



NORD ANGLIA
INTERNATIONAL SCHOOL
HONG KONG

SCHOOL MENU



chartwells
serving up happy & healthy



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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：白飯、炒麵、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原料：黃油、牛油、忌廉、椰子油、椰漿
3. Contains trans fat
a.t.c. processed/pre-made pastries
含有反式脂肪的：預製、預凍及自製的餅乾類
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
高鹽份類的食品 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 June 2024



Tuesday

Wednesday



Friday

	3 Jun	4 Jun	5 Jun	6 Jun	7 Jun
<u>Meal A</u>	焗芝士通心粉 Baked Mac & Cheese   	鮮茄燉牛肉配意粉 Tomato Beef Stew with Spaghetti  	菠菜南瓜鷹咀豆 番茄配白飯 Pumpkin, Spinach & Chickpeas Tomato with Rice 	熱狗配薯粒 Hot Dog with Roasted Potatoes   	意式肉醬配意粉 Beef Bolognese Pasta  
<u>Meal B</u>	蓮藕香菇炒豆乾 配紅米飯 Stir-fried Lotus Roots, Shiitake & Bean Curd with Red Rice   	日式照燒雞配飯 Japanese Style Chicken Teriyaki with Rice  	星洲炒米 Singaporean Stir-fried Vermicelli   	日式照燒豆腐配飯 Japanese style Teriyaki Tofu with Rice   	羅漢齋配飯 Lo Hon Vegetables with Rice   
<u>Meal C</u>	蕃茄芝士沙律三文治 Tomato & Cheese Salad Sandwich    	碎蛋芝士三文治 Egg Mayo & Cheese Sandwich     	香草雞肉卷 Pesto Chicken Wrap (Nut free) 	京醬雞胸青瓜三文治 Peking Chicken Breast & Cucumber Sandwich  	煙肉生菜蕃茄三文治 BLT Sandwich   
Dessert	時令鮮果 Fresh Fruit	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

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 June 2024

Monday

Tuesday

Wednesday



Friday

10 Jun

11 Jun

12 Jun

13 Jun

14 Jun

Meal
A

Meal
B

Meal
C

Dessert

Dragon Boat
Festival

俄式燴蘑菇配意粉
Mushroom Stroganoff
with Spaghetti
  

匈牙利豬柳配飯
Pork Goulash with Rice


夏威夷薄餅配薯粒
Hawaiian Pizza with
Potato Cubes
  

西蘭花洋蔥意式烘蛋
配薯粒
Broccoli & Onion
Frittata with Roasted
Potatoes
  

粉絲肉碎蒸蛋配飯
Steamed Egg with
Glass Noodles & Minced
Pork with Rice
  

豉油雞配飯
Soy Sauce Chicken with
Rice
 

豆干芽菜炒麵
Fried Noodles with Bean
Sprout & Dried Tofu
   

揚州炒飯
Yeung Chow
Fried Rice
  

凱撒雞肉卷
Chicken Caesar Wrap
  

蘑菇芝士三文治
Mushroom & Cheese
Sandwich
   

香草雞肉卷
Pesto Chicken Wrap
(Nut free)


火腿芝士三文治
Ham & Cheese Sandwich
  

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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Friday

17 Jun

18 Jun

19 Jun

20 Jun

21 Jun

Meal A	西西里蕃茄烤魚意粉 Sicilian Fish Fillet with Spaghetti 	墨西哥燴雜豆配薯蓉 Mexican Bean Stew with Mashed Potatoes 	摩洛哥風味燉雞配紅米飯 Chicken Tagine with Red Rice 	啖啖肉薄餅配薯粒 BBQ Meat Lover Pizza with Roasted Potato 	Last Day of School (half day) No Lunch Service
Meal B	栗子蒸雞配飯 Steamed Chicken with Chestnut with Rice 	福建炒飯 Hokkien Fried Rice 	泡菜豬肉配飯 Kimchee Pork with Rice 	印度咖喱鷹嘴豆配飯 Chana Masala with Rice 	
Meal C	烤時蔬芝士三文治 Grilled Vegetables & Cheese Sandwich 	照燒雞肉青瓜三文治 Teriyaki Chicken Breast & Cucumber Sandwich 	芝士雞蛋沙律三文治 Egg Salad & Cheese Sandwich 	京醬雞胸青瓜卷 Peking Chicken Breast & Cucumber Wrap 	
Dessert	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit	時令鮮果 Fresh Fruit	布朗尼 Brownie 	

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