





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 Mar 2026





































































**Plant Forward**  
Monday

Tuesday

Wednesday

**Fun Thursday**

Friday

	2/Mar	3/Mar	4/Mar	5/Mar	6/Mar
<u>Meal A</u> \$39	Chicken Korma with Potato & Cauliflower  	Beef Goulash 	 Baked Fish with Herb Crust      	Pork Sausage Cheeseburger   	Cajun Roasted Chicken  
<u>Meal B</u> \$39 	 Steamed Egg with Shitake Mushroom, Vermicelli   	Penne Pasta with Corn, Spinach & Peas in White Sauce   	Stir-fried Vegetarian Ham with Four Season Bean & Mushroom   	Four Cheese Pizza   	 Korean Vegetables Egg Fritters   
<u>Chef Special</u> \$45	 Fish Fillet with Lemon Capers Tomato Sauce with Steamed Rice   	Diced Pork Loin with Vegetables in Mustard Gravy with Pasta   	 Zürcher Geschnetzeltes - Chicken Mushroom Creamy Stew with Quinoa Rice    	 Fujian Fried Rice (Chicken and Shrimp)    	 Mediterranean Bean, Tuna & Egg Salad in Basil Nut-free Pesto Dressing    
<u>Starch</u> Apply for all Meal A or B	Multi Grain Rice Mashed Potato 	Corn Rice Penne Pasta 	Herbed Potatoes Quinoa Rice	Fries Steamed Rice	Multi Grain Rice Penne Pasta 
<u>Soup Noodles</u> \$42	Hong Kong Style Beef Ball with Soup Noodles  	Fried Fish Block with Soup Noodles   	Japanese BBQ Pork with Soup Noodles  	Tomato & Chicken with Soup Rice Noodles  	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 Mar 2026

















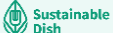














































Monday

Tuesday

Wednesday



Friday

	9/Mar	10/Mar	11/Mar	12/Mar	13/Mar
<u>Meal A</u> \$39	<b>Creamy Chicken Stew with Vegetables</b> 	<b>Shrimp Arrabiata</b>     	<b>Pork Ragu</b>  	<b>BBQ Chicken Burger</b>  	<b>Bangers Sausages (pork) &amp; Mash</b>   
<u>Meal B</u> \$39 	<b>Shanghai Fried Noodle with Dried Tofu</b>    	<b>Lentil, Okra &amp; Potato Curry</b>    	<b>Swiss Baked Pasta with Fried Shallot (Älplermagronen)</b>   	<b>Quesadilla with Corn, Bean, Mixed Vegetables and Cheese</b>   	<b>Indian Sweet Potato Curry</b>   
<u>Chef Special</u> \$45	<b>Stir-Fried Beef with Broccoli &amp; Cauliflower with Mixed Grain Rice</b>   	<b>HK Style Baked Pork Chop Rice in Tomato Sauce</b>    	<b>Pan-fried Tandoori Fish Fillet</b>     	<b>Garlic Thyme Grilled Whole Chicken Leg</b>	<b>Greek Salad with Smoked Salmon and Fetta in Lemon Vinaigrette</b>   
<u>Starch</u> Apply for all Meal A or B	Herbed Potatoes Multi Grain Rice	Quinoa Rice Spaghetti 	Multi Grain Rice Penne Pasta 	Multi Grain Rice Roasted Potatoes	Corn Rice Mashed Potato 
<u>Soup Noodles</u> \$42	<b>Pork Dumplings &amp; Soy Egg with Soup Egg Noodles</b>   	<b>Japanese Sliced Beef with Soup Rice Noodles</b>  	<b>Shanghai Style Wonton with Noodles Soup</b>    	<b>Taiwanese Beef Stew with Soup Rice Noodles</b>  	x
<u>Vegetables</u> 	Cabbage & Bean	Broccoli & Corn	Sautéed Cabbage & Shitake Mushroom	Cauliflower & Zucchini	Assorted Sautéed Vegetables



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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  
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Wheat Alert  
含小麥

