



Harrow International School
Hong Kong (EYC)
哈羅香港國際學校(幼稚園)

Lunch
Menu

JAN
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
				5	6
Hot Dish				Yeung Chow Fried Rice 	Beef & Cheese Burger
Grains				-	Chips
Vegetables 				Seasonal Vegetables	Seasonal Vegetables
Dessert				Fruits	Chocolate Brownie

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
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JAN
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Hot Dish	Fried Noodles Pork & Vegetables <small>(Lessmeat Monday)</small>	Bolognese Pasta Bake 	Corn, Red Onion & Chicken Pizza 	Pan-fried Fish "Tomato & Basil" 	Macao Pork Bun
Grains	Potatoes	-	-	Rice	Chips
Vegetables 	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Fruits	Fruits	Fruits	Fruits	Ice Cream



Eat More
適宜

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限量

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少量



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Peanut Alert
含花生



Tree Nuts Alert
含堅果



Wheat Alert
含小麥



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Lunch
Menu

JAN
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Hot Dish	Chicken Mac & Cheese (Lessmeat Monday)	Pan Fried Fish Lemon, Caper & Cherry Tomato	Salami Pizza	Black Pepper Beef "Chinese Style"	Chicken Hot Dog
Grains	-	Rice	-	Rice	Chips
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Fruits	Fruits	Fruits	Fruits	Carrot Cake



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable
Seafood
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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



Harrow International School
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Lunch
Menu

JAN
2003

	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31			
Hot Dish	Vegetables & Pork Fried Rice (Lessmeat Monday) 	Spaghetti Bolognese 	-	-	-
Grains	-	-	-	-	-
Vegetables	Seasonal Vegetables	Seasonal Vegetables	-	-	-
Dessert	Fruits	Fruits	-	-	-





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YOUR
THOUGHTS
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營養紅綠燈 Traffic Light Guide

Helps you make healthy choices easily! 助您輕鬆選擇健康午餐!



EAT MORE 健康之選



Whole grain or grains with added vegetables
全穀類或添加蔬菜的穀物

Lean protein with fat trimmed
脂肪比例較低的蛋白質

Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil
健康少油的烹調方法 例如: 蒸、慢煮、烤、焗

EAT MODERATE 適宜之選



Grains with small amount of added fat and oil e.g. fried rice, fried noodles, baked pasta
添加少量油的穀物 例如: 炒飯、炒麵、焗意粉

Fatty cut of meat & poultry with skin
脂肪比例較高及連皮的肉類

Processed or preserved meat, egg and veggies
加工或醃製肉類、蛋類及蔬菜食品

Full fat milk or cheese
全脂奶品類

Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或芡汁

EAT LESS 少選為佳



Deep-fried foods
油炸食品

Added animal fats or saturated plant fats e.g. lard, butter, cream, coconut oil, coconut cream, etc.
添加了動物性脂肪或植物性飽和脂肪 例如: 豬油、牛油、忌廉、椰子油、椰漿

Contains trans fat e.g. processed/premade pastries
含反式脂肪 例如: 預先製作及包裝的烘焙食物

Preserved foods with extremely high salt content e.g. salted fish and salted eggs
鹽分極高的食品 例如: 鹹魚、鹹蛋