

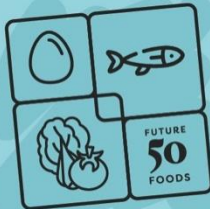
Let's make a greener choice this school year!

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 Nov 2025

Plant Forward

Monday

Tuesday

Wednesday

FUN Thursday

Friday

	3 Nov	4 Nov	5 Nov	6 Nov	7 Nov
<u>Meal A</u> \$39	Sweet & Sour Pork 	Chicken A La King 	Hungarian Beef Stew 	Korean Chicken Pizza 	Pork Chop with Mustard Gravy 
<u>Meal B</u> \$39 	 Indian Sweet Potato Curry 	 Italian Bean Casserole 	Cauliflower Mac & Cheese 	 Veggie Burger 	Braised E-Fu Noodles 
<u>Chef Special</u> \$45	Shrimp & Broccoli with (Nut-free) Pesto Sauce 	Baked Pork Chop Rice with Tomato Sauce 	 Tandoori Fish Fillet 	Char Siu 	Greek Salad with Smoke Salmon and Fetta in Lemon Vinaigrette 
<u>Starch</u> Apply for all Meal A or B	Spaghetti  Corn Rice	Penne Pasta  Mixed Grain Rice	Mashed Potatoes  Brown Rice	Sweet Corn Mixed Grain Rice	Roasted Potatoes Carrot Rice
<u>Soup Noodle</u> \$42	Swiss Sauce Chicken Wing Rice Noodles w/ Chicken Broth 	Minced Beef & Pickled Mustard w/ Rice Noodles 	Hokkien Prawn Noodle Soup (Penang Hokkien Mee) 	Beef Balls w/ Rice Noodles 	x
<u>Vegetables</u> 	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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	Monday	Tuesday	Wednesday	Thursday	Friday
	10 Nov	11 Nov	12 Nov	13 Nov	14 Nov
<u>Meal A</u> \$39	Italian Beef Bolognese 	Nut-free Pesto Chicken with Roasted Vegetables 	Pasta Carbonara 	Newyorker Hotdog (Pork & Chicken Sausage) 	Pork Meatballs in Tomato Sauce 
<u>Meal B</u> \$39 	 Sustainable Dish Mapo Tofu with Omni Pork 	Vegetable Tagine 	Kazakhstan Eggplant (with Yogurt & Spices) 	Broccoli Cheese Sauce Baked Pasta 	 Sustainable Dish Spanish Mixed Pepper Tortilla 
<u>Chef Special</u> \$45	Pork & Mushroom Stroganoff 	 Sustainable Dish Fish with Green Thai Curry 	 Sustainable Dish Portuguese Seafood Rice 	Baked Chicken Parma 	 Sustainable Dish Mediterranean Bean, Tuna & Egg Salad in Basil Nut-free Pesto Dressing 
<u>Starch</u> Apply for all Meal A or B	Carrot Rice Penne Pasta 	Mashed Potatoes  Brown Rice	Mixed Grain Rice Spaghetti 	Corn Rice Fries	Roasted Sweet Potatoes Spaghetti 
<u>Soup Noodle</u> \$42	Shanghai Style Wonton with Noodle Soup 	Vietnamese Lemongrass Pork Chop Noodles Soup 	Thai Shredded Chicken Boat Soup Ho Fan Noodles 	Taiwanese Beef Stew Rice Noodles w/ Beef Broth 	x
<u>Vegetables</u> 	Cauliflower & Carrot	Broccoli & Corn	Cabbage & Bean	Zucchini & King Mushroom	Roasted Mediterranean Vegetables



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17 Nov		18 Nov		19 Nov		20 Nov		21 Nov	
<u>Meal A</u> \$39	Chicken Veg Pan Fried Udon  	Pork Ragu  	Chicken Basquaise 	Ham & Pineapple Pizza   	Mexican Chili Con Carne (Beef)  				
<u>Meal B</u> \$39 	 Sustainable Dish Mix Vegetable, Mushroom & Chickpeas in Harissa Sauce 	 Sustainable Dish Japanese Curry with Veggies & Tofu  	Spinach Quiche    	 Sustainable Dish Omni Pork Chili con Carne Cheese Bun   	 Sustainable Dish Broccoli Frittata  				
<u>Chef Special</u> \$45	 Sustainable Dish Vegetarian Cottage Pie  	Garlic Thyme Grilled Whole Chicken Leg	 Sustainable Dish Sole Meuniere   	 Sustainable Dish Fish & Chips   	 Sustainable Dish Shrimp Avocado Salad with Lemon Mayonnaise Dressing    				
<u>Starch</u> Apply for all Meal A or B	Roasted Potatoes Mixed Grain Rice	Mashed Potatoes  Quinoa Rice	Mixed Grain Rice French Bread  	Sweet Corn Fries	Corn Rice Macaroni Pasta 				
<u>Soup Noodle</u> \$42	Braised Beef Brisket and Turnip with Ho Fan Noodle Soup  	Fish Spring Roll with Rice Noodles w/ Pork Broth    	French Beef Onion Noodle Soup  	Tomato & Chicken Rice Vermicelli Soup  	x				
<u>Vegetables</u> 	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> \$39	Crispy Vegetable Fritters 	French Chicken Casserole 	Italian Shrimp Arrabiata Pasta 	Pork Loin Alfredo Sauce 	Beef Bourguignon
<u>Meal B</u> \$39 	Japanese Braised Teriyaki Eggplant & Tofu 	Spinach & Chickpeas Curry 	HK Style Stir-fried Tomato and Egg 	Mushroom, Pepper & Onion Pizza 	Ratatouille
<u>Chef Special</u> \$45	Mixed Vegetables Quesadilla 	Fish with Puttanesca Sauce 	Pork Jambalaya Rice 	Swiss Cheeseburger 	Thai Grilled Chicken Salad with Asian Slaw in Bang Bang Dressing (non-spicy)
<u>Starch</u> Apply for all Meal A or B	Mixed Grain Rice Roasted Potatoes	Carrot Rice Macaroni Pasta	Corn Rice Mashed Potato	Baked Potato Wedges Spaghetti	Quinoa Rice Penne Pasta
<u>Soup Noodle</u> \$42	Thai Vegetable Noodle Soup 	Japanese Braised Pork Cartilage Ramen 	Teriyaki Chicken Udon w/ Chicken Broth 	Fish Balls Rice Vermicelli in Tomato Fish Soup 	x
<u>Vegetables</u> 	Brassica & Corn	Cabbage & Bean	Broccoli & Carrot	Roasted Pumpkin & Corn	Assorted Sautéed Vegetables



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