



# SCHOOL MENU



Australian International School Hong Kong  
香港澳洲國際學校

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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
<b>EAT MORE 適宜</b> Choose at least 3 times per week 每週選擇3次或以上	<b>EAT MODERATELY 限量</b> Limit to 2 times per week 每週選擇不多於2次	<b>EAT LESS 少量</b> Limit to 4 times per month 每月選擇不多於4次
1. Whole grain or grains with added vegetables 全穀類或添加蔬菜的穀類 2. Lean protein with fat trimmed 脂肪較少的蛋白質 3. Healthy cooking methods e.g. steaming, poaching, grilling, baking with very little oil 健康的烹調方法如蒸、焗、煎、烤，用極少的油	1. Grains with small amount of added fat e.g. rice, rice, fried noodle, fried corn 添加少量脂肪的穀類 2. Fully cooked meat & poultry with skin 完全煮熟的肉類及禽類 3. Full fat milk or cheese 全脂奶類 4. Processed or preserved meat, egg and vegetables 加工或製成的肉類、蛋類及蔬菜 5. Sauce or gravy with high sugar, salt or fat content 高糖、高鹽及高脂肪的醬汁或肉汁	1. Deep-fried foods 油炸食品 2. Added animal fat or saturated fat e.g. lard, butter, cream, coconut oil, coconut milk 添加動物脂肪或飽和脂肪的動物脂肪 3. Cooked in the fat e.g. processed, fried pastries 在脂肪中烹調的，例如：炸餅、炸春卷、炸雞等 4. Sugar sweetened beverages 含糖的飲品 5. Preserved foods with extremely high salt content e.g. salted fish and salted veg 極高鹽分的食品，例如：鹹魚、鹹菜

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 Oct 2025































Tuesday

Wednesday

Thursday

Friday

	13 Oct	14 Oct	15 Oct	16 Oct	17 Oct
<u>Meal A</u>	(Hungary) Hungarian Mushroom & Bean Stew 	Pork Chop with Mustard Gravy 	(Italy) Pork Ragu 	(France) Beef Bourguignon 	Chicken A La King 
<u>Meal B</u>	Vegetarian Stir-fried Shanghai Noodles 	Japanese Style Chicken Curry 	 Baked Fish in Low Fat White Sauce   	Steamed Chicken and Shitake Mushroom  	Pork Chop in Onion Sauce  
<u>Meal C</u>	 HK Style Stir-fried Tomato and Egg  	(Mexico) Vegetarian Chili Con Carne 	Cheese Baked Pasta with Broccoli  	Stir-fried Rice Noodles with Mixed Vegetables & Shredded Eggs  	(Italy) Vegetable Bolognese  
<u>Carbohydrates</u>	Multi Grain Rice	Roasted Potato Red Rice	Pasta  Multi Grain Rice	Multi Grain Rice	Corn Rice Pasta 
<u>Vegetables</u>	Cauliflower & Carrot 	Zucchini & King Mushroom	Cabbage & Bean	Brassica & Corn	Broccoli & Carrot



Made using Sustainable seafood, cage-free eggs, seasonal vegetables or plant-forward ingredients



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

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# Lunch Menu Oct 2025



Tuesday

Wednesday

Thursday

Friday

	20 Oct	21 Oct	22 Oct	23 Oct	24 Oct
<u>Meal A</u>	Chicken Biryani 	Beef Bolognaise 	(USA) Pepperoni Pizza 	Roasted Chicken with Mushroom Sauce 	Sustainable Dish Smoked Salmon & White Sauce Pasta Bake 
<u>Meal B</u>	Sustainable Dish South Indian Egg Curry 	(Japan) Teriyaki Chicken 	Yaki Udon with Beef 	Sautéed Broccoli with Pork 	Braised Potato and Chicken Stew 
<u>Meal C</u> 	Mumbai Pav Bhaji (Minced Beef & Vegetable Curry with Sweet Bun) 	Sustainable Dish Chickpeas & Potato Curry 	Corn & Cheddar Frittata 	(Italy) Italian Tuscan Bean Stew	Stir-fried Noodles with Baby Corn, Cabbage & Dried Bean Curd 
<u>Carbohydrates</u>	Mixed Grain Rice Roasted Potato	Pasta Corn Rice	Roasted Potato Sweet Corn	Roasted Potato Red Rice	Multi Grain Rice
<u>Vegetables</u> 	Cauliflower & Carrot	Broccoli & Carrot	Brassica & Corn	Zucchini & King Mushroom	Cabbage & Bean



