
Appetizer	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Fish Ball   
Dish A	Spaghetti Carbonara  	Roasted Provencal Pork & Gravy	Baked Fish with Herb Crust       Sustainable Dish	Pork Sausage Cheeseburger   	Cajun Roasted Chicken 
Dish B 	Mushroom Bolognese   	Veggie Meatballs    	Shakshuka - Baked Egg with Spiced Tomato Sauce and Vegetables  	Roasted Eggplant & Cheddar Burger   	Stir-fried Vegetarian Ham with Four Season Bean & Mushroom   
Vegetables 	Broccoli	Seasonal vegetable	Steamed Green Beans	Chef Salad	Zucchini
Starch 	Spaghetti 	Crushed Butter Potato	Steamed Rice	French Fries	Mashed Potato
Dish C	Chinese Noodle	Chinese Noodle	Chinese Noodle	Chinese Noodle	Chinese Noodle
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream* 
Dessert	Apple	Daily Cake   	Peach & Apple Compote	Fruit Salad	Orange slices

\* Ice cream can be substituted with plain yogurt upon request.



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 March 2026

**Plant  
Forward**  
9 Mar

Tuesday

10 Mar

Wednesday























11 Mar

**PIZZA  
DAY**

12 Mar

Friday

13 Mar

Appetizer	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dish A	Mexican Shredded Pork with Mixed Vegetables 	Creamy Chicken Arrabiata 	Beef Ragu 	Chicken & Mushroom Pizza 	Banger and Mash 
Dish B 	Shanghai Fried Noodle with Dried Tofu 	Roasted Cherry Tomatoes Arrabiata (Garlic, Red Chili Peppers) 	Indian Sweet Potato Curry 	Cheesy Vegetables Pizza 	Carrot Egg Fritters 
Vegetables 	Broccoli	Roasted Zucchini & Bell Peppers	Vichy Carrot	Mixed Cabbage Thousand Island 	Long Beans
Starch 	Roasted Potatoes	Pasta 	Rice	Grilled Sweet Corn	Mashed Potatoes
Dish C	Chinese Noodle	Chinese Noodle	Chinese Noodle	Chinese Noodle	Chinese Noodle
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 
Dessert	Apple	Daily Cake 	Waffle 	Fruits Salad	Banana

\* Ice cream can be substituted with plain yogurt upon request.



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 March 2026



	Monday 16 Mar	Tuesday 17 Mar	Wednesday 18 Mar	Fun Thursday 19 Mar	Friday 20 Mar
Appetizer	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Samosa   
Dish A	Creamy Chicken Stew   	Light Garlic Pork Rib  	Chicken Basquaise 	Ham Gruyere Mac & Cheese   	Fish Meunière   
Dish B 	Steamed Egg with Shitake Mushroom, Vermicelli    	Mixed Vegetables Bolognese 	Cauliflowers & Chick Peas Gratin   	French Onion Mac & Cheese   	Pasta Baked with Corn & Spinach   
Vegetables 	Corn, Carrot, Zucchini	Steamed Broccoli	Roasted Bell Peppers	Coleslaw  	Carrot Vichy
Starch 	Rice	Roasted Potato & Herbs	Couscous	-	Steamed Potato
Dish C	Southeast Asian Noodle	Southeast Asian Noodle	Southeast Asian Noodle	Southeast Asian Noodle	Southeast Asian Noodle
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 
Dessert	Pear	Daily Cake   	Clafouti   	Fruit Salad	Seasonal Fruit Slice

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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



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# Lunch Menu March 2026

	Monday 23 Mar	Tuesday 24 Mar	GLOBAL Eats 25 Mar	FUN Thursday 26 Mar	Friday 27 Mar
Appetizer	Salad Bar	Salad Bar	Takoyaki Octopus Ball 	Easter Egg Quich 	Spring Roll 
Dish A	Thai Chicken Light Coconut Curry 	Slow cook Duck Breast	Japanese Teriyaki Pork 	Classic Hot Dog 	Oven-Baked Fish with Light Cream Sauce 
Dish B 	Tofu & Vegetable Light Coconut Curry 	Light Cajun Cauliflower Stew 	Carrot Leek & Potato 'Pot au Feu' 	Meatball Hot Dog 	Broccoli & Cheese Gratin 
Vegetables 	Seasonal Vegetable	Roasted Tomato	Stir Fried Zucchini	Mixed Cabbage Thousand Island 	Steamed Cauliflower
Starch 	Rice	Steamed Potato	Rice	French Fries	Couscous 
Dish C	Southeast Asian Noodle	Southeast Asian Noodle	Southeast Asian Noodle	Southeast Asian Noodle	Southeast Asian Noodle
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 
Dessert	Apple	Daily Cake 	Banana	Fruits Salad	Seasonal Fruit Slice

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Eat a lot  
適量

Eat Moderately  
適量

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



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# Lunch Menu

Monday 30 Mar	Tuesday 31 Mar	Wednesday 1 Apr	Thursday 2 Apr	Friday 3 Apr
	School Holiday	School Holiday	School Holiday	Easter Break

Monday 6 Apr	Tuesday 7 Apr	Wednesday 8 Apr	Thursday 9 Apr	Friday 10 Apr
	Easter Break	School Holiday	School Holiday	School Holiday



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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