

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
每週吃過至少3次或以上

- Whole grain or grains with added vegetables
全穀類食物(如燕麥、燕麥片)
- Lean protein with fat
低脂肪蛋白質(如雞胸肉、魚肉)
- 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、煎)

EAT MODERATELY
限量

Limit to 2 times per week
每週吃過不多於2次

- Grains with an all amount of added fat, e.g. fried rice, fried noodles, baked pasta
高脂肪含量的穀物(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雞皮的肉類
- 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
每月吃過不多於4次

- Deep-fried foods
油炸食品
- Added animal fats or saturated fat, 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、椰漿)
- Contains trans fat e.g. processed/premade pastries, confectionery, biscuits
含反式脂肪的食品(例如:餅乾、餅乾及其他的糕點食品)
- Sugar-sweetened beverages
添加糖分的飲品
- 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。

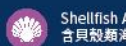
DISCLAIMER: Whilst every care has been taken to ensure the cross contamination is minimal to that of our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. 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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	Monday 13 April	Tuesday 14 April	Wednesday 15 April	Thursday 16 April	Friday 17 April
Appetizer	Corn & Cherry Tomato	Mixed Beans Salad	Waldorf Salad	Grated Carrot	Spring Roll
Dish A	Chicken Primavera Sauce 	Slow-Cooked Roasted Pork 	Honey Garlic Chicken Steak 	Beef Lasagna 	Baked Fish with Herb Crust with Tomato Sauce
Dish B 	Broccoli Lemon Cream Stew 	Ratatouille	Spinach, Cauliflower, Quinoa & Chickpeas Curry 	Vegetarian Lasagna 	Stir-fried Dried Tofu, Broccolini & Carrot
Vegetables 	Peas, bell peppers, Zucchini	Steamed Carrots	Sauteed Choi Sum	Broccoli	Roasted Peppers
Starch 	Olive Oil & Butter Light Garlic Pasta	Roasted Potatoes	Rice	-	Rice
Dairy	Cheese 	Yogurt 	Cheese 	Yogurt 	Ice Cream*
Dessert	Apple	Daily Cake 	Orange Slices	Fruit Salad	Seasonal Fruit

*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
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Dairy Alert
含奶類



Soy Alert
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Gluten Alert
含麩質



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Lunch Menu April 2026



	Tuesday 20 April	Wednesday 21 April	Thursday 22 April	Friday 23 April	Saturday 24 April
Appetizer	Cucumber & Grated Carrots	Potato & Raisin Salad	Sweet Corn Salad	Blanched Broccoli	Siu Mai
Dish A	Shredded Pork Tomato Ragu 	Chicken Fricassee 	HK Style Onion Pork Stew 	Chicken Cheeseburger 	Three Roots Vegetables Beef Brisket Stew
Dish B 	Cauliflower & Peas in Cream Sauce 	Japanese Curry with Veggies & Tofu 	Sweet & Sour Veggie Meatball 	Veggie Cutlet Cheeseburger 	Shanghai Fried Noodle with Dried Tofu
Vegetables 	Onion Carrot Celery	Cabbage	Bak Choi	Tomatoes	Mixed Vegetables
Starch 	Pasta	Rice	Noodle	Potato Salad	Rice
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream
Dessert	Pear	Daily Cake 	Banana	Fruit Salad	Honeydew Melon

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



Eat More
適宜



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
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Shellfish Alert
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Soy Alert
含大豆



Gluten Alert
含麩質


















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	Monday 27 April	Tuesday 28 April	29 April	30 April	Friday 1 May
Appetizer	Lettuce & Tomato	Carrot & Pea	Corn & Potato Salad Light Sesame Sauce	Clear Onion Soup with Vegetables	Labour Day
Dish A	Thai Style Minced Pork (Not Spicy) 	Roasted Chicken Provencal	Miso Steamed Fish 	Schweineschnitzel Pork Schnitzel 	
Dish B 	Thai Green Curry (Coconut milk-free, Not Spicy) 	Mushroom Stroganoff 	Mapo Tofu (Not Spicy) 	Gemüseauflauf – Vegetables au Gratin 	
Vegetables 	Cabbage	Roasted Peppers	Bok Choy	Grilled Tomatoes	
Starch 	Rice	Couscous	Rice	Crushed Potato Herb, Tomato Sauce	
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	
Dessert	Pear	Daily Cake 	Fruit Compote	Fruits Salad	

