

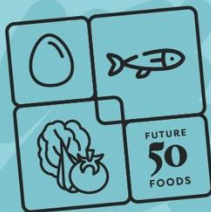
## Let's make a greener choice this school year!

- 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



Seasonal Vegetables

Sustainable Seafood

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 Nov 2025

**Plant  
Forward**  
Monday

Tuesday

Wednesday

**Fun Thursday**

Friday

	3 Nov	4 Nov	5 Nov	6 Nov	7 Nov
<u>Meal A</u> \$40	Sweet & Sour Pork with Corn Rice   	Chicken A La King with Mixed Grain Rice   	Hungarian Beef Stew with Mashed Potato   	Korean Chicken Pizza with Roasted Potatoes   	Pork Chop with Mustard Gravy with Carrot Rice  
<u>Meal B</u> \$40 	 Sustainable Dish Indian Sweet Potato Curry with Corn Rice  	 Sustainable Dish Italian Bean Casserole with Penne Pasta  	Cauliflower Mac & Cheese  	 Sustainable Dish Veggie Burger with Roasted Potatoes   	Braised E-Fu Noodles   
<u>Chef Special</u> \$46	Shrimp & Broccoli with (Nut-free) Pesto Sauce & Spaghetti   	Baked Pork Chop Rice with Tomato Sauce    	 Sustainable Dish Tandoori Fish Fillet with Brown Rice   	Char Siu with Mixed Grain Rice  	Greek Salad with Smoke Salmon and Fetta in Lemon Vinaigrette  
<u>Sandwich</u> \$37	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	Roasted Pumpkin & 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



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

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# Lunch Menu Nov 2025

**Plant  
Forward**

Monday

Tuesday

Wednesday



Friday

	10 Nov	11 Nov	12 Nov	13 Nov	14 Nov
<u>Meal A</u> \$40	Italian Bolognaise with Penne Pasta 	Nut-free Pesto Chicken with Roasted Vegetables & Mashed Potatoes 	Pasta Carbonara 	Newyorker Hotdog (Pork & Chicken Sausage) 	Pork Meatballs in Tomato Sauce Spaghetti 
<u>Meal B</u> \$40 	Mapo Tofu with Omni Pork with Carrot Rice 	Vegetable Tagine with Brown Rice 	Kazakhstan Eggplant (with Yogurt & Spices) with Mixed Grain Rice 	Broccoli Cheese Sauce Baked Pasta 	Spanish Mixed Pepper Tortilla with Roasted Sweet Potatoes 
<u>Chef Special</u> \$46	Pork & Mushroom Stroganoff with Penne Pasta 	Fish with Green Thai Curry with Brown Rice 	Portuguese Seafood Rice 	Baked Chicken Parma 	Mediterranean Bean, Tuna & Egg Salad in Basil Nut-free Pesto Dressing 
<u>Sandwich</u> \$37	Tomato, Corn & Egg Salad Sandwich 	Chorizo & Cheese Sandwich (non-spicy) 	Tuna Melt Sandwich 	Chicken & Corn Sandwich 	Club Sandwich (Chicken, Ham, Lettuce & Tomato) 
Vegetables Apply for Meal A B and Chef Special 	Cauliflower & Carrot	Broccoli & Corn	Cabbage & Bean	Zucchini & King Mushroom	Roasted Mediterranean Vegetables



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# Lunch Menu Nov 2025

**Plant Forward**

Monday

Tuesday

**GLOBAL EATS**

19 Nov



**FUN Thursday**

Friday

	17 Nov	18 Nov	19 Nov	20 Nov	21 Nov
<u>Meal A</u> \$40	Chicken Veg Pan Fried Udon  	Pork Ragu with Mashed Potatoes   	Chicken Basquaise with Mixed Grain Rice 	Ham & Pineapple Pizza with Sweet Corn   	Mexican Chili Con Carne (Beef) with Corn Rice  
<u>Meal B</u> \$40 	 Mix Vegetable, Mushroom & Chickpeas in Harissa Sauce with Mixed Grain Rice 	 Japanese Curry with Veggies & Tofu with Quinoa Rice  	Spinach Quiche    	 Omni Pork Chili con Carne Cheese Bun with Sweet Corn   	 Broccoli Frittata with Macaroni   
<u>Chef Special</u> \$46	 Vegetarian Cottage Pie with Roasted Potatoes  	Garlic Thyme Grilled Whole Chicken Leg with Mashed Potatoes   	 Sole Meuniere with Mixed Grain Rice   	 Fish & Chips   	 Shrimp Avocado Salad with Lemon Mayonnaise Dressing    
<u>Sandwich</u> \$37	B.L.T Sandwich   	Ham & Cheese Sandwich   	Vegetable Grilled Sandwich     	Club Sandwich (Chicken, Ham, Lettuce & Tomato)    	 Tomato & Egg Salad Sandwich     
Vegetables Apply for Meal A B and Chef Special 	Brassica & Corn	Broccoli & Carrot	Roasted Mediterranean Vegetables	Stir Fried Long Bean	Assorted Sautéed Vegetables



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# Lunch Menu Nov 2025



Tuesday

Wednesday



Friday

	24 Nov	25 Nov	26 Nov	27 Nov	28 Nov
<u>Meal A</u> \$40	<b>Crispy Vegetable Fritters with Roasted Potatoes</b> 	<b>French Chicken Casserole with Macaroni</b> 	<b>Italian Shrimp Arrabiata Pasta</b> 	<b>Pork Loin Alfredo Sauce Spaghetti</b> 	<b>Beef Bourguignon with Quinoa Rice</b> 
<u>Meal B</u> \$40 	<b>Japanese Braised Teriyaki Eggplant &amp; Tofu with Mixed Grain Rice</b> 	<b>Spinach &amp; Chickpeas Curry with Carrot Rice</b> 	<b>HK Style Stir-fried Tomato and Egg with Corn Rice</b> 	<b>Mushroom, Pepper &amp; Onion Pizza</b> 	<b>Ratatouille with Penne Pasta</b> 
<u>Chef Special</u> \$46	<b>Mixed Vegetables Quesadilla with Roasted Potatoes</b> 	<b>Fish with Puttanesca Sauce with Macaroni</b> 	<b>Pork Jambalaya Rice</b> 	<b>Swiss Cheeseburger with Baked Potato Wedges</b> 	<b>Thai Grilled Chicken Salad with Asian Slaw in Bang Bang Dressing (non-spicy)</b> 
<u>Sandwich</u> \$37	<b>Egg Salad &amp; Cucumber Sandwich</b> 	<b>Chorizo &amp; Cheese Sandwich (non-spicy)</b> 	<b>Chicken &amp; Corn Sandwich</b> 	<b>Tuna Melt Sandwich</b> 	<b>Chicken Mayo &amp; Cheese Sandwich</b> 
Vegetables Apply for Meal A B and Chef Special 	<b>Brassica &amp; Corn</b>	<b>Cabbage &amp; Bean</b>	<b>Broccoli &amp; Carrot</b>	<b>Roasted Pumpkin &amp; Corn</b>	<b>Assorted Sautéed Vegetables</b>



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