



SCHOOL MENU



Korean International School Hong Kong
韓國國際學校

SHARE YOUR
THOUGHTS
分享你的意見

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營養紅綠燈
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TRAFFIC LIGHT GUIDE

GREEN 綠燈 AMBER 黃燈 RED 紅燈

EAT MORE 適宜
Choose at least 3 times per week 每星期吃3次或以上

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

EAT MODERATELY 限量
Limit to 2 times per week 每星期吃不多於2次

- Grains with small amount of added fat and oil e.g. rice, fried noodles, baked beans 滋潤少油的穀物
- Fatty cuts of meat e.g. beef skirt 脂肪比例較高及瘦肉
- Pull apart milk or cheese 全脂奶及芝士
- Processed or preserved meat, egg and vegetables 加工或醃製肉類、蛋類及蔬菜
- Sauces 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 少量
Limit to 4 times per month 每月吃不多於4次

- Deep fried foods 深炸食品
- Added animal fats or saturated fats e.g. lard, butter, cream, coconut oil, coconut milk, butterfat 牛油、黃油、鮮奶油、椰子油、椰子鮮奶、牛油
- Coated biscuits 全脂餅乾
- Sugar sweetened beverages 含糖軟飲品
- Preserved foods with extremely high salt content e.g. salted fish, salted eggs 高分量鹽的食品

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

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,並可能改變所提供之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 |
|--------|---|--|---|---|--|
| Meal A | Diced Pork in Creamy Corn Sauce with Penne 忌廉粟米肉粒配長通粉 | Spaghetti Napolitan Chicken 拿破侖雞絲意粉 | Chicken Cacciatore with Rice 獵人燴雞飯 | Ham & Chicken in Cream Sauce (with low fat milk) with Spaghetti 白汁(配低脂奶)火腿雞絲意粉 | Bolognese Pasta 肉醬意粉 |
| Meal B | Grilled Fish in Tomato Sauce with Rice 意式茄苳烤魚柳配飯 | Pork Goulash with Rice 匈牙利肉粒配飯 | Spaghetti Carbonara 卡邦尼意粉 | Teriyaki Beef with Rice 日式照燒汁牛肉飯 | Taiwanese Stewed Chicken with Rice 台式三杯雞配飯 |
| Meal C | Braised Hairy Gourd, Chinese Mushroom & Bean Curd Sticks with Rice 枝竹冬菇扒節瓜配飯 | Braised Chickpeas with Carrots in Tomato Sauce & Spaghetti 茄汁燴鷹嘴豆甘筍意粉 | 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 | Japanese Style Stir Fried Udon with Vegetables & Shredded Eggs 日式素炒烏冬 | Cauliflower, Pumpkin & Red Kidney Bean Korma with Brown Rice 椰菜花南瓜紅腰豆咖哩配糙米飯 |



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 含貝類海鮮
Wheat Alert 含小麥

Internal



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Lunch Menu December 2025

Monday

Tuesday

Wednesday

Friday



Dec 8

Dec 9

Dec 10

Dec 11

Dec 12 (KS ONLY)

Meal A

Beef Bourguignon with Spaghetti
红酒燉牛肉
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 Cheeseburger 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

Meal B

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

Meal C



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 Cheeseburger 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

| Meal A |
|---|
| Beef Bourguignon with Spaghetti 红酒燉牛肉 配意粉 |
| Chicken Bibimbap 韓式雞肉拌飯 |

| Meal B |
|---|
| Beef Bourguignon with Spaghetti 红酒燉牛肉 配意粉 |
| Chicken Bibimbap 韓式雞肉拌飯 |

| Meal C |
|--|
| 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 |

External

Internal



Eat More
適宜

Eat Moderately
限量

Eat Less
少量

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素食

Sustainable Seafood
可持續海鮮

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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



KS Half Day
School

Meal
C



Braised Spaghetti with Pumpkin and Chickpea
南瓜鷄咗豆燴意粉



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)菠菜雜菌鷄咗豆長通粉



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



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少量

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