

SCHOOL MENU



● 有關於食物致敏原 All About Allergens

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:



聲明
DISCLAIMER

• 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，並可能改變所提供的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.

• 炸爐中的烹煮油或麵檔的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。
The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu January 2026



Monday

5 Jan

Wednesday

6 Jan

7 Jan

Fun Thursday

8 Jan

9 Jan

Appetizer	Corn & Cucumber Salad	Grated Carrot	Cherry Tomatoes Pasta Salad	Macedonia Salad	Tomato Salad
Dish A	Spanish Beef Stew 	Slow-Cooked Roasted Pork light 'Persillade' 	Roasted Chicken Thigh 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
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
適量

Eat Moderately
限量

Eat Less
少量

Vegetarian
素食

Sustainable Seafood
可持續海鮮

- Egg Alert 含蛋類
- Fish Alert 含魚類
- Dairy Alert 含奶類
- Shellfish Alert 含貝殼類海鮮
- Soy Alert 含大豆
- Gluten Alert 含麩質



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



聲明 DISCLAIMER

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，並可能改變所提供的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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。
The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu January 2026

Monday		Tuesday		Wednesday		Fun Thursday		Friday	
12 Jan		13 Jan		14 Jan		15 Jan		16 Jan	
Appetizer	Green Peas Cherry Tomatoes	Tomato Corn		Cucumber stick Hummus Dip		Grated Carrot		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  Sustainable Dish	Spinach, Okra, Tomato Cheese Lasagna  Sustainable Dish	Shakshuka - Baked Egg with Tomato Sauce  Sustainable Dish	Veggie Burger 	Stir-fried Vegetarian Ham with Four Season Bean  Sustainable Dish				
Vegetables	Green Bean	Cabbage	Roasted Vegetables	Chef's Salad	Roasted Mushroom				
Starch	Rice	Roasted Potatoes	Pasta	French fries	Pilaf Rice				
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 				
Dessert	Pear	Daily Cake   	Apple Beignet   	Fruit Salad	Honeydew Melon				

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

Eat More
適量
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable Seafood
可持續海鮮

- Egg Alert
含蛋類
- Fish Alert
含魚類
- Dairy Alert
含奶類
- Shellfish Alert
含貝殼類海鮮
- Soy Alert
含大豆
- Gluten Alert
含麩質



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



聲明 DISCLAIMER

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，並可能改變所提供的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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。
The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu January 2026



Monday 19 Jan		Tuesday 20 Jan		Wednesday 21 Jan		Thursday 22 Jan		Friday 23 Jan		
Appetizer	Sweet Corn & Cherry Tomato		Beetroot	Light Oregano Pasta Salad		Cucumber Salad		Vegetable Soup		
Dish A	Italian Chicken Topped with Tomato Sauce & Mozzarella Cheese 		Fish Arrabiata Sustainable Dish		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 Sustainable Dish	
Vegetables	Cabbage		Roasted Peppers		Grilled Tomato "Persillade"		Mixed Cabbage Thousand Island		Carrots, Potatoes and Corn	
Starch	Pasta		Rice		Couscous		-		Rice	
Dairy	Yogurt 		Cheese 		Yogurt 		Cheese 		Ice Cream 	
Dessert	Pear		Coconut Cake 		Fruit Compote		Fruits Salad		Seasonal Fruit Slice	

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



Eat More
適量
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable Seafood
可持續海鮮

- Egg Alert 含蛋類
- Fish Alert 含魚類
- Dairy Alert 含奶類
- Shellfish Alert 含貝殼類海鮮
- Soy Alert 含大豆
- Gluten Alert 含麩質



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



聲明 DISCLAIMER

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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu January 2026

Green MONDAY		Tuesday	Wednesday	Fun Thursday		Friday
26 Jan		27 Jan	28 Jan	29 Jan		30 Jan
Appetizer	Sweet Corn	Beetroot	Siu Mai	Cherry Tomatoes		Vegetable Soup
Dish A	Nut-free Calabrese Pesto Pasta	Creamy Pork Stew with Vegetables	BBQ Roasted Chicken Tigh	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
Dairy	Yogurt	Cheese	Yogurt	Cheese		Ice Cream
Dessert	Apple	Banana Cake	Fruit Salad	Mini Donut		Watermelon

