

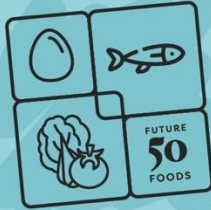
Let's make a greener choice this school year!

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 May 2026

**Plant Forward**  
Monday

Tuesday

Wednesday

**Fun Thursday**

Friday




























4/May

5/May

6/May

7/May

8/May

<u>Meal A</u> \$38	Sautéed Cauliflower & Sliced Chicken 	 Shrimp Pesto with Pasta 	Chicken Cacciatore with Rice 	Pasta Carbonara 	Beef Brisket and Turnip in Chu Hau Sauce with Mixed Grain Rice 
<u>Meal B</u> \$38 	 Spinach, Okra, Tomato Cheese Lasagna 	 Broccoli & Cheddar Frittata with Rice 	Pasta Baked with Corn, Kidney Beans & Spinach 	Indian Sweet Potato Curry with Rice 	 Carrot, Long Bean, Egg Fritters with Roasted Potatoes 
<u>Chef Special</u> \$42	Char Siu with Mixed Grain Rice 	BBQ Chicken Leg with Corn Rice	Vietnamese Lemongrass Pork Chop with Rice 	 Fish & Chips 	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



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



Monday

Tuesday

Wednesday

Friday

11/May

12/May

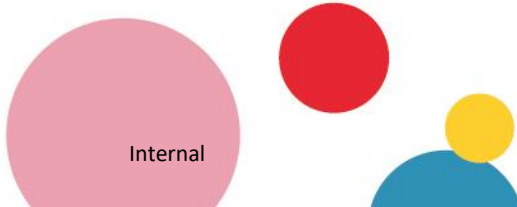
13/May

14/May

15/May

<p><u>Meal A</u> \$38</p>	<p> Sliced Chicken with Enoki Mushroom &amp; Bok Choy with Rice  </p>	<p>Mexican Chili con Carne with Rice (Beef item) </p>	<p> Fish Fillet in Creamy Thyme Mustard Sauce with Pasta  </p>	<p>Pork Sausage Cheese Burger with Fries  </p>	<p>Chicken Creamy Pesto with Pasta  </p>
<p><u>Meal B</u> \$38 </p>	<p>Creamy Tomato Lentil Stew with Mixed Grain Rice  </p>	<p>Roasted Vegetables Pesto with Red Rice  </p>	<p>Stir-fried Cauliflower, Carrot, Baby Corn and Tofu with Rice  </p>	<p>Pizza Margherita with Fries  </p>	<p>Corn &amp; Spinach Mac &amp; Cheese  </p>
<p><u>Chef Special</u> \$42</p>	<p>Pork Chop with Vegetables in Mustard Gravy with Potatoes  </p>	<p> Chicken Schnitzel w/ Roasted Potatoes  </p>	<p>Thai Style Minced Pork with Multi Grain Rice  </p>	<p>Japanese Beef Donburi (Gyudon)  </p>	<p> Greek Salad with Smoked Salmon and Mozzarella in Lemon Vinaigrette  </p>
<p><u>Sandwich</u> \$35</p>	<p>Chorizo &amp; Cheese Sandwich (non-spicy)  </p>	<p>Tuna Melt Sandwich  </p>	<p>Ham &amp; Cheese Sandwich  </p>	<p>Chicken &amp; Corn Sandwich  </p>	<p>B.L.T Sandwich  </p>
<p>Vegetables Apply for Meal A B and Chef Special </p>	<p>Cabbage &amp; Bean</p>	<p>Broccoli &amp; Corn</p>	<p>Sautéed Cabbage &amp; Shitake Mushroom</p>	<p>Cauliflower &amp; Zucchini</p>	<p>Assorted Sautéed Vegetables</p>

