

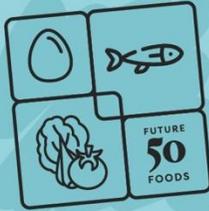
Let's make a greener choice this school year!

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 Dec 2025

Plant Forward
Monday

Tuesday

Wednesday

Fun Thursday

Friday

1 Dec

2 Dec

3 Dec

4 Dec

5 Dec

\$20 (250g soup + Garlic Bread   ) \$15 (180g soup)	Spiced Pumpkin Soup 	Cream of Mushroom  	Tomato Soup 	Cauliflower Soup 	X
<u>Meal A</u> \$38	Mexican Style Shredded Pork with Mixed Vegetables and Corn Rice	Beef Goulash with Creamy Potato Pumpkin Mash   	Chicken Masala with Mixed Basmati & Brown Rice   	Banger Sausage (Pork) & Mash 	 Sustainable Dish Miso Fish Fillet with Mixed Grain Rice    
<u>Meal B</u> \$38 	 Sustainable Dish Stir-fried Vegetarian Ham with Four Season Bean & Mushroom with Corn Rice  	Vegetarian Singaporean Stir-fried Vermicelli   	 Sustainable Dish Japanese Braised Teriyaki Eggplant & Tofu with Rice  	 Sustainable Dish Quesadilla with Corn, Bean, Mixed Vegetables & Cheese   	Vegetable Tagine with Carrot Rice   
<u>Chef Special</u> \$42	Shrimp & Broccoli with (Nut-free) Pesto Sauce Fusilli    	Baked Pork Chop Rice with Tomato Sauce    	Irish Beef Stew with Roasted Potato 	Sole Meunière with Lemon Caper Butter Sauce with Mixed Grain Rice    	 Sustainable Dish Shrimp Avocado Salad with Lemon Mayonnaise Dressing    
<u>Sandwich</u> \$35	Tuna Salad Sandwich     	Club Sandwich (Chicken, Ham, Lettuce & Tomato)    	Grilled Ham & Cheese Sandwich   	 Sustainable Dish Onion & Egg Salad Sandwich    	Korean Chicken Sandwich   
Vegetables Apply for Meal A B and Chef Special 	Broccoli & Carrot	Cabbage & Bean	Cauliflower & Corn	Assorted Sautéed Vegetables	Herb Roasted Carrots and Corn

	Eat More 適宜	 Vegetarian 素食	 Egg Alert 含蛋類	 Fish Alert 含魚類	 Tree Nuts Alert 含堅果
Eat Moderately 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	
Eat Less 少量		 Soy Alert 含大豆	 Peanut Alert 含花生		

Internal

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GERMAN SWISS INTERNATIONAL SCHOOL | 德瑞國際學校

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Lunch Menu Dec 2025

Plant Forward

Monday

Tuesday

Wednesday

MERRY CHRISTMAS

Friday

8 Dec

9 Dec

10 Dec

11 Dec

12 Dec

\$20 (250g soup +
Garlic Bread 
\$15 (180g soup)

Meal A
\$38

Meal B
\$38


Chef Special
\$42

Sandwich
\$35

Vegetables Apply
for Meal A B and
Chef Special


Holiday

Carrot Soup



Nut-free Pesto Chicken
with Roasted Vegetables
and Penne



 Sustainable
Dish
HK Style Stir-fried
Tomato and Egg with Mix
Brown Rice



 Sustainable
Dish
Fish with Green Thai
Curry and Mix Brown Rice



Chorizo & Cheese
Sandwich (non-spicy)



Broccoli & Corn

Cream of Corn



Hawaiian Pizza with
Sweet Corn



Korean Vegetable
Japchae Noodles



Baked Chicken Parma with
Mixed Grain Rice



Tuna Melt Sandwich



Cabbage & Bean

Cream of Mushroom



Chicken Steak in Rosemary
Gravy with Mixed Grain
Rice



Broccoli Mac & Cheese



Honey Glazed Gammon
Ham with Apple Sauce &
Mashed Potato



Chicken & Corn Sandwich



Roasted Mediterranean
Vegetables

Japanese Curry Pork
Cutlet Rice



 Sustainable
Dish
Roasted Vegetables Pesto
Pasta



Thai Grilled Chicken Salad
with Asian Slaw in Bang
Bang Dressing (non-spicy)



Club Sandwich
(Chicken, Ham, Lettuce &
Tomato)



Zucchini & King Mushroom



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