

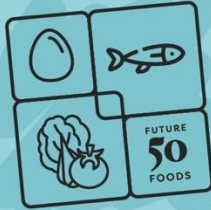
Let's make a greener choice this school year!

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 Jan 2026

Plant Forward
Monday

Tuesday

Wednesday

Fun Thursday

Friday









































































5/Jan

6/Jan

7/Jan

8/Jan

9/Jan

<u>Meal A</u> \$38	Spanish Beef Stew with Penne  	Roasted Chicken Thigh with Thyme Gravy Sauce & Mashed Pumpkin   	 Sustainable Dish Shrimp Arrabiata with Penne    	Hot Dog with Fries (with Pork & Chicken Sausage)   	 Sustainable Dish Tuna in Creamy Spinach & Kale Sauce with Fusilli     
<u>Meal B</u> \$38 	Mixed Vegetables in Green Curry with Corn Rice  	Spaghetti with Mixed Vegetables & Nut-free Calabrese Pesto  	 Sustainable Dish Japanese Style Stir-fried Udon Mix Vegetables & Shredded Egg   	Pizza Margherita with Fries   	Mushroom Stroganoff with Carrot Rice   
<u>Chef Special</u> \$42	Pork Chop with Tomato & Bell Pepper Sauce with Penne  	Pan-fried Tandoori Fish Fillet with Mashed Pumpkin    	Baked Pork Chop Rice with Tomato Sauce    	Chicken Parmigiana with Red Rice 	 Sustainable Dish Shrimp Avocado Salad with Lemon Mayonnaise Dressing     
<u>Sandwich</u> \$35	Tuna Salad Sandwich     	Grilled Ham & Cheese Sandwich   	Korean Chicken Sandwich   	 Sustainable Dish Onion & Egg Salad Sandwich    	Club Sandwich (Chicken, Ham, Lettuce & Tomato)    
Vegetables Apply for Meal A B and Chef Special 	Cabbage & Bean	Broccoli & Corn	Cauliflower & Zucchini	Sautéed Cabbage	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

12/Jan

13/Jan

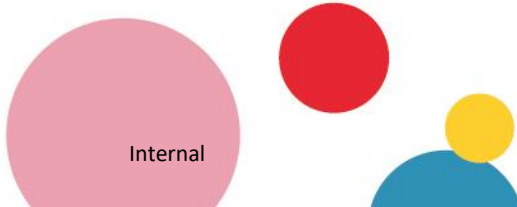
14/Jan

15/Jan

16/Jan

<p><u>Meal A</u> \$38</p>	<p> Sustainable Dish Taiwanese Minced Pork with Rice   </p>	<p>Portuguese Chicken with Quinoa Rice  </p>	<p> Sustainable Dish Baked Fish with Herb Crust with Red Rice      </p>	<p>Bangers Sausages (pork) & Mash   </p>	<p>Cajun Roasted Chicken with Penne  </p>
<p><u>Meal B</u> \$38 </p>	<p> Sustainable Dish Spinach, Okra, Tomato Cheese Lasagna    </p>	<p> Sustainable Dish Broccoli & Cheddar Frittata with Roasted Potatoes  </p>	<p> Sustainable Dish Vegetarian Mapo Tofu with Edamame with Red Rice  </p>	<p>Quesadilla with Corn, Bean, Mixed Vegetables and Cheese with Fries   </p>	<p>Stir-fried Vegetarian Ham with Four Season Bean & Mushroom with Multi Grain Rice   </p>
<p><u>Chef Special</u> \$42</p>	<p> Sustainable Dish Honey Garlic Shrimp with Mixed Vegetables & Rice  </p>	<p>Cuban Mojo Pork Loin with Roasted Potatoes</p>	<p>Chicken Primavera Sauce with Macaroni   </p>	<p>Burger with Double Cheese & Fries   </p>	<p> Sustainable Dish Mediterranean Bean, Tuna & Egg Salad in Basil Nut-free Pesto Dressing    </p>
<p><u>Sandwich</u> \$35</p>	<p>Chicken & Corn Sandwich   </p>	<p>Tuna Melt Sandwich      </p>	<p>Chorizo & Cheese Sandwich (non-spicy)   </p>	<p>Chicken Mayo & Cheese Sandwich    </p>	<p>B.L.T Sandwich   </p>
<p>Vegetables Apply for Meal A B and Chef Special </p>	<p>Brassica & Corn</p>	<p>Cauliflower & Beans</p>	<p>Roasted Carrot & Zucchini</p>	<p>Cabbage & Bean</p>	<p>Assorted Sautéed Vegetables</p>

	<p>Eat More 適宜</p> <p>Eat Moderately 限量</p> <p>Eat Less 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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Internal














