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



# Lunch Menu May 2026



Wednesday



Friday

18/May

19/May

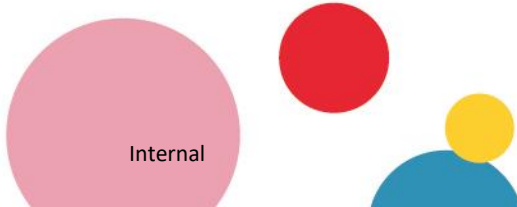
20/May

21/May

22/May

<p><u>Meal A</u> \$38</p>	<p>Italian Tuscan Bean Stew with Pasta</p>	<p>Parmi Chicken with Red Rice</p>	<p>Bacon Mushroom Sauce with Pasta</p>	<p>Hot Dog with Fries</p>	<p>Baked Fish with Herb Crust with Roasted Sweet Potatoes</p>
<p><u>Meal B</u> \$38</p>	<p>Korean Vegetables Egg Fritters with Rice</p>	<p>Vegetarian Pie with Roasted Potatoes</p>	<p>Tomato, Pumpkin &amp; Cannellini Bean Stew with Rice</p>	<p>Vegetarian Pad Thai</p>	<p>Stir-fried Dried Tofu, Broccoli &amp; Carrot with Rice</p>
<p><u>Chef Special</u> \$42</p>	<p>Baked Pasta with Cheese &amp; Broccoli</p>	<p>Aussie Pork Burger with Roasted Potatoes</p>	<p>Pan-fried Tandoori Fish Fillet with Rice</p>	<p>Pork &amp; Bean Enchilada with Multi Grain Rice</p>	<p>Thai Grilled Chicken Salad with Asian Slaw in Bang Bang Dressing (non-spicy)</p>
<p><u>Sandwich</u> \$35</p>	<p>Egg Salad &amp; Cucumber Sandwich</p>	<p>Grilled Ham &amp; Cheese Sandwich</p>	<p>Chicken Salad Sandwich</p>	<p>Tuna Melt Sandwich</p>	<p>Chicken Mayo &amp; Cheese Sandwich</p>
<p>Vegetables Apply for Meal A B and Chef Special</p>	<p>Cabbage &amp; Bean</p>	<p>Broccoli &amp; Corn</p>	<p>Sautéed Cabbage &amp; Shitake Mushroom</p>	<p>Cauliflower &amp; Zucchini</p>	<p>Assorted Sautéed Vegetables</p>

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



# Lunch Menu May 2026

Monday

Tuesday

Wednesday



Friday

25/May

26/May

27/May

28/May

29/May

<p><u>Meal A</u> \$38</p> <p><u>Meal B</u> \$38 </p> <p><u>Chef Special</u> \$42</p> <p><u>Sandwich</u> \$35</p> <p>Vegetables Apply for Meal A B and Chef Special </p>	<p>Holiday</p>	<p> Sustainable Dish</p> <p>Singaporean Rice Noodle</p> <p> </p>	<p> Sustainable Dish</p> <p>Tuna in Creamy Spinach &amp; Kale Sauce with Pasta</p> <p> </p>	<p>Korean Chicken Pizza with Roasted Potatoes</p> <p> </p>	<p>Pork Ragu with Vegetables with Pasta</p> <p> </p>
		<p>Japanese Curry with Veggies &amp; Tofu with Rice</p> <p> </p>	<p>Sweet &amp; Sour Veggie Meatball with Pasta</p> <p> </p>	<p> Sustainable Dish</p> <p>Shanghai Fried Noodle with Dried Tofu</p> <p> </p>	<p>Japanese Curry with Veggies &amp; Tofu with Rice</p> <p> </p>
		<p></p> <p>Bavarian Pork Roast with Roasted Potatoes</p>	<p>Garlic Thyme Grilled Whole Chicken Leg with Red Rice</p>	<p>Baked Pork Chop in Tomato Cheese Sauce with Rice</p> <p> </p>	<p> Sustainable Dish</p> <p>Shrimp Avocado Salad with Lemon Mayonnaise Dressing</p> <p> </p>
		<p>Tuna Melt Sandwich</p> <p> </p>	<p>Ham &amp; Cheese Sandwich</p> <p> </p>	<p> Sustainable Dish</p> <p>Egg Salad &amp; Sweet Corn Sandwich</p> <p> </p>	<p>Club Sandwich (Chicken, Ham, Lettuce &amp; Tomato)</p> <p> </p>
		<p>Broccoli &amp; Corn</p>	<p>Assorted Sautéed Vegetables</p>	<p>Cauliflower &amp; Zucchini</p>	<p>Assorted Sautéed Vegetables</p>

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