



NORD ANGLIA
INTERNATIONAL SCHOOL
HONG KONG

SCHOOL MENU



chartwells
serving up happy & healthy



NORD ANGLIA
INTERNATIONAL SCHOOL
HONG KONG

chartwells

SHARE YOUR THOUGHTS

分享你的意見

Kwun Tong
Campus



Lam Tin
Campus



營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈

AMBER 黃燈

RED 紅燈

EAT MORE
適宜

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

1. Whole grain or grains with added vegetables
全穀類或添加蔬菜的穀物
2. Lean protein with "at trim-med"
低脂比較瘦的蛋白質
3. Healthy cooking methods e.g. steaming, poaching, grilling or baking with very little oil
健康少油烹調方法
例如: 蒸、燉、焗、烤

EAT MODERATELY
限量

Limit to 2 times
per week
每星期不超過2次

1. Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked bread
添加少量脂肪的穀物
例如: 炒麵、炒粉、焗食包
2. Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮類
3. Full-fat milk or cheese
全脂奶類/乳酪
4. Processed or preserved meat, egg and vegetables
加工或製成肉類、蛋類及蔬菜食品
5. Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

EAT LESS
少量

Limit to 4 times
per month
每月不超過4次

1. Deep-fat foods
油炸食品
2. Added animal fats or saturated fat, fats, egg, lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和性的脂肪的食料: 黃油、牛油、忌廉、椰子油、椰漿
3. Contains trans fat
e.g. processed/pre-made pastries
含有反式脂肪的食料: 餅、派、月餅及自製的酥餅等
4. Sugar sweetened beverages
手工糖分的飲品
5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs
高鹽份的食料 例如: 鹹魚、鹹蛋



立即follow我哋嘅平台，
定期接收最新金巴斯集團(香港)
嘅消息及營養資訊啦！

Stay tuned to our social media channels to receive
latest news and regular Nutritional Information
from Compass Group Hong Kong.

訂閱 每月
營養資訊
SIGN UP FOR
OUR MONTHLY
WELLBEING
E-NEWSLETTER



COMPASS | HK
GROUP

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。
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.

Lunch Menu April 2024

Monday

Tuesday

Wednesday



Friday

	15 Apr	16 Apr	17 Apr	18 Apr	19 Apr
<u>Meal A</u>	<p>意式肉醬意粉 Beef Bolognese Pasta</p>	<p>豆乳雜菜燴雞配糙米飯 Soy milk Chicken & Vegetable with Brown Rice</p>	<p>俄式牛肉燴蘑菇意粉 Beef Stroganoff Pasta</p>	<p>熱狗配薯粒 Hot Dog with Roasted Potatoes</p>	<p>葡國雞配飯 Portuguese Style Braised Chicken with Rice</p>
<u>Meal B</u>	<p>羅漢齋配飯 Lo Hon Vegetables with Rice</p>	<p>墨西哥燴雜豆配薯粒 Mexican Bean Stew with Roasted Potato</p>	<p>台式茄子肉燥配飯 Taiwanese Braised Minced Pork & Eggplant with Rice</p>	<p> Sustainable Dish 甜酸素肉丸配糙米飯 Sweet & Sour Veg Meatball with Brown Rice</p>	<p>豆干芽菜炒麵 Fried Noodles with Bean Sprout & Dried Tofu</p>
<u>Meal C</u>	<p>凱撒雞肉三文治 Chicken Caesar Sandwich</p>	<p>煙肉生菜蕃茄三文治 BLT Sandwich</p>	<p>洋蔥碎蛋三文治 Onion & Egg Mayo Sandwich</p>	<p>粟米吞拿魚三文治 Sweet Corn & Tuna Mayo Sandwich</p>	<p>火腿芝士三文治 Ham & Cheese Sandwich</p>
Dessert	<p>時令鮮果 Fresh Fruit</p>	<p>時令鮮果 Fresh Fruit</p>	<p>時令鮮果 Fresh Fruit</p>	<p>雲呢拿蛋糕 Vanilla Cake</p>	<p>時令鮮果 Fresh Fruit</p>