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



Eat More
適量
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable Seafood
可持續海鮮

- Egg Alert 含蛋類
- Fish Alert 含魚類
- Dairy Alert 含奶類
- Shellfish Alert 含貝殼類海鮮
- Soy Alert 含大豆
- Gluten Alert 含麩質



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



聲明 DISCLAIMER

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 affect 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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu February 2026



2 Feb

Tuesday

3 Feb

Wednesday

Pasta Salad

Chickpeas Cucumber Salad



5 Feb

Friday

6 Feb

Appetizer	Corn & Lettuce Salad	Pasta Salad	Chickpeas Cucumber Salad	Cherry Tomato	Vegetable Soup
Dish A	Grilled Chicken Breast & Tomato Sauce	Roasted Pork light Mustard	Roasted Paprika-Lemon Chicken <small>Sustainable Dish</small>	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
Dairy	Yogurt	Cheese	Yogurt	Cheese	Ice Cream
Dessert	Crepe du sucre	Apple	Daily Cake	Fruit Salad	Orange

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



Eat More
適量
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable Seafood
可持續海鮮

- Egg Alert 含蛋類
- Fish Alert 含魚類
- Dairy Alert 含奶類
- Shellfish Alert 含貝殼類海鮮
- Soy Alert 含大豆
- Gluten Alert 含麩質



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



聲明 DISCLAIMER

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，並可能改變所提供的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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。
The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu February 2026



		Tuesday 10 Feb	Wednesday CNY 11 Feb		Friday 13 Feb
Appetizer	Tomato Cucumber Carrot Salad  	Tabouleh Salad	Spring Rolls	Grated Carrot	Red Cabbage Apple & Corn
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
Dairy	Yogurt 	Cheese 	Tofu Pudding	Cheese 	Ice Cream 
Dessert	Apple	Pineapple Cake	Egg Tart   	Fruit Salad	Orange slices

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



Eat More
適量
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable
Seafood
可持續海鮮

-  Egg Alert
含蛋類
-  Fish Alert
含魚類
-  Dairy Alert
含奶類
-  Shellfish Alert
含貝殼類海鮮
-  Soy Alert
含大豆
-  Gluten Alert
含麩質



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



聲明 DISCLAIMER

• 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，並可能改變所提供的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 affect 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.

• 炒爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。
The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

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						



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
- Sustainable Seafood 可持續海鮮



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



聲明 DISCLAIMER

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，並可能改變所提供的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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。
The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu February 2026

Monday 23 Feb		Tuesday 24 Feb		Wednesday 25 Feb		Thursday 26 Feb		Friday 27 Feb	
Appetizer		Sweet Corn		Samosa  		Potato salad		Tomato salad	
Dish A		Korean Light Beef Bulgogi  		Tandoori Fish Fillet  		Hawaiian Tomato Pork Chop  		Japanese Fried Chicken (Karaage)  	
Dish B 		Mixed Vegetables in Non-Spicy Green Curry  		Vegetarian Aloo Gobi 		Japanese Style stir-fried Udon Mix Vegetables & Shredded Egg   		Veggie Nugget  	
Vegetables 		Cabbage Salad		Carrot, Celery		Roasted Cherry Tomatoes		Chef Salad	
Starch		Rice		Steamed Potato		Noodle		Tomato Pasta	
Dairy		Yogurt 		Cheese 		Yogurt 		Cheese 	
Dessert		Apple		Daily Cake   		Pancakes   		Fruit Salad	

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

Eat More
適量
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable Seafood
可持續海鮮

- Egg Alert  含蛋類
- Fish Alert  含魚類
- Dairy Alert  含奶類
- Shellfish Alert  含貝殼類海鮮
- Soy Alert  含大豆
- Gluten Alert  含麩質

