



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

Lunch
Menu

JUN
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
Hot Dish				Char Siu 	Chicken "Ham & Cheese" Cordon Bleu
Grains				Rice	Chips
Vegetables 				Seasonal Vegetables	Seasonal Vegetables
Dessert				Fruits	Peach with Red Fruit Sauce

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
	5	6	7	8	9
Hot Dish	Roasted Pork / Gravy 	Péri Péri Chicken	Pizza Salami 	Pan Fried Fish, Tartare Sauce 	Minced Beef Bolognese
Grains	Rice	Potatoes	-	-	Chips
Vegetables 	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Fruits	Fruits	Fruits	Fruits	Chocolate Cake



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Wheat Alert
含小麥



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	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
Hot Dish	Sliced Pork, Beans & Bell Peppers Curry 	Fried Beef Noodles   	 Pizza Chicken Pineapple & Corn  	 Croque Monsieur  	Gao Bao Bun  
Grains	Rice	-	-	-	Chips
Vegetables 	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Fruits	Fruits	Fruits	Fruits	Vanilla Puffs  



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	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
Hot Dish	Roasted Chicken Breast w/ Gravy 	Beef Goulash	Pizza Sausage & Bell Peppers 	Dragon Boat Festival 	Chicken Hot Dog
Grains	Potatoes	Rice	-		Chips
Vegetables 	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables		Seasonal Vegetables
Dessert	Fruits	Fruits	Fruits		Ice Cream



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JUN
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
Hot Dish	Beef Lasagna 	Chicken Tandoori 	Pizza Hawaiian 	Fish & Chips 	End of Term
Grains	Potatoes	Rice	-	Chips	
Vegetables 	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	
Dessert	Fruits	Fruits	Fruits	Fruits	



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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	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
 AMBER 黃燈	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 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	EAT LESS 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