





Let's make a greener choice this school year!

Help protect the environment by choosing our planet-friendly dishes. Here's how we're making a difference:

### Sustainable Dish

Our new menu features dishes with a lower environmental footprint! To qualify as a sustainable dish, the dish will either contain ingredients from one of the categories below:

Cage-Free Eggs			Sustainable Seafood
Seasonal Vegetables			Future 50 Foods

### Plant-forward Meal

Eating more plant-based ingredients means a healthier planet! We design most of our dishes with **70% plant-based ingredients** and **30% animal-based ingredients** – balancing taste and sustainability. Full vegetarian options are still available daily.



### Future 50 Foods

Curious about Future 50 Foods? This global list includes nutrient-rich vegetables, grains, legumes, seeds, and nuts that boost nutrition while reducing the environmental impact of our food supply.



Download the full report here



Share your thoughts!

We look forward to hearing from you!



### Traffic light guide

Our menu is planned based on the **Traffic Light Guide**. Read more here:



### All about allergens

Please note that our kitchen handles and prepares the following allergens:

If your child has specific dietary needs, kindly inform our catering team in advance.



**Disclaimer** (i) 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. (ii) 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 Apr 2026











































**Plant Forward**  
Monday

Tuesday

Wednesday

**FUN Thursday**

Friday

	13/Apr	14/Apr	15/Apr	16/Apr	17/Apr
<u>Meal A</u> \$39	Chicken Primavera Sauce 	 Shrimp Arrabbiata  	 Tuna in Creamy Spinach Sauce  	Hot Dog with Fries 	 Baked Fish with Herb Crust  
<u>Meal B</u> \$39 	Red Kidney Bean Broccoli-Lemon Sauce 	 Vegetarian Fried Rice in Tomato Sauce  	Spinach, Cauliflower & Chickpeas Curry 	 Vegetarian Pad Thai  	Stir-fried Dried Tofu, Broccoli & Carrot 
<u>Chef Special</u> \$45	Cuban Mojo Pork Loin with Multi Grain Rice	 Fish Fillet with Lemon Capers Tomato Sauce with Corn Rice  	 Wurst Eintopf (Sausage, Tomato and Potato Cheese Baked) 	 Yang Zhou Fried Rice (BBQ Pork and Shrimp)   	Thai Grilled Chicken Salad with Asian Slaw in Bang Bang Dressing (non-spicy)   
<u>Starch</u> Apply for all Meal A or B	Multi Grain Rice Penne Pasta 	Corn Rice Spaghetti Pasta 	Red Rice Macaroni Pasta 	Steamed Rice Fries	Multi Grain Rice Roasted Potatoes
<u>Soup Noodles</u> \$42	Fried Fish Block with Noodles Soup  	Hong Kong Style Beef Ball with Noodles Soup  	Japanese BBQ Pork with Noodles Soup  	Tomato & Chicken with Noodles Soup  	x
<u>Vegetables</u> 	Brassica & Corn	Cauliflower & Beans	Sautéed Cabbage & Shitake Mushroom	Roasted Carrot & Zucchini	Assorted Sautéed Vegetables