聲明 DISCLAIMER

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，並可能改變所提供的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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu March 2026



Monday		Tuesday		Wednesday		Fun Thursday		Friday			
2 Mar		3 Mar		4 Mar		5 Mar		6 Mar			
Appetizer	Grated Carrot	Mediterranean Hummus	Cherry Tomato Basil	Sweet Corn & Bell Pepper	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						
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
適量

Vegetarian
素食

Eat Moderately
限量

Sustainable Seafood
可持續海鮮

Eat Less
少量

- Egg Alert 含蛋類
- Fish Alert 含魚類
- Dairy Alert 含奶類
- Shellfish Alert 含貝殼類海鮮
- Soy Alert 含大豆
- Gluten Alert 含麩質

聲明 DISCLAIMER

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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu March 2026

Plant
Forward

9 Mar



Friday

Lunch Menu March 2026					
Tuesday					
Wednesday					
Appetizer	Tzatziki	Vegetable Fish Cake 	Celery Curry Remoulade	Beetroot Carrot Salad	Lentil Salad
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
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
適量
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable Seafood
可持續海鮮

- Egg Alert 含蛋類
- Fish Alert 含魚類
- Dairy Alert 含奶類
- Shellfish Alert 含貝殼類海鮮
- Soy Alert 含大豆
- Gluten Alert 含麩質



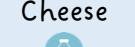
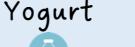
French International School Hong Kong
香港法國國際學校
Internal



聲明 DISCLAIMER

- 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，並可能改變所提供的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.
- 炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu March 2026

Green MONDAY 16 Mar		Tuesday 17 Mar	Wednesday 18 Mar	Fun Thursday 19 Mar		Friday 20 Mar
Appetizer	Tomato Salsa	Vegetable Soup	Potato & Olive Salad	Edamame	Samosa	
Dish A	Creamy Chicken Stew 	Light Garlic Pork Rib 	Chicken Basquaise 	Ham Gruyere Mac & Cheese 	Fish Meunière  	
Dish B	Steamed Egg with Shiitake 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	
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 	
Dessert	Pear	Daily Cake 	Apple/Strawberry Compote	Fruit Salad	Seasonal Fruit Slice	

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



聲明 DISCLAIMER

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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐之前先諮詢我們的職員。The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu March 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
23 Mar		24 Mar		25 Mar		26 Mar		27 Mar	
Appetizer		Corn Cucumber Sesame Salad		Mini Pizza Margarita		Takoyaki Octopus Ball		Cherry Tomato	
Dish A		Thai Chicken Light Coconut Curry		Slow cook Duck Breast		Japanese Teriyaki Pork		Classic Hot Dog	
Dish B		Tofu & Vegetable Light Coconut Curry		Light Cajun Cauliflower Stew		Carrot Leek & Potato 'Pot au Feu'		Meatball Hot Dog	
Vegetables		Seasonal Vegetable		Roasted Tomato		Stir Fried Zucchini		Mixed Cabbage Thousand Island	
Starch		Rice		Steamed Potato		Rice		French Fries	
Dairy		Yogurt		Cheese		Yogurt		Cheese	
Dessert		Apple		Daily Cake		Banana		Fruits Salad	

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



Eat More
適量
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable Seafood
可持續海鮮

- Egg Alert 含蛋類
- Fish Alert 含魚類
- Dairy Alert 含奶類
- Shellfish Alert 含貝殼類海鮮
- Soy Alert 含大豆
- Gluten Alert 含麩質



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



聲明 DISCLAIMER

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，並可能改變所提供的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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。
The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu April 2026

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

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



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



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



聲明 DISCLAIMER

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，並可能改變所提供的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.

炸爐中的煮食油或麵條的湯底也會用於烹煮其他含有食物致敏原的食品，或有機會把食物致敏原在不同的食品之間互相轉移。如對食物致敏原有任何疑問，請在點餐前先諮詢我們的職員。
The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.