每日供應時令蔬菜 Seasonal vegetables served daily



Eat More
適宜

Eat Moderately
限量

Eat Less
少量

Vegetarian
素食

Sustainable Seafood
可持續海鮮

All meals are nut-free
所有食物均不含堅果

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

Wheat Alert
含小麥



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Lunch Menu April 2024

Monday

Tuesday

Wednesday



Friday

22 Apr

23 Apr

24 Apr

25 Apr

26 Apr

	22 Apr	23 Apr	24 Apr	25 Apr	26 Apr
Meal A	Sustainable Dish 香菇蘭度醬配糙米飯 Shitake & Lentil Bolognese with Brown Rice 	西西里蕃茄烤魚意粉 Sicilian Fish Fillet with Spaghetti 	蘑菇菠菜洋蔥焗蛋配薯粒 Mushroom, Spinach & Onion Frittata with Roasted Potato 	啖啖肉薄餅配薯粒 BBQ Meat Lover Pizza with Roasted Potato 	香蒜肉碎雜菌意粉 Stir Fried Garlic Minced Pork Spaghetti
Meal B	福建炒飯(不含海鮮) Hokkien Fried Rice (No Seafood) 	日式金菇豆腐配飯 Steamed Tofu with Enokitake and Teriyaki Sauce with Rice 	洋蔥豬排配飯 Fried Pork Chop & Onion with Rice 	瑞士汁雞柳炒烏冬 Stir-fried Udon with Sweet Soy Sauce Chicken 	日式野菜咖喱雞球飯 Japanese Chicken & Vegetable Curry Rice
Meal C	京醬雞胸青瓜卷 Peking Chicken Breast & Cucumber Wrap 	火腿芝士三文治 Ham & Cheese Sandwich 	照燒雞肉青瓜三文治 Teriyaki Chicken Breast & Cucumber Sandwich 	蕃茄芝士沙律三文治 Tomato & Cheese Salad Sandwich 	烤時蔬卷 Grilled Mixed Vegetables Wrap
Dessert	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit	甘荀蛋糕 Carrot Cake 	時令鮮果 Fresh Fruit
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Lunch Menu April - May 2024

Monday

Tuesday

Wednesday



Friday

29 Apr

30 Apr

1 May

2 May

3 May

<u>Meal A</u>	<p>白汁雞皇長通粉 Chicken A la King with Penne</p>	<p>鮮茄豬柳意粉 Fresh Tomato & Pork Loin Pasta</p>	Labor Day	<p>魚柳包配洋蔥薯粒 Fish Burger with Tartar Sauce & Roasted Potatoes</p>	<p>味噌焦糖焗魚柳 配長通粉 Baked Caramel Miso Fish with Penne</p>
<u>Meal B</u>	<p>翠肉瓜炒肉片配飯 Stir-fried Pork Slices with Jade Melon with Rice</p>	<p>勝瓜雲耳炒雞球配飯 Stir Fried Angled Loofah with Black Fungus & Chicken with Rice</p>		<p>雜菜炒麵 Traditional Chinese Style Vegetarian Chow Mein</p>	<p>香菇蒸雞配紅米飯 Steamed Chicken with Mushroom & Red Rice</p>
<u>Meal C</u>	<p>蕃茄碎蛋沙律三文治 Tomato & Egg Mayo Sandwich</p>	<p>蘑菇芝士三文治 Mushroom & Cheese Sandwich</p>		<p>京醬雞胸青瓜三文治 Peking Chicken Breast & Cucumber Sandwich</p>	<p>烤時蔬芝士三文治 Grilled Vegetables & Cheese Sandwich</p>
Dessert	<p>時令鮮果 Fresh Fruit</p>	<p>時令鮮果 Fresh Fruit</p>		<p>雲呢拿泡芙 Vanilla Cream Puff</p>	<p>時令鮮果 Fresh Fruit</p>

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Lunch Menu May 2024

Green MONDAY

Tuesday

Wednesday

Fun Thursday

Friday

6 May

7 May

8 May

9 May

10 May

	6 May	7 May	8 May	9 May	10 May
Meal A	焗芝士通心粉 Baked Mac & Cheese   	西西里素肉丸配意粉 Italian Style Veg Meatballs with Spaghetti    	南瓜汁烤魚柳配意粉 Grilled Fish in Pumpkin Sauce Pasta    	夏威夷薄餅配薯粒 Hawaiian Pizza with Potato Cubes   	鮮茄燴牛肉配糙米飯 Tomato & Beef Stew with Brown Rice
Meal B	泰式豆腐蛋炒麵 Thai Pot Noodle with Tofu & Eggs    	粟米肉粒飯 Creamy Corn & Dice Pork with Rice	薯仔炆雞配糙米飯 Braised Chicken & Potato with Brown Rice  	田園雞蛋炒飯 Fried Rice with Egg and Mixed Vegetables    	上海粗炒 Shanghainese Stir-Fired Noodles & Vegetables  
Meal C	蕃茄芝士三文治 Tomato & Cheese Sandwich    	火腿芝士三文治 Ham & Cheese Sandwich   	蘑菇芝士三文治 Mushroom & Cheese Sandwich    	香草雞肉卷 Pesto Chicken Wrap (Nut free) 	碎蛋芝士三文治 Egg Mayo & Cheese Sandwich     
Dessert	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit	布朗尼 Brownie   	時令鮮果 Fresh Fruit

