



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

Lunch
Menu

MAR
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
Hot Dish			Salami Pizza 	Pork Char Siu 	Teriyaki Chicken Burger
Grains			-	Rice	Chips
Vegetables 			Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert			Fruits	Fruits	Ice Cream



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
Menu

MAR
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Hot Dish	Beef Carrots à la Mode	Roasted Chicken Garlic Gravy 	Corn & Chicken Pizza  	Ham & Vegetables Mac & Cheese  	Bulgogi Beef Burger   
Grains	Rice	Potatoes	-	-	Chips
Vegetables 	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Fruits	Fruits	Fruits	Fruits	Cheesecake   



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Lunch
Menu

MAR
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Hot Dish	Hoisin Pork with Chinese Vegetables Stir-fry 	Chili Con Carne	Pizza Corn, Chicken BBQ 	Pan-fried Fish Creamy Corn Sauce 	Macao Pork Bun
Grains	Rice	Potatoes	-	Rice	Chips
Vegetables 	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Fruits	Fruits	Fruits	Fruits	Bread & Butter Pudding



Vegetarian
素食

Sustainable Seafood
可持續海鮮

Egg Alert
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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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MAR
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Hot Dish	Chicken with Rainbow Vegetables Fried Noodles  	Pan-fried Fish Mediterranean  	Pizza Pork Hawaiian  	Pasta Bolognese "Carrot & Peas" 	Chicken Hot Dog 
Grains	-	Rice	-	-	Chips
Vegetables 	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Fruits	Fruits	Fruits	Fruits	Double Fudge Cake   



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少量



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Soy Alert
含大豆



Fish Alert
含魚類



Shellfish Alert
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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

MAR
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
Hot Dish	Vegetables & Pork Fried Rice 	Chicken Soy Sauce 	Pizza Margherita 	Chicken Vegetables Mac & Cheese 	Beef Cheese Burger
Grains	-	Rice	-	-	Chips
Vegetables 	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Fruits	Fruits	Fruits	Fruits	Tiramisu Mousse



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Vegetarian
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Seafood
可持續海鮮



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含蛋類



Dairy Alert
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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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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