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Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
Seafood
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Egg Alert
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Fish Alert
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Gluten Alert
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Lunch Menu May 2026

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

















Plant Forward
4 May

Tuesday
5 May

Wednesday
6 May

FUN Thursday
7 May

Friday
8 May

Appetizer	Chickpeas & Corn	Cucumber Julienne	Couscous Salad	Cherry Tomato Pasta Salad	Spring Roll
Dish A	Stir-Fried Beef with Broccoli & Cauliflower 	Teriyaki Pork 	Roasted Chicken 	Ham & Cheese Sandwich 	Creamy Sweet Corn Fish Stew 
Dish B	Korean Vegetables Egg Fritters 	Indian Sweet Potato Curry 	Pasta Baked with Corn & Spinach 	Tomato & Cheese Sandwich 	Carrot, Long Bean, Egg Fritters 
Vegetables	Mixed Vegetables	Bok Choy	Cabbage	Salad, Tomato, Cucumber Ranch Dressing	Roasted Eggplants
Starch	Rice	Steamed Potato	Pasta	Potato Wedges	Rice
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 
Dessert	Apple	Banana Cake 	Pineapple Danish	Fruit Salad	Watermelon



Eat More

 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

Tuesday

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Wednesday

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Lasano Phile
交叉污染小作

聲明

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Friday

炸爐中的煮食油或雞湯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。

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Lunch Menu May 2026

	11 May	12 May	13 May	14 May	15 May
Appetizer	Cherry Tomato & Olive	Apple Grape Salad	Cucumber & Mixed Peppers	Grated Carrot	Potato & Egg Salad
Dish A	Pork Stew with Vegetables in Mustard Gravy 	Steamed Chicken & Shitake Mushroom 	Minced Pork in Creamy Thyme Mustard Sauce 	Beef Lasagna 	Chicken Teriyaki 
Dish B 	Creamy Tomato Lentil Stew 	Stir-fried Cauliflower, Carrot, Baby Corn & Tofu 	Broccoli & Tomato Gratin 	Vegetarian Lasagna 	Eggplant & Tofu Teriyaki Stew 
Vegetables 	Mixed Vegetables	Bok Choy	Peas	Coleslaw 	Zucchini
Starch 	Couscous	Rice	Mashed Potato	-	Rice
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 
Dessert	Pear	Daily Cake 	Apple Compote	Fruit Salad	Orange

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

Plant Forward

Tuesday
19 May

KNOW YOUR FRENCH
20 May

Fun Thursday
21 May

Friday
22 May



Eat Moderately
限量

 Sustainable Seafood
可持續海鮮

 Dairy Alert
含奶類

 Shellfish Alert
含貝殼類海鮮

 Soy Alert
含大豆

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Appetizer	Corn & Cucumber	Cherry Tomato Pasta Salad	Cold ratatouille	Vegetable Soup	Siu Mai
Dish A	'Printaniere' Chicken Cajun Stew 	Caramelized Minced Pork & Cream Corn 	Duck Confit	Chicken Nugget 	Steamed Fish Fillet with Light Lemon Butter Tomato Sauce 
Dish B 	Mediterranean Chickpeas, Garlic Paprika & Tomato Stew 	Scrambled Egg & Tomato 	Eggplant Gratin 	Veggie Nugget 	Carrot, French Beans, and Black-Eyed Peas Casserole  
Vegetables 	Grilled Zucchini	Cabbage	Broccoli	Coslow	Seasonal Steamed Vegetables
Starch 	Pasta	Rice	Mixed Bean, Potato, Chickpea Stew	Fries	Rice
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese 	Ice Cream 
Dessert	Apple	Carrot Cake 	Mini Scone 	Fruit Salad	Orange slices

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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
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 Fish Alert
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Lunch Menu May 2026

	Monday 25 May	Tuesday 26 May	Wednesday 27 May	Thursday 28 May	Friday 29 May
Appetizer					
Dish A	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
Dish B 					
Vegetables 					
Starch 					
Dairy					
Dessert					



-  Egg Alert
含蛋類
-  Fish Alert
含魚類
-  Dairy Alert
含奶類
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Sustainability Week June 2026