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Lunch Menu May 2024

Monday

Tuesday

Wednesday



Friday

13 May

14 May

15 May

16 May

17 May

<u>Meal A</u>	俄式蘑菇燴牛柳配薯蓉 Beef Stroganoff & Mushroom with Mashed Potato 	燒汁煎豬扒意粉 Roasted Pork Chop with Gravy & Spaghetti 	Buddha's Birthday	熱狗配薯粒 Hot Dog with Roasted Potatoes 	芝士粟米磨菇焗長通粉 Baked Penne with Corn, Mushroom & Cheese
<u>Meal B</u>	Sustainable Dish 甜酸素肉丸配糙米飯 Sweet & Sour Veg Meatball with Brown Rice 	西蘭花粟米蒸水蛋飯 Steamed Broccoli, Corn, & Egg with Rice 		椒鹽雞球飯 Salt and Pepper Chicken with Rice 	台式肉燥糙米飯 Taiwanese Minced Pork with Brown Rice
<u>Meal C</u>	煙肉碎蛋三文治 Bacon & Egg Mayo Sandwich 	BBQ 燒雞卷 BBQ Chicken Wrap 		芝士蛋沙律三文治 Egg Salad & Cheese Sandwich 	凱撒雞肉三文治 Chicken Caesar Sandwich
Dessert	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit		雲呢拿蛋糕 Vanilla Cake 	時令鮮果 Fresh Fruit

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Monday

Tuesday

Wednesday



Friday

20 May

21 May

22 May

23 May

24 May

	20 May	21 May	22 May	23 May	24 May
Meal A	芝士蘑菇烤雞配飯 Chicken Lombardy with Rice 	Sustainable Dish 香菇蘭度醬配糙米飯 Shitake & Lentil Bolognese with Brown Rice 	菠菜汁雜菌鷹咀豆意粉 Stewed Mixed Vegetables and Chickpeas in Spinach Sauce with Spaghetti 	茄子肉醬千層批配薯粒 Beef Moussaka with Roasted Potato 	泡菜炒豬肉配紅米飯 Kimchi & Pork Stir-Fry with Red Rice
Meal B	甘荀蒸水蛋配紅米飯 Steamed Egg with Carrot with Red Rice 	豉椒肉片炒河 Fry Sliced Pork Ho Fun with Black Bean Sauce 	日式照燒雞扒配紅米飯 Teriyaki Chicken With Red Rice 	雲耳蒸雞配紅米飯 Steamed Chicken & Cloud Ear Fungus with Red Rice 	日式咖哩牛肉配飯 Japanese Mild Beef Curry with Rice
Meal C	粟米吞拿魚三文治 Sweet Corn & Tuna Mayo Sandwich 	凱撒雞肉卷 Chicken Caesar Wrap 	煙肉生菜蕃茄三文治 BLT Sandwich 	洋蔥碎蛋三文治 Onion & Egg Mayo Sandwich 	烤蔬菜芝士三文治 Grilled Mixed Vegetables & Cheese Sandwich
Dessert	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit	甘荀蛋糕 Carrot Cake 	時令鮮果 Fresh Fruit

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Lunch Menu May 2024

Monday

Tuesday

Wednesday



Friday

27 May

28 May

29 May

30 May

31 May

	27 May	28 May	29 May	30 May	31 May
Meal A	白汁雞皇飯 Chicken A la King with Rice 	香蒜檸檬焗魚柳長通粉 Lemon Garlic Baked Fish with Penne in Tomato 	法式芥末燉雞配薯粒 Chicken Dijonnaise with Roasted Potato 	蕃茄羅勒芝士薄餅配薯粒 Margherita Pizza with Potato Cubes 	肉醬意粉 Spaghetti Bolognese
Meal B	豉油皇肉絲炒麵 Fried Noodles with Soy Sauce and Shredded Pork 	蒜香雜菜甘筍豆乾配飯 Assorted Vegetables Carrots and Dried Tofu in Garlic with Rice 	鎮江肉飯 Pork Diced in Black Vinegar Sauce with Steamed Rice 	印度咖哩雞飯 Chicken Tikka Masala with Rice 	蜜汁叉燒飯 BBQ Pork with Rice
Meal C	雞蛋沙律三文治 Egg Salad Sandwich 	煙肉生菜蕃茄三文治 BLT Sandwich 	蘑菇芝士三文治 Mushroom & Cheese Sandwich 	粟米吞拿魚三文治 Sweet Corn & Tuna Mayo Sandwich 	烤蔬菜芝士三文治 Grilled Mixed Vegetables & Cheese Sandwich
Dessert	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit	雲呢拿泡芙 Vanilla Cream Puff 	時令鮮果 Fresh Fruit
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