



SCHOOL MENU



Korean International
School Hong Kong
韓國國際學校

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SHARE YOUR THOUGHTS

分享你的意見



營養紅綠燈

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TRAFFIC LIGHT GUIDE

GREEN 綠燈	AMBER 黃燈	RED 紅燈
EAT MORE 適量 Choose at least 3 times per week 每星期選擇3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每星期選擇不多於2次	EAT LESS 少量 Limit to 4 times per month 每月選擇不多於4次
1. Whole grains or grains with added vegetables 全穀或添加蔬菜的穀物 2. Lean protein with fat trimmed 脂肪較少的瘦肉或魚類 3. 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、燉、焗、烤	1. Grains with an oil amount of added fat and oil e.g. fried rice, fried noodle, baked pasta 添加少許油量的穀物 例如：炒飯、炒麵、焗肉卷 2. Fatty cut of meat & poultry with skin 脂肪較多的肉類及禽類的肉類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, eggs and vegetables 加工或經保鮮的肉類、蛋類及蔬菜 5. Sauce or gravy with high sugar 高糖、高鹽及高脂肪的醬汁或菜汁	1. Deep-fried foods 油炸食品 2. Added animal fats or saturated fats e.g. lard, butter, cream, coconut oil, coconut milk 添加了動物性脂肪或飽和性的脂肪和油類 例如：豬油、牛油、忌廉、椰子油、椰漿 3. Contains trans fat e.g. processed/pre-made pastries 含有反式脂肪 例如：無頭月餅及包裝的酥餅食料 4. Sugar sweetened beverages 添加糖分的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted eggs 過分調製的食品 例如：鹹魚、鹹蛋

立即follow我哋嘅平台，定期接收最新金巴斯集團(香港)嘅消息及營養資訊啦！

Stay tuned to our social media channels to receive latest news and regular Nutritional Information from Compass Group Hong Kong.

訂閱 每月營養資訊

SIGN UP FOR OUR MONTHLY WELLBEING E-NEWSLETTER

COMPASS | HK GROUP

聲明：儘管我們已採取一切措施確保廚房內的交叉污染最小化，但可能會出現我們無法控制的情況，並可能改變所提供過敏原信息的準確性。因此，我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。

DISCLAIMER: 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.

Lunch Menu December 2025

Monday

Tuesday

Wednesday

Thursday

Friday

	Dec 1	Dec 2	Dec 3	Dec 4	Dec 5
<u>Meal A</u>	<p>Diced Pork in Creamy Corn Sauce with Penne 忌廉粟米肉粒配長通粉</p> 	<p>Spaghetti Napolitan Chicken 拿破侖雞絲意粉</p> 	<p>Chicken Cacciatore with Rice 獵人燴雞飯</p> 	<p>Ham & Chicken in Cream Sauce (with low fat milk) with Spaghetti 白汁(配低脂奶)火腿雞絲意粉</p> 	<p>Bolognese Pasta 肉醬意粉</p> 
<u>Meal B</u>	<p>Grilled Fish in Tomato Sauce with Rice 意式茄茸烤魚柳配飯</p> 	<p>Pork Goulash with Rice 匈牙利肉粒配飯</p> 	<p>Spaghetti Carbonara 卡邦尼意粉</p> 	<p>Teriyaki Beef with Rice 日式照燒汁牛肉飯</p> 	<p>Taiwanese Stewed Chicken with Rice 台式三杯雞配飯</p> 
<u>Meal C</u> 	<p>Braised Hairy Gourd, Chinese Mushroom & Bean Curd Sticks with Rice 枝竹冬菇扒節瓜配飯</p> 	<p>Braised Chickpeas with Carrots in Tomato Sauce & Spaghetti 茄汁燴鷹嘴豆甘筍意粉</p> 	<p>Stewed Mixed Vegetables and Chickpeas in Spinach Sauce (with low fat milk) with Spaghetti. 菠菜汁(配低脂奶)雜菌鷹咀豆配意粉</p> 	<p>Japanese Style Stir Fried Udon with Vegetables & Shredded Eggs 日式素炒烏冬</p> 	<p>Cauliflower, Pumpkin & Red Kidney Bean Korma with Brown Rice 椰菜花南瓜紅腰豆咖哩配糙米飯</p> 



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



All meals are nut-free
所有食物均不含堅果



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



Wheat Alert
含小麥

Internal



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Lunch Menu December 2025

	Monday Dec 8	Tuesday Dec 9	Wednesday Dec 10	Thursday Dec 11	Friday Dec 12 (KS ONLY)
<u>Meal A</u>	Beef Bourguignon with Spaghetti 紅酒燉牛肉 配意粉  	Korean Braised Chicken, Carrot & Potato with Brown Rice 韓式薯仔紅蘿蔔燉雞 配糙米飯  	Gyudon (Japanese Beef Bowl with Mixed Vegetables) 日式野菜牛肉丼  	 Gammon Ham Cheesburger with Hash Brown & Turkey 加文芝士火腿漢堡 配薯餅 & 火雞胸   	Coq Au Vin with Spaghetti 法式紅酒燉雞配意粉  
<u>Meal B</u>	Chicken Bibimbap 韓式雞肉拌飯  	Diced Pork in Creamy Corn Sauce with Penne 忌廉粟米肉粒配長通粉  	HK Style Swiss Chicken with Rice 瑞士雞球配飯   	Pork & Corn Egg Drop Sauce with Rice 粟米滑蛋肉片配飯   	Beef Stroganoff with Pasta 俄國牛肉配意粉   
<u>Meal C</u> 	Thai Curry with Veggie Medley & Tofu with Brown Rice 泰式雜菜豆腐 咖哩配糙米飯 	Steamed Egg and Shiitake with Brown Rice 香菇蒸水蛋配糙米飯   	Vegetarian Meatball with Spaghetti in Marinara Sauce 意式鮮茄素肉丸意粉  	Sautéed Veg Chicken Cheesburger with Hash Brown 芝士素雞扒漢堡配薯餅  	Moroccan Chickpea Tagine with Pasta 摩洛哥鷹咀豆燴菜 配意粉 



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Internal



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Lunch Menu December 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Dec 15 (KS ONLY)

Dec 16 (KS ONLY)

Dec 17 (KS ONLY)

Dec 18 (KS ONLY)

Dec 19

Meal
A

Italian Style Mushroom
and Chicken with Rice
意大利蘑菇雞飯



(Andong Jjimdak) Korean
Braised Chicken with
Rice
韓國安東燉雞飯



Teriyaki Onion and Pork
with Rice
照燒洋蔥豚肉配飯



Chicken A La King (w/
low fat) with Rice
白汁(配低脂奶)雞皇飯



Meal
B

Beef Bourguignon with
Pasta
紅酒燉牛肉意大利粉



Braised Pumpkin Pork
(w/ low fat milk) with
Pasta
南瓜肉片(配低脂奶)
配意粉



Chicken and Paprika
with Spaghetti
雞肉甜椒配意粉



Masala Pork Curry with
Brown Rice
印式咖哩肉片配糙米飯



Meal
C



Braised Spaghetti with
Pumpkin and Chickpea
南瓜鷹咀豆燴意粉



Curry Mixed Vegetable &
Lentils with Rice
咖喱雜菜扁豆配飯



Pasta with Mushroom,
Spinach & Chickpeas (w/
low fat milk)
香草汁(配低脂奶)菠菜
雜菌鷹咀豆長通粉



Italian Style Veg
Meatballs with
Spaghetti
西西里素肉丸配意粉



KS Half Day
School



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