

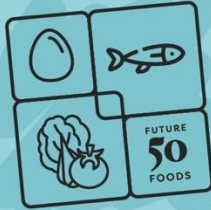
Let's make a greener choice this school year!

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.

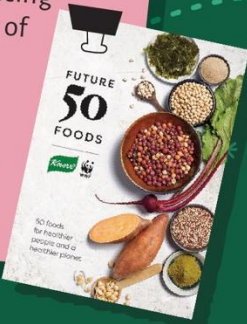


### Future 50 Foods

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 June 2026

**Plant Forward**  
Monday

Tuesday

Wednesday

**Fun Thursday**

Friday

1/Jun

2/Jun

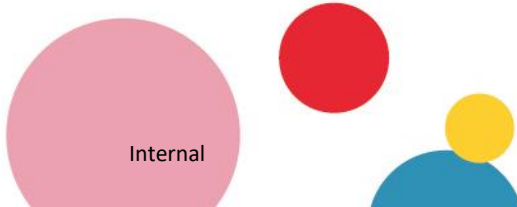
3/Jun

4/Jun

5/Jun

<u>Meal A</u> \$38	Braised Chicken in Portuguese Style & Rice 	Pork Stroganoff with Rice 	Braised Chicken & Potato with Rice 	Fish Burger with Fries 	Chicken Steak in Garlic Sauce with Roasted Potatoes 
<u>Meal B</u> \$38 	Mixed Vegetable & Egg Stir-fried Udon 	Broccoli Mac & Cheese 	Vegetarian Stir-fried Shanghai Noodles 	Pizza Margherita with Sweet Corn 	Shiitake & Chickpeas Bolognese with Rice 
<u>Chef Special</u> \$42	Sweet and Sour Fish with Rice 	Baked Orange Pumpkin & Shrimp with Pasta 	Japanese Teriyaki Pork Chop with Rice 	Chicken Schnitzel with Fries 	Mediterranean Bean, Tuna & Egg Salad in Basil Nut-free Pesto Dressing 
<u>Sandwich</u> \$35	Onion & Egg Salad Sandwich 	Grilled Ham & Cheese Sandwich 	Tuna Salad Sandwich 	Korean Chicken Sandwich 	Club Sandwich (Chicken, Ham, Lettuce & Tomato) 
Vegetables Apply for Meal A B and Chef Special 	Brassica & Corn	Cauliflower & Beans	Sautéed Cabbage & Shitake Mushroom	Roasted Carrot & 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	



Internal

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

chartwells

Monday

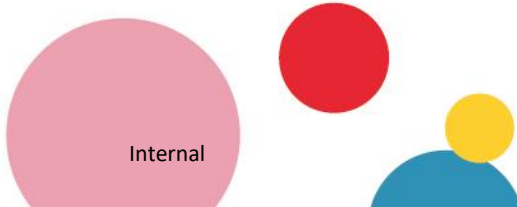
Tuesday

Wednesday

Friday

	8/Jun	9/Jun	10/Jun	11/Jun	12/Jun
<u>Meal A</u> \$38	Sliced Chicken with Enoki Mushroom & Bok Choy with Rice 	Fish Fillet in Creamy Thyme Mustard Sauce with Pasta 	Thai Style Pineapple & Chicken Fried Rice 	Pepperoni Pizza with Roasted Potatoes 	Italian Meatballs (pork) in Tomato Sauce with Spaghetti 
<u>Meal B</u> \$38 	Sweet & Sour Vegetarian Meatballs with Multi Grain Rice 	Mixed Vegetables Tikka Masala with Rice 	Corn & Broccoli Mac & Cheese 	Spinach, Corn, Tomato Cheese Lasagna 	Steamed Pumpkin and Egg with Corn Rice 
<u>Chef Special</u> \$42	Pork Chop with Vegetables in Mustard Gravy with Potatoes 	Barbecue Chicken with Multi Grain Rice 	Vietnamese Lemongrass Porkchop with Multi Grain Rice 	Honey Glazed Roasted Chicken Leg with Rice 	Greek Salad with Smoked Salmon and Mozzarella in Lemon Vinaigrette 
<u>Sandwich</u> \$35	Chicken & Corn Sandwich 	B.L.T Sandwich 	Tuna Melt Sandwich 	Club Sandwich (Chicken, Ham, Lettuce & Tomato) 	Chicken Mayo & Cheese Sandwich 
Vegetables Apply for Meal A B and Chef Special 	Cabbage & Bean	Broccoli & Corn	Sautéed Cabbage & Shitake Mushroom	Cauliflower & Zucchini	Assorted Sautéed Vegetables

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	<b>Eat Less</b> 少量		Soy Alert 含大豆	Peanut Alert 含花生	



Internal

# Lunch Menu June 2026



Wednesday



Friday

15/Jun

16/Jun

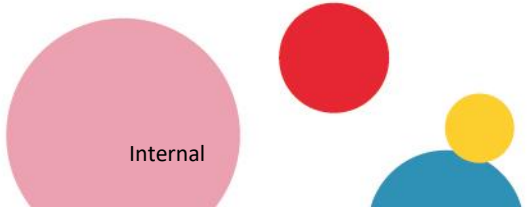
17/Jun

18/Jun

19/Jun

<u>Meal A</u> \$38	Tomato Cheese Pizza with Sweet Corn 	Japanese Teriyaki Chicken with Rice 	Bacon Mushroom Sauce with Pasta 	Hot Dog (with Pork & Chicken Sausage) with Fries 	Dragon Boat Festival
<u>Meal B</u> \$38 	Vegetable Tagine with Rice 	Mixed Vegetable & Tamagoyaki Stir-fried Udon 	Tomato, Pumpkin & Cannellini Bean Stew with Rice 	Vegetarian Pad Thai 	
<u>Chef Special</u> \$42	Baked Pasta with Cheese & Broccoli 	Japanese Beef Donburi (Gyudon) 	Pan-fried Tandoori Fish Fillet with Rice 	Grilled Chicken with Multi Grain Rice 	
<u>Sandwich</u> \$35	Egg Salad & Cucumber Sandwich 	Grilled Ham & Cheese Sandwich 	Chicken Salad Sandwich 	Tuna Melt Sandwich 	
Vegetables Apply for Meal A B and Chef Special 	Cabbage & Bean	Broccoli & Corn	Sautéed Cabbage & Shitake Mushroom	Cauliflower & Zucchini	

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Tuesday

Wednesday


Thursday

Friday

22/Jun

23/Jun

24/Jun

<u>Meal A</u> \$38	Mexican Shredded Pork with Mixed Vegetables with Rice (little spicy)	Fish Fillet in Sweet Corn Sauce with Multi Grain Rice 	 Sustainable Dish Kimchi & Shrimp Fried Rice (little spicy) 		
<u>Meal B</u> \$38 	Pasta Baked with Corn & Spinach 	Japanese Curry with Veggies & Tofu with Rice 	Tomato & Kidney Beans Stew with Macaroni 		
<u>Chef Special</u> \$42	BBQ Roasted Chicken with Multi Grain Rice	 Bavarian Pork Roast with Roasted Potatoes	Garlic Thyme Grilled Whole Chicken Leg with Rice		
<u>Sandwich</u> \$35	 Sustainable Dish Egg Salad & Sweet Corn Sandwich 	Club Sandwich (Chicken, Ham, Lettuce & Tomato) 	Tuna Melt Sandwich 		
Vegetables Apply for Meal A B and Chef Special 	Cabbage & Bean	Broccoli & Corn	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

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 Wheat Alert 含小麥

