














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

Lunch
 Menu

MAR
 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
Hot Dish A			Salami Pizza  	Pork Char Siu  	Teriyaki Chicken Burger  
Hot Dish B 			Eggplant Caponata	Vegetables & Sweet Potato Stir-fry	Jamaican Fried Rice 
Grains			Potato / Rice	Potato / Rice	Chips / Rice
Vegetables	Daily Vegetables 				
Soup	Daily Soup ( Vegan Option Available Daily)				
Pasta Bar	1 Tomato Sauce ( Vegan) + 1 Meat & White Sauce				
Salad Bar	Salad Bar on Offer Daily (with Sandwich Selection)				
Fruit	Fruits on Offer Daily				



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
	6	7	8	9	10
Hot Dish A	Beef Carrots à la Mode	Roasted Chicken Garlic Gravy	Pesto, Cherry Tomato & Chicken Pizza	Pan-fried Fish Coriander, Capers & Tomato Sauce	Bulgogi Beef Burger
Hot Dish B	Broccoli, Green Beans & Tofu Casserole	Ratatouille Niçoise	Fried Tofu & Roasted Eggplant, Tomato Chili Sauce	Vegetables Mac & Cheese	Vegetarian Fried Rice
Grains	Potato / Rice	Potato / Rice	Potato / Rice	Potato / Rice	Chips / Rice
Vegetables	Daily Vegetables				
Soup	Daily Soup (Vegan Option Available Daily)				
Pasta Bar	1 Tomato Sauce (Vegan) + 1 Meat & White Sauce				
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	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Hot Dish A	Hoisin Pork with Chinese Vegetables Stir-fry 	Chili Con Carne	Pizza Corn, Chicken BBQ & Red Onion 	Pan-fried Fish Creamy Corn Sauce 	Macao Pork Bun
Hot Dish B	Mushroom, Garlic & Cheese Frittata 	Spinach, Chickpeas & Sweet Potato Casserole 	Sautéed Eggplant, Bell Peppers & Tofu 	Basil, Cherry Tomato, Spinach Pasta 	Tomato & Zucchini Risotto
Grains	Potato / Rice	Potato / Rice	Potato / Rice	Potato / Rice	Chips / Rice
Vegetables	Daily Vegetables				
Soup	Daily Soup (Vegan Option Available Daily)				
Pasta Bar	1 Tomato Sauce (Vegan) + 1 Meat & White Sauce				
Salad Bar	Salad Bar on Offer Daily (with Sandwich Selection)				
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	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Hot Dish A	Chicken with Rainbow Vegetables Fried Noodles  	Pan-fried Fish Mediterranean Style  	Pizza Pork Hawaiian  	Pasta Bolognese "Carrot & Peas" 	Chicken Hot Dog 
Hot Dish B 	Chickpeas & Vegetables Stew	Tomato, Peas, Zucchini Risotto  	Tofu & Vegetables with Black Pepper Sauce 	Broccoli, Quinoa & Beans Casserole 	Vegetables & Egg Fried Rice 
Grains	Potato / Rice	Potato / Rice	Potato / Rice	Potato / Rice	Chips / Rice
Vegetables	Daily Vegetables 				
Soup	Daily Soup ( Vegan Option Available Daily)				
Pasta Bar	1 Tomato Sauce ( Vegan) + 1 Meat & White Sauce				
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	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
Hot Dish A	Vegetables & Pork Korean Fried Rice 	Chicken Soy Sauce 	Pizza Margherita & Bacon 	Pan-fried Fish Pesto, Cherry Tomato & Capers 	Beef Cheese Burger
Hot Dish B 	Sautéed Onion, Sweet Potato, Carrot "Seoul Style"	Vegetarian Chili with Mixed Beans	Broccoli & Chickpeas Casserole 	Vegetables Mac & Cheese 	Vegetarian Meatballs
Grains	Potato / Rice	Potato / Rice	Potato / Rice	Potato / Rice	Potato / Rice
Vegetables	Daily Vegetables				
Soup	Daily Soup (Vegan Option Available Daily)				
Pasta Bar	1 Tomato Sauce (Vegan) + 1 Meat & White Sauce				
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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、慢煮、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 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
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