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# Lunch Menu Oct 2025






































Monday

Tuesday

Wednesday

Thursday

Friday

	27 Oct	28 Oct	29 Oct	30 Oct	31 Oct
<u>Meal A</u>	Pesto Chicken with Roasted Vegetables  	 Sustainable Dish Baked Tuna Pasta in Tomato Sauce    	Chung Yeung Festival	(USA) Meat Lover Pizza   	Smokey Chicken Pasta Sauce   
<u>Meal B</u>	Stir-Fried Long Beans & Minced Pork     	(Thai) Thai Beef & Coconut Curry 		Honey Mustard Roast Chicken Steak   	Pork Chop in Tomato Sauce  
<u>Meal C</u> 	Braised E-Fu Noodles   	Ratatouille  		Vegetable Tagine  	(India) Sweet Potato Curry  
<u>Carbohydrates</u>	Multi Grain Rice	Roasted Potato Red Rice		Mashed Potato  Multi Grain Rice	Corn Rice Pasta 
<u>Vegetables</u> 	Cauliflower & Carrot	Cabbage & Bean		Brassica & Corn	Broccoli & Carrot



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# Lunch Menu Nov 2025



Tuesday

Wednesday

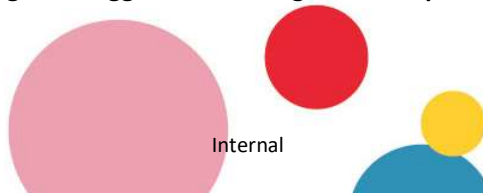
Thursday

Friday

	3 Nov	4 Nov	5 Nov	6 Nov	7 Nov
<u>Meal A</u>	Sustainable Dish Sweet & Sour Veggie Meatball 	Sustainable Dish Italian Shrimp Arrabiata Pasta 	Tuna Pasta in Cream of Spinach Sauce 	Chicken & Sweetcorn Pie 	Balsamic Roasted Pork Loin 
<u>Meal B</u>	(India) Roast Cauliflower & Chickpea Korma 	Kung Bo Chicken (Little Spicy) 	(Vietnam) Vietnamese Lemongrass Pork Chop 	Stir-Fried Beef, Broccoli & Cauliflower 	(Singapore) Singaporean Style Stir-fried Rice Vermicelli with Shrimp 
<u>Meal C</u> 	Tofu in Silky Egg Sweet Corn Sauce 	Sustainable Dish Ma Po Tofu 	Margherita Pizza 	(USA) Cauliflower Cheese Bake 	(Japan) Braised Teriyaki Eggplant & Tofu 
<u>Carbohydrates</u>	Roasted Potato Red Rice	Pasta Multi Grain Rice	Pasta Corn Rice	Roasted Potato	Red Rice
<u>Vegetables</u> 	Cauliflower & Carrot	Brassica & Corn	Cabbage & Bean	Broccoli & Carrot	Zucchini & King Mushroom



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# Lunch Menu Nov 2025


Monday

Tuesday

Wednesday

Thursday

Friday

	10 Nov	11 Nov	12 Nov	13 Nov	14 Nov
<u>Meal A</u>	(Italy) Chicken, Mushroom & Pea Risotto 	 Sustainable Dish Pan-fried Fish Fillet in Tomato Sauce    	Pasta with Pork Meatballs in Tomato Sauce   	(Hungary) Hungarian Beef Stew (Beef Goulash)  	(UK) Fish and Chips   
<u>Meal B</u>	 Sustainable Dish Ma Po Tofu with Minced Pork   	(India) Butter Chicken  	BBQ Chicken Pizza   	Sweet & Sour Pork    	Sautéed Zucchini with Chicken     
<u>Meal C</u> 	Steam Egg with Edamame & Shiitake Mushroom   	Stir-Fried Noodles with Baby Corn, Cabbage & Dried Bean Curd  	Spinach & Chickpeas Curry   	Vegetarian Pad Thai   	Sweet Potato Mac & Cheese  
<u>Carbohydrates</u>	Multi Grain Rice	Red Rice	Pasta  Multi Grain Rice	Multi Grain Rice	Chips Red Rice
<u>Vegetables</u> 	Broccoli & Carrot	Cauliflower & Carrot	Cabbage & Bean	Brassica & Corn	Zucchini & King Mushroom



