



Harrow International School  
Hong Kong (Primary & Secondary)  
哈羅香港國際學校(小學及中學)

Lunch  
Menu

MAY  
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
Hot Dish A	Labour Day 	Chicken Breast Parmesan 	Pizza Ham & Pineapple  	Pork Char Siu 	Cheese Beef Burger 
Hot Dish B		Broccoli & Chickpeas Casserole 	Vegetables Mac & Cheese 	Mushroom & Vermicelli Steamed Egg 	Vegetarian Fried Rice 
Vegetables	Daily Vegetables				
Soup	Daily Soup (  Vegan Option Available Daily)				
Pasta Bar	1 Tomato Sauce (  Vegan) Daily + 1 Meat & White Sauce Daily				
Salad Bar	Salad Bar on Offer Daily (with Sandwich Selection)				
Fruit	Fruits on Offer Daily (Banana, Apple & Pear)				



**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
	8	9	10	11	12
<u>Hot Dish</u> A	Corn & Bell Pepper Pork Stew	Chinese Imperial Beef	Pizza Corn, Cherry Tomato & Chicken	Mac & Cheese Carbonara	Chilli Hot Dog
<u>Hot Dish</u> B	Roasted Eggplant Teriyaki	General Tso Tofu	Spinach, Carrots & Pumpkin Risotto	Chinese Broccoli & Chickpeas Casserole	Cherry Tomato, Bell Peppers, Basil & Pesto Noodles
Vegetables	Daily Vegetables				
Soup	Daily Soup ( Vegan Option Available Daily)				
Pasta Bar	1 Tomato Sauce ( Vegan) Daily + 1 Meat & White Sauce Daily				
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EAT · LEARN · LIVE



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	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18 FRANCE	19
Hot Dish A	Chicken Carrot & Mushroom à la Crème 	Pan Fried Fish Pesto Sauce 	Pepperoni Pizza 	Boeuf Bourguignon	Chicken Schnitzel "Garlic & Lemon Mayo" 
Hot Dish B	Vegetables "Meat Balls"	Sweet Potato, Eggplant, Bell Pepper Curry 	Vegetables, Tomato Sauce, Basil & Lentils	Ratatouille Niçoise 	Mushroom and Truffle Risotto 
Vegetables	Daily Vegetables				
Soup	Daily Soup (  Vegan Option Available Daily)				
Pasta Bar	1 Tomato Sauce (  Vegan) Daily + 1 Meat & White Sauce Daily				
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	Monday	Tuesday	Wednesday	Thursday	Friday
	22	23	24	25	26
<u>Hot Dish</u> A	Beans, Carrots, Mushrooms, Turnip & Beef Estouffade  	Chicken Tikka Alfredo Pasta  	Pizza  Margherita & BBQ Pork   	Chicken Onion Rosemary Gravy 	Buddha's Birthday 
<u>Hot Dish</u> B 	Bavarian Vegetable Cassoulet 	Italian-style Lentil Dahl	Ratatouille with Tofu 	Green Beans & Chickpeas Casserole	
Vegetables	Daily Vegetables 				
Soup	Daily Soup (  Vegan Option Available Daily)				
Pasta Bar	1 Tomato Sauce (  Vegan) Daily + 1 Meat & White Sauce Daily				
Salad Bar	Salad Bar on Offer Daily (with Sandwich Selection)				
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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!



 GREEN 綠燈	<b>EAT MORE</b> 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
 AMBER 黃燈	<b>EAT MODERATE</b> 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  Full fat milk or cheese 全脂奶品類	Processed or preserved meat, egg and veggies 加工或醃製肉類、蛋類及蔬菜食品  Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或芡汁
 RED 紅燈	<b>EAT LESS</b> 少選為佳 👎	Deep-fried foods 油炸食品  Sugar-sweetened beverages 添加糖分的飲品	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