Internal

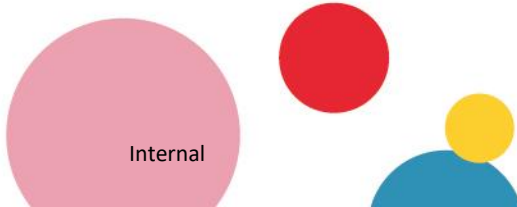


DEUTSCH-SCHWEIZERISCHE INTERNATIONALE SCHULE  
GERMAN SWISS INTERNATIONAL SCHOOL | 德瑞國際學校



	16/Mar	17/Mar	18/Mar	19/Mar	20/Mar
<u>Meal A</u> \$39	Mexican Shredded Pork with Mixed Vegetables	 Sustainable Dish New Orleans Fish  	Greek Lemon Chicken and Potatoes	Beef Bolognese Sauce  	 Sustainable Dish Tuna in Creamy Spinach & Kale Sauce     
<u>Meal B</u> \$39 	Pasta Baked with Corn & Spinach   	 Sustainable Dish Carrot, Long Bean, Egg Fritters   	Vegetarian Moussaka (Eggplant & Lentil Casserole)  	Japanese Curry with Veggies & Tofu  	Vegetarian Western Fried Rice   
<u>Chef Special</u> \$45	 Sustainable Dish Shrimp & Broccoli with (Nut-free) Pesto Sauce     	Chicken Primavera Sauce with Pasta   	Beef Gyro (Beef in Pita Bread Wrap)   	 <b>Swiss Vegetable and Pork (Cholera) Pie</b>    	Thai Grilled Chicken Salad with Asian Slaw in Bang Bang Dressing (non-spicy)    
<u>Starch</u> Apply for all Meal A or B	Quinoa Rice Penne Pasta 	Multi Grain Rice Spaghetti 	Quinoa Rice Boiled Potatoes	Corn Rice Spaghetti 	Steamed Rice Penne Pasta 
<u>Soup Noodles</u> \$42	Fried Fish Block with Soup Noodles   	Vietnamese Lemongrass Pork Chop Noodles Soup   	Assorted Meat Balls with Soup Egg Noodles   	Japanese Sliced Beef with Soup Rice Noodles  	X
<u>Vegetables</u> 	Cabbage & Bean	Broccoli & Corn	Assorted Sautéed Vegetables	Cauliflower & Zucchini	Sautéed Cabbage

	<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		



# Lunch Menu Mar 2026



Tuesday

Wednesday



Friday

	23/Mar	24/Mar	25/Mar	26/Mar	27/Mar
<u>Meal A</u> \$39	Fungi Ragu (Mixed Mushroom, Cherry Tomato, Potato, Celery, Basil, Tomato Sauce) 	Fish Fillet in Creamy Thyme Mustard Sauce 	Roasted Paprika-Lemon Chicken with Potato & Cauliflower	Ham & Cheese Pizza 	Chicken, Corn, Mixed Bell Peppers Frittata 
<u>Meal B</u> \$39 	Broccoli & Cheddar Frittata 	Stir-fried Cauliflower, Carrot, Baby Corn and Tofu 	Italian Bean Stew 	Japanese Style Stir-fried Udon with Mixed Vegetables & Shredded Egg 	Roasted Vegetables Pesto with Pasta 
<u>Chef Special</u> \$45	Spinach, Okra, Tomato Cheese Lasagna 	BBQ Roasted Chicken Leg with Multi Grain Rice	German Pork Roast with Roasted Potatoes (Schweinebraten) 	Fish & Chips 	Shrimp Avocado Salad with Lemon Mayonnaise Dressing 
<u>Starch</u> Apply for all Meal A or B	Macaroni Corn Rice	Multi Grain Rice Penne Pasta	Multi Grain Rice Roasted Potatoes	Steamed Rice Fries	Roasted Potatoes Penne
<u>Soup Noodles</u> \$42	Tomato, Corn & Mushroom with Soup Noodles 	Assorted Meat Balls with Soup Egg Noodles 	Assorted Fish Cake with Soup Vermicelli 	Shanghai Style Wonton with Noodles Soup 	X
<u>Vegetables</u> 	Cauliflower & Carrot	Broccoli & Corn	Sautéed Cabbage & Shitake Mushroom	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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