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# Lunch Menu Nov 2025







































Monday

Tuesday

Wednesday

Thursday

Friday

	17 Nov	18 Nov	19 Nov	20 Nov	21 Nov
<u>Meal A</u>	Beef Bourguignon   	(Italy) Pork Ragu  	Ham & Sweet Corn Pizza   	Pork Chop with Mustard Gravy   	Chicken Tikka Masala  
<u>Meal B</u>	Japanese Fried Udon with Chicken & Narutomaki     	Japanese Style Chicken Curry  	 Sustainable Dish Fish Fillet in Sweet Corn Sauce      	Korean Fried Chicken  	Stir-Fried Oyster Mushroom, Green Beans & Sliced Beef   
<u>Meal C</u> 	(Russia) Mushroom Stroganoff  	Baked Vegetarian Ham Pasta    	(Spain) Corn & Cheddar Frittata  	(Kazakhstan) Kazakhstan Eggplant (with Yogurt & Spices)  	(Mexico) Tomato & Mozzarella Quesadilla   
<u>Carbohydrates</u>	Corn Rice	Pasta  Red Rice	Roasted Potato Multi Grain Rice	Roasted Potato Corn Rice	Multi Grain Rice
<u>Vegetables</u> 	Cauliflower & Carrot	Cabbage & Bean	Brassica & Corn	Zucchini & King Mushroom	Broccoli & Carrot



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# Lunch Menu Nov 2025


















































Monday

Tuesday

Wednesday

Thursday

Friday

	24 Nov	25 Nov	26 Nov	27 Nov	28 Nov
<u>Meal A</u>	Roasted Chicken with Mushroom Sauce    	(Italy) Beef Bolognaise  	Chicken A La King    	(USA) Newyorker Hotdog   	 Sustainable Dish Smoked Salmon & White Sauce Pasta Bake    
<u>Meal B</u>	 Sustainable Dish Sweet & Sour Fish      	Steamed Chicken and Mushroom   	Beef Brisket and Turnip in Chu Hau Sauce     	Sautéed Broccoli with Pork     	Pork Chop in Tomato Sauce  
<u>Meal C</u> 	(Malaysia) Malaysian Curry with Veggies & Chickpeas   	Cheese Baked Pasta with Broccoli   	Mixed Vegetable Pizza   	 Sustainable Dish Italian Tuscan Bean Stew	(India) Chickpeas & Potato Curry   
<u>Carbohydrates</u>	Multi Grain Rice	Pasta  Corn Rice	Pasta  Red Rice	Roasted Potato Multi Grain Rice	Pasta  Multi Grain Rice
<u>Vegetables</u> 	Broccoli & Carrot	Cabbage & Bean	Zucchini & King Mushroom	Cauliflower & Carrot	Brassica & Corn



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# Lunch Menu Dec 2025














Monday

Tuesday

Wednesday

Thursday

Friday

	1 Dec	2 Dec	3 Dec	4 Dec	5 Dec
<u>Meal A</u>	Baked Tuna Pasta in Tomato Sauce     	Honey Mustard Roast Chicken Steak   	(USA) Meat Lover Pizza   	Fish & Chips     	Smokey Chicken Pasta Sauce   
<u>Meal B</u>	Braised Potato and Chicken Stew   	(Japan) Shogayaki Pork   	Stir-Fried Beef, Broccoli & Cauliflower     	Stir-Fried Long Beans & Minced Pork     	(Thai) Thai Beef & Coconut Curry 
<u>Meal C</u> 	 Sustainable Dish HK Style Stir-fried Tomato and Egg   	Vegetable Tagine  	Spinach & Chickpeas Curry   	(Italy) Vegetable Bolognese   	Ratatouille  
<u>Carbohydrates</u>	Multi Grain Rice	Pasta  Corn Rice	Roasted Potato Multi Grain Rice	Pasta  Red Rice	Pasta  Multi Grain Rice
<u>Vegetables</u> 	Cabbage & Bean	Cauliflower & Carrot	Zucchini & King Mushroom	Broccoli & Carrot	Brassica & Corn



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# Lunch Menu Dec 2025




Monday

Tuesday

Wednesday

Thursday

Friday

	8 Dec	9 Dec	10 Dec	11 Dec	12 Dec
<u>Meal A</u>	Holiday	Pesto Chicken with Roasted Vegetables  	BBQ Chicken Pizza   	Chicken & Sweetcorn Pie    	Last Day of School
<u>Meal B</u>		 Sustainable Dish Ma Po Tofu with Minced Pork   	Sweet & Sour Pork    	 Sustainable Dish Singaporean Style Stir-fried Rice Vermicelli with Shrimp     	
<u>Meal C</u> 		Braised E-Fu Noodles   	(Spain) Spinach & Mushroom Frittata  	(Mexico) Vegetarian Chili Con Carne 	
<u>Carbohydrates</u>		Multi Grain Rice	Roasted Potato Multi Grain Rice	Roasted Potato Red Rice	
<u>Vegetables</u> 		Cabbage & Bean	Broccoli & Carrot	Cauliflower & Carrot	



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