19/Jan

20/Jan

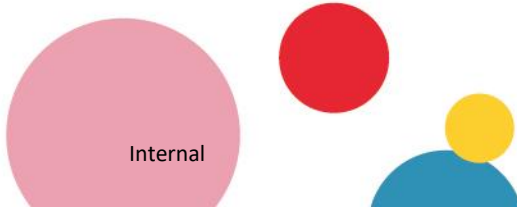
21/Jan

22/Jan

23/Jan

<u>Meal A</u> \$38	Mexican Shredded Pork with Mixed Vegetables & Roasted Potatoes	 Fish Fillet with Lemon and Capers with Spaghetti    	Chicken Adobo (Stir-fried Chicken Filipino style) with Quinoa Rice  	Ham & Pineapple Pizza with Roasted Potatoes   	Italian Meatball (pork) in Tomato Sauce with Spaghetti   
<u>Meal B</u> \$38 	 Shanghai Fried Noodles with Dried Tofu  	Roasted Vegetables Pesto with Red Rice (Nut-free)  	Vegetarian Pancit Bihon (Stir-fried Filipino Rice Vermicelli with Vegetables)   	Cheesy Vegetables Pie with Macaroni    	 Carrot, Long Bean, Egg Fritters with Carrot Rice   
<u>Chef Special</u> \$42	Thai Roasted Chicken w/ Pineapple Rice    	Pork Katsu Curry with Red Rice   	Beef Mechado (Beef Stew Filipino Style) with Boiled Potatoes  	Roasted Honey Garlic Butter Pork Loin with Roasted Potatoes   	Thai Grilled Chicken Salad with Asian Slaw in Bang Bang Dressing (non-spicy)    
<u>Sandwich</u> \$35	Vegetable Grilled Sandwich    	Chicken Salad Sandwich   	Ham & Cheese Sandwich   	 Egg Salad & Cucumber Sandwich    	Tuna Melt Sandwich       
Vegetables Apply for Meal A B and Chef Special 	Cabbage & Bean	Cauliflower & Carrot	Sautéed Cabbage	Broccoli & Corn	Assorted Sautéed Vegetables

	Eat More 適宜	 Vegetarian 素食	 Egg Alert 含蛋類	 Fish Alert 含魚類	 Tree Nuts Alert 含堅果
Eat Moderately 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	
Eat Less 少量	 Soy Alert 含大豆	 Peanut Alert 含花生			



Lunch Menu Jan 2026



Tuesday

Wednesday

Thursday

Friday

26/Jan

27/Jan

28/Jan

29/Jan

30/Jan

<p><u>Meal A</u> \$38</p>	<p>Italian Bean Stew with Spaghetti</p>	<p>Braised Chicken with Potato with Red Rice</p>	<p><small>Sustainable Dish</small> Yeung Chow Fried Rice</p>	<p>Beef Bolognese Sauce with Spaghetti</p>	<p>Steamed Chicken & Shitake Mushroom with Corn Rice</p>
<p><u>Meal B</u> \$38</p>	<p>Spinach, Cauliflower, Quinoa & Chickpeas Curry with Quinoa Rice</p>	<p><small>Sustainable Dish</small> Lentil, Okra & Potato Curry with Red Rice</p>	<p>Indian Sweet Potato Curry with Roasted Potatoes</p>	<p>Four Cheese Pizza with Fries</p>	<p>Penne Baked with Corn, Kidney Beans & Spinach</p>
<p><u>Chef Special</u> \$42</p>	<p>Burrito with Rice, Bean, Sweet Potato & Cheese</p>	<p><small>Sustainable Dish</small> Shrimp Pesto with Macaroni (Nut-free)</p>	<p>BBQ Roasted Chicken Leg with Rice</p>	<p><small>Sustainable Dish</small> Fish Burger with Fries</p>	<p>Greek Salad with Smoke Salmon and Fetta in Lemon Vinaigrette</p>
<p><u>Sandwich</u> \$35</p>	<p>Tomato & Egg Salad Sandwich</p>	<p>Chorizo & Cheese Sandwich (non-spicy)</p>	<p>Tuna Melt Sandwich</p>	<p>Chicken & Corn Sandwich</p>	<p>Club Sandwich (Chicken, Ham, Lettuce & Tomato)</p>
<p>Vegetables Apply for Meal A B and Chef Special</p>	<p>Cabbage & Bean</p>	<p>Assorted Sautéed Vegetables</p>	<p>Cauliflower & Carrot</p>	<p>Brassica & Corn</p>	<p>Sautéed Cabbage</p>

	<p>Eat More 適宜</p> <p>Eat Moderately 限量</p> <p>Eat Less 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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