

# 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

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 trimmed  
低脂蛋白質，減少油脂  
例如：雞胸肉、魚肉、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、煎、烤，用極少的油
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  
每週選擇不多於2次

1. Grains with an all amount of added fats, oil e.g. fried rice, fried noodles, baked pasta  
添加大量油脂的穀類  
例如：炒飯、炒麵、焗意粉
2. Fatty cuts of meat & poultry with skin  
脂肪含量高的肉類及禽類  
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  
每月選擇不多於4次

1. Deep-fried foods  
油炸食品  
例如：炸雞、炸魚、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、奶茶
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成分的準確性。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。

DISCLAIMER: 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.

chartwells



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









































### 聲明 DISCLAIMER

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.

油炸中的煮食油或麵糊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	6 Jan	Wednesday 7 Jan	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 Tight with Thyme Gravy Sauce  	'Saucisses au Chou'   	Tuna in Creamy Spinach & Kale Sauce       <small>Sustainable Dish</small>
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



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糊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 12 Jan	Tuesday 13 Jan	Wednesday 14 Jan	Fun Thursday 15 Jan	Friday 16 Jan
Appetizer	Green Peas Cherry Tomatoes	Tomato Corn	Cucumber stick Hummus Dip	Grated Carrot	Samosa
Dish A	Chicken Primavera Sauce 	Cuban Mojo Pork Loin 	Baked Fish with Herb Crust 	Cheeseburger 	Cajun Roasted Chicken 
Dish B 	Roast Cauliflower & Chickpea Korma 	Spinach, Okra, Tomato Cheese Lasagna 	Shakshuka - Baked Egg with Tomato Sauce 	Veggie Burger 	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
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



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



## 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 minimised 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糊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	21 Jan	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	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
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



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.

炸爐中的烹食油或麵糊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



	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 Tigt   	Ham Gruyere Mac & Cheese   	New Orleans Fish    Sustainable Dish
Dish B 	Wild Mushroom Ragu   	Lentil, Okra & Potato Stew     Sustainable Dish	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



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糊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

4 Feb



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	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 au sucre	Apple	Daily Cake	Fruit Salad	Orange

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



Eat More  
適宜

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



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 minimised 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.

炸爐中的烹食油或麵糊的湯底也會用於烹煮其他含有食物過敏原的食品，或有機會把食物過敏原在不同的食品之間互相轉移。如對食物過敏原有任何疑問，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

**Plant Forward**  
9 Feb

Tuesday

10 Feb






























Wednesday CNY

11 Feb

**FUN Thursday**  
12 Feb

Friday

13 Feb

	9 Feb	10 Feb	11 Feb	12 Feb	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



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粉的湯底也會用於烹煮其他含有食物過敏原的食品，或有機會把食物過敏原在不同的食品之間互相轉移。如對食物過敏原有任何疑問，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 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



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.

炸爐中的烹食油或麵糊的湯底也會用於烹煮其他含有食物過敏原的食品，或有機會把食物過敏原在不同的食品之間互相轉移。如對食物過敏原有任何疑問，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	GLOBAL Eats 25 Feb	FUN Thursday 26 Feb	Friday 27 Feb
Appetizer	Sweet Corn	Samosa 	Potato salad	Tomato Salad	Chickpeas & Olive
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
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  
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糊的湯底也會用於烹煮其他含有食物過敏原的食品，或有機會把食物過敏原在不同的食品之間互相轉移。如對食物過敏原有任何疑問，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 2 Mar	Tuesday 3 Mar	Wednesday 4 Mar	Thursday 5 Mar	Friday 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  
適宜

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



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糊的湯底也會用於烹煮其他含有食物過敏原的食品，或有機會把食物過敏原在不同的食品之間互相轉移。如對食物過敏原有任何疑問，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

Tuesday

10 Mar

Wednesday










































11 Mar

**PIZZA  
DAY**

12 Mar

Friday

13 Mar

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



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糊的湯底也會用於烹煮其他含有食物過敏原的食品，或有機會把食物過敏原在不同的食品之間互相轉移。如對食物過敏原有任何疑問，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 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
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.



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



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糊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 23 Mar	Tuesday 24 Mar	25 Mar	26 Mar	Friday 27 Mar
Appetizer	Corn Cucumber Sesame Salad	Mini Pizza Margarita    	Takoyaki Octopus Ball     	Cherry Tomato	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  
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 
Dessert	Apple	Daily Cake   	Banana   	Fruits 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  
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糊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 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



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 minimised 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粉的湯底也會用於烹煮其他含有食物過敏原的食品，或有機會把食物過敏原在不同的食品之間互相轉移。如對食物過敏原有任何疑問，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.