	CLASS 5A RIZZOCEAN	CLASS 5B MIDI VERT	CLASS 5C TONKATSU DONBURI	CLASS 5D LA MER EN VERTE	CLASS 5E MENU PRINTANIER
	Mon 1 June	Tue 2 June	3 June	4 June	5 June
Appetizer	Zucchini & Eggplant Baba Ganoush	Green Salad, Carrot, Broccoli, Baked Honey Sweet Potato & Grapes,	Soba Noodle, Cucumber Julienne	Green Salad with Cherry Tomato, Carrot, Corn, Olive & Dressing	Tomato Mozzarella Salad
Dish A	 Surprise Creamy Risotto 	Poached Chicken Teriyaki 	Tonkatsu Pork Donburi 	No Chips & Fish 	Garlic Parmesan Chicken Steak Alfredo Pasta 
Dish B	 Cauliflower Alfredo Pasta 	Chawanmushi Light Soy Sauce 	Scrambled Egg & Curry 	Ratattouille 	Sautéed Mixed Veggie Bolognese 
Vegetables	 Peas	edamame, corn, shiitake, bean sprout	Carrot Vichy	Peas & Carrot	Seasonal Vegetables
Starch	-	Rice	Rice	Sauteed Potatoes	Pasta
Dairy	Greek Yogurt 	Yogurt Bowl with Fruits 	Cheese 	Chocolate Brownie 	Summer Ice Cream 
Dessert	& Watermelon		Crumble Apple Compote	Banana	Fruit Salad With Orange, Grape, Watermelon & Apple



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
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Lunch Menu June 2026



	Monday 8 June	Tuesday 9 June	Wednesday 10 June	Friday 12 June
Appetizer	Green Pea & Carrot	Celery Remoulade Salad	Cucumber Salad	Minestrone
Dish A	Roasted Provencal Chicken 	Bobotie - Beef casserole with egg custard 	Taiwanese Old Minced Pork Ragu 	Ham & Cheese Pizza
Dish B 	Veggie Meatballs 	Chakalaka - Vegetables and beans stew 	Tofu Shakshuka Tomato Sauce 	Margarita Pizza
Vegetables 	Seasonal vegetable	Cauliflower	Mixed Peppers	Chef Salad
Starch 	Pasta	Steamed Potato	Rice	-
Dairy	Yogurt 	Cheese 	Yogurt 	Cheese
Dessert	Apple	Daily Cake 	Fruit Compote	Fruit Salad
				Fish Ball
				Creamy Sweet Corn Fish Fillet
				Tomato Scrambled Egg
				Bok Choy
				Rice
				Ice Cream*
				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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de Hong Kong
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Green MONDAY
15 June

Tuesday

16 June

Wednesday

17 June



Friday

19 June

Appetizer	Corn & Cucumber	Chickpeas & Cherry Tomato	Spring Rolls	Grated Carrot	Tuen Ng Festival
Dish A	Baked Pasta with Cheese & Broccoli 	Butter Chicken (Not Spicy) 	Vietnamese Lemongrass Grilled Pork 	Bolognese Lasagna 	
Dish B 	Mixed Bean Chili 	Roasted Cherry Tomatoes Arrabiata 	Steamed Tofu 	Vegetarian Lasagna 	
Vegetables 	Braised Carrots & Leek	Roasted Eggplant	Tomato & Cucumber	Coleslaw	
Starch 	Pasta	Rice	Rice	-	
Dairy	Yogurt 	Cheese 	Yogurt 	Yogurt 	
Dessert	Apple	Daily Cake 	Banana	Fruit Salad	

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Lunch Menu June 2026



	Monday 22 June	Tuesday 23 June	Wednesday 24 June	Thursday 25 June	Friday 26 June
Appetizer	Lettuce & Tomato	Tzatziki	Beetroot	Macedonia Salad	Samousa
Dish A	Roasted Pulled Pork 'Persillade'	Light Garlic & Herb Lemon Chicken	Minced Thai Pork Basil	Beef Ragu Pizza Sauce	Braised Duck
Dish B	Ratatouille	Baked falafel in tomato sauce	Cauliflowers & Chick Peas Gratin	Eggplant Parmigiano	Pasta Baked with Corn & Spinach
Vegetables	Steamed Broccoli	Grilled Green Beans	Cucumber & Tomato	Peas	Roasted Zucchini
Starch	Rice	Pasta	Rice	Pasta	Couscous
Dairy	Yogurt	Cheese	Yogurt	Cheese	Ice Cream
Dessert	Pear	Daily Cake	Danish	Fruit Salad	Seasonal Fruit Slice

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