



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

Dinner
 Menu

MAR
 2023

	Monday	Tuesday	Wednesday	Thursday
			1	2
Hot Dish A			Chicken Neapolitan	Baked Fish & Potato Gratin
Hot Dish B			Mushroom & Truffle Risotto	Vegetarian "Meat Balls"
Grains			Potato / Rice	Potato / Rice
Vegetables	Daily Vegetables			
Soup	Daily Soup (Vegan Option Available)			
Noodle Bar	Selection of the Night			
Salad	2 Options Available: 1 Vegetarian + 1 Meat or Fish			
Dessert			Tiramisu	Vanilla Panna Cotta
Fruit	Fruits on Offer Daily (Banana, Apple & Pear)			






























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	Monday 6	Tuesday 7	Wednesday 8	Thursday 9
Hot Dish A	Pan fried Fish with Pesto  	Yeung Chow Fried Rice    	Chicken Parmesan 	Black Pepper Beef Chinese Style
Hot Dish B 	Paprika Sweet Potato & Cauliflower Gratin  	Chinese Stir Fry with Tofu 	Sautéed Carrot, Pumpkin, Spinach & Lotus	Spanish Frittata with Cheese  
Grains	Potato / Rice	Potato / Rice	Potato / Rice	Potato / Rice
Vegetables	Daily Vegetables 			
Soup	Daily Soup ( Vegan Option Available)			
Noodle Bar	Selection of the Night			
Salad	2 options Available: 1 Vegetarian  + 1 Meat or Fish			
Dessert	Chocolate Mousse  	Pineapple Upside Down   	Lemon Tarte   	Ice Cream 
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
含貝類海鮮



Peanut Alert
含花生



Tree Nuts Alert
含堅果



Wheat Alert
含小麥



EAT · LEARN · LIVE



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 2023

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16
Hot Dish A	Chicken Fried Noodles 	Tandoori Chicken	Sweet & Sour Pork 	Beef Teriyaki
Hot Dish B 	Pan-fried Tomato, Lemon & Coriander Tofu 	Vegetables Mac & Cheese 	Pumpkin, Carrot, Chickpeas & Quinoa	Sweet & Salty Miso Glazed Eggplant with Fried Tofu
Grains	Potato / Rice	Potato / Rice	Potato / Rice	Potato / Rice
Vegetables	Daily Vegetables			
Soup	Daily Soup (Vegan Option Available)			
Noodle Bar	Selection of the Night (<u>not on March 14</u>)			
Salad	2 options Available: 1 Vegetarian + 1 Meat or Fish (<u>Full Salad Bar March 14</u>)			
Dessert	Steamed Sponge Cake 	Ice Cream 	Coconut Panna Cotta 	Chocolate Tarte
Fruit	Fruits on Offer Daily (Banana, Apple & Pear)			



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 2023

	Monday	Tuesday	Wednesday	Thursday
	20	21	22	23
Hot Dish A	Pork Yellow Curry 	Beef Burgundy	Stir-fry Thai Chicken	Fish & Chips
Hot Dish B 	Lemon Garlic Butter Cherry Tomato & Green Beans Tofu 	Leek & Potato Gratin Dauphinois 	Mushroom & Vermicelli Steam Egg 	Carrot, Peas, Potato & Pumpkin with Onion Sauce
Grains	Potato / Rice	Potato / Rice	Potato / Rice	Potato / Rice
Vegetables	Daily Vegetables			
Soup	Daily Soup (Vegan Option Available)			
Noodle Bar	Selection of the Night			
Salad	2 options Available: 1 Vegetarian + 1 Meat or Fish			
Dessert	Strawberry Mousse 	Blueberry Cheesecake 	Méli Mélo Fruit Jello 	Double Fudge Cake
Fruit	Fruits on Offer Daily (Banana, Apple & Pear)			



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Tree Nuts Alert
 含堅果
































Wheat Alert
 含小麥



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	Monday	Tuesday	Wednesday	Thursday
	27	28	29	30
Hot Dish A	Roasted Fish Garlic & Herb Mustard Crust  	Pork Chop Tomato & Cheese 	Beef Carrot & Peas Casserole 	Chicken Schnitzel  
Hot Dish B 	Potato, Pumpkin & Spinach Casserole 	Basil, Vegetables & Tofu Stew 	Vegetables "Lasagna"   	Sweet Potato, Peas & Brussels Sprout Gratin  
Grains	Potato / Rice	Potato / Rice	Potato / Rice	Potato / Rice
Vegetables	Daily Vegetables 			
Soup	Daily Soup ( Vegan Option Available)			
Noodle Bar	Selection of the Night			
Salad	2 options Available: 1 Vegetarian  + 1 Meat or Fish			
Dessert	Apple Crumble Tarte   	Red Velvet Cake   	Banana Trifle   	Tiramisu   
Fruit	Fruits on Offer Daily (Banana, Apple & Pear)			



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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!



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、燉煮、烤、焗

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

Processed or preserved meat, egg and veggies
加工或醃製肉類、蛋類及蔬菜食品

Full fat milk or cheese
全脂奶品類

Sauce 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 少選為佳



Deep-fried foods
油炸食品

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