**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
-  Peanut Alert 含花生
-  Tree Nuts Alert 含堅果
-  Wheat Alert 含小麥

Internal

**GSIS**  
DEUTSCH-SCHWEIZERISCHE INTERNATIONALE SCHULE  
GERMAN SWISS INTERNATIONAL SCHOOL | 德瑞國際學校

chartwells

# Lunch Menu Apr 2026

**Plant Forward**

Monday



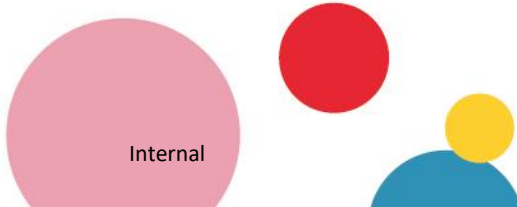
Wednesday



Friday

	20/Apr	21/Apr	22/Apr	23/Apr	24/Apr
<u>Meal A</u> \$39	Mexican Shredded Pork with Mixed Vegetables	Bobotie - Beef Casserole with Egg Custard 	Bacon Mushroom Sauce 	Korean Chicken Pizza 	Italian Diced Pork with Pumpkin Stew 
<u>Meal B</u> \$39 	Japanese Curry with Veggies & Tofu 	Chakalaka - Vegetables and Beans Stew (Mild) 	Sweet & Sour Veggie Meatball 	Shanghai Fried Noodle with Dried Tofu 	Mixed Vegetables in Green Curry 
<u>Chef Special</u> \$45	Stir-Fried Beef with Broccoli & Cauliflower with Multi Grain Rice 	Frikkaddels - Pork Meatballs in Onion Gravy with Pasta 	Pan-fried Tandoori Fish Fillet with Multi Grain Rice 	Pork Chop in Onion Sauce with Multi Grain Rice 	Greek Salad with Smoked Salmon and Mozzarella in Lemon Vinaigrette 
<u>Starch</u> Apply for all Meal A or B	Herbed Potatoes Multi Grain Rice	Red Rice Penne Pasta	Multi Grain Rice Spaghetti Pasta	Roasted Potatoes Multi Grain Rice	Corn Rice Macaroni Pasta
<u>Soup Noodles</u> \$42	Shanghai Style Wonton with Noodles Soup 	Duck Breast with Noodles Soup 	Assorted Meat Balls with Noodles Soup 	Taiwanese Beef Stew with Noodles Soup 	X
<u>Vegetables</u> 	Cabbage & Bean	Broccoli & Corn	Sautéed Cabbage & Shitake Mushroom	Cauliflower & Zucchini	Assorted Sautéed Vegetables

	<b>Eat More</b> 適宜	Vegetarian 素食	Egg Alert 含蛋類	Fish Alert 含魚類	Tree Nuts Alert 含堅果
	<b>Eat Moderately</b> 限量	Sustainable Seafood 可持續海鮮	Dairy Alert 含奶類	Shellfish Alert 含貝殼類海鮮	Wheat Alert 含小麥
	<b>Eat Less</b> 少量		Soy Alert 含大豆	Peanut Alert 含花生	



Green  
MONDAY

Monday

# Lunch Menu Apr 2026

Tuesday

Wednesday



	27/Apr	28/Apr	29/Apr	30/Apr	
<u>Meal A</u> \$39	Fungi Ragu 	New Orleans Fish 	Kimchi & Shrimp Fried Rice with Nori 	Bolognese Sauce (Beef) 	
<u>Meal B</u> \$39 	Braised E-Fu Noodle 	Japanese Style Stir-fried Udon Mix Vegetables & Shredded Egg 	Swiss Baked Pasta with Fried Shallot (Älplermagronen) 	Quesadilla with Corn, Bean, Mixed Vegetables and Cheese 	
<u>Chef Special</u> \$45	Vegetarian Meat Lasagna 	Beef Gyro (Beef in Pita Bread Wrap) 	Garlic Thyme Grilled Whole Chicken Leg	Fish Burger with Fries 	
<u>Starch</u> Apply for all Meal A or B	Corn Rice	Multi Grain Rice Roasted Potatoes	Red Rice Herbed Potatoes	Fries Penne Pasta	
<u>Soup Noodles</u> \$42	Fried Fish Block with Noodles Soup 	Vietnamese Lemongrass Pork Chop Noodles Soup 	Pork Dumplings & Soy Egg with Noodles Soup 	Tomato & Chicken with Noodles Soup 	
<u>Vegetables</u> 	Cabbage & Bean	Broccoli & Corn	Assorted Sautéed Vegetables	Cauliflower & Zucchini	

**Eat More** 適宜

**Eat Moderately** 限量

**Eat Less** 少量

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