





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> \$39	Sautéed Cauliflower & Sliced Chicken 	 Shrimp Pesto 	Chicken Cacciatore 	Pasta Carbonara 	Beef Brisket and Turnip in Chu Hau Sauce 
<u>Meal B</u> \$39 	 Spinach, Okra, Tomato Cheese Lasagna 	 Broccoli & Cheddar Frittata 	Pasta Baked with Corn, Kidney Beans & Spinach 	Indian Sweet Potato Curry 	 Carrot, Long Bean, Egg Fritters 
<u>Chef Special</u> \$45	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>Starch</u> Apply for all Meal A or B	Multi Grain Rice	Corn Rice Spaghetti Pasta 	Red Rice Macaroni Pasta 	Steamed Rice Spaghetti Pasta  Fries	Multi Grain Rice Roasted Potatoes
<u>Soup Noodles</u> \$42	Fried Fish Block with Noodles Soup 	Japanese BBQ Pork with Noodles Soup 	Hong Kong Style Beef Ball 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

Plant Forward



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 May 2026



Monday

Tuesday

Wednesday

Friday

	11/May	12/May	13/May	14/May	15/May
<u>Meal A</u> \$39	Sliced Chicken with Enoki Mushroom & Bok Choy 	Mexican Chili con Carne (Beef item) 	Fish Fillet in Creamy Thyme Mustard Sauce 	Pork Sausage Cheese Burger 	Chicken Creamy Pesto
<u>Meal B</u> \$39 	Creamy Tomato Lentil Stew 	Roasted Vegetables Pesto 	Stir-fried Cauliflower, Carrot, Baby Corn and Tofu 	Pizza Margherita 	Corn & Spinach Mac & Cheese
<u>Chef Special</u> \$45	Pork Chop with Vegetables in Mustard Gravy with Potatoes 	Chicken Schnitzel w/ Roasted Potatoes 	Thai Style Minced Pork with Multi Grain Rice 	Japanese Beef Donburi (Gyudon) 	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 Roasted Potatoes	Multi Grain Rice Spaghetti Pasta	Fries Multi Grain Rice	Corn Rice Macaroni Pasta
<u>Soup Noodles</u> \$42	Shanghai Style Wonton with Noodles Soup 	Duck Breast with Noodles Soup 	Taiwanese Beef Stew with Noodles Soup 	Assorted Meat Balls with Noodles Soup 	x
<u>Vegetables</u> 	Cabbage & Bean	Broccoli & Corn	Sautéed Cabbage & Shitake Mushroom	Cauliflower & Zucchini	Assorted Sautéed Vegetables

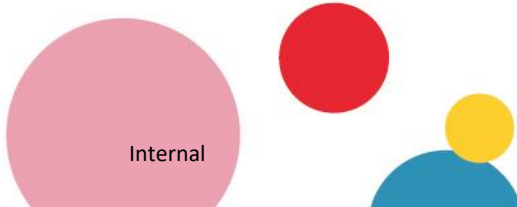
Eat More 適宜
Eat Moderately 限量
Eat Less 少量

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



Lunch Menu May 2026



Wednesday



Friday

	18/May	19/May	20/May	21/May	22/May
<u>Meal A</u> \$39	Italian Tuscan Bean Stew 	Parmi Chicken 	Bacon Mushroom Sauce 	Hot Dog 	Baked Fish with Herb Crust
<u>Meal B</u> \$39 	Korean Vegetables Egg Fritters 	Vegetarian Pie 	Tomato, Pumpkin & Cannellini Bean Stew 	Vegetarian Pad Thai 	Stir-fried Dried Tofu, Broccoli & Carrot
<u>Chef Special</u> \$45	Baked Pasta with Cheese & Broccoli 	Aussie Pork Burger with Roasted Potatoes 	Pan-fried Tandoori Fish Fillet with Rice 	Pork & Bean Enchilada with Multi Grain Rice 	Thai Grilled Chicken Salad with Asian Slaw in Bang Bang Dressing (non-spicy)
<u>Starch</u> Apply for all Meal A or B	Corn Rice Penne Pasta	Red Rice Roasted Potatoes	Multi Grain Rice Spaghetti Pasta	Fries Multi Grain Rice	Corn Rice Roasted Sweet Potatoes
<u>Soup Noodles</u> \$42	Thai Vegetable Noodle Soup 	Fried Fish Block with Noodles Soup 	Soy Chicken Wing with Noodles Soup 	Minced Beef & Pickled Mustard with Noodles Soup 	X
<u>Vegetables</u> 	Cabbage & Bean	Broccoli & Corn	Sautéed Cabbage & Shitake Mushroom	Cauliflower & Zucchini	Assorted Sautéed Vegetables



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Wheat Alert
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Internal



Lunch Menu May 2026



Monday

Tuesday

Wednesday

Fun Thursday

	25/May	26/May	27/May	28/May	29/May
<u>Meal A</u> \$39	Holiday	Singaporean Rice Noodle 	Tuna in Creamy Spinach & Kale Sauce 	Korean Chicken Pizza 	Pork Ragu with Vegetables
<u>Meal B</u> \$39 		Japanese Curry with Veggies & Tofu 	Sweet & Sour Veggie Meatball 	Shanghai Fried Noodle with Dried Tofu 	Japanese Curry with Veggies & Tofu
<u>Chef Special</u> \$45		Bavarian Pork Roast with Roasted Potatoes	Garlic Thyme Grilled Whole Chicken Leg with Red Rice	Baked Pork Chop in Tomato Cheese Sauce with Rice 	Shrimp Avocado Salad with Lemon Mayonnaise Dressing
<u>Starch</u> Apply for all Meal A or B		Multi Grain Rice Roasted Potatoes	Red Rice Penne Pasta	Roasted Potatoes Corn Rice	Mixed Grain Rice Spaghetti Pasta
<u>Soup Noodles</u> \$42		Tomato & Chicken with Noodles Soup 	Vietnamese Lemongrass Pork Chop Noodles Soup 	Fish Ball with Noodles Soup 	X
<u>Vegetables</u> 		Broccoli & Corn	Assorted Sautéed Vegetables	Cauliflower & Zucchini	Assorted Sautéed Vegetables

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