



SCHOOL MENU



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

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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 每週選擇3次或以上	EAT MODERATELY 限量 Limit to 2 times per week 每週選擇不多於2次	EAT LESS 少量 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. Fatty e.g. meat & poultry with skin 脂肪較多的肉類及家禽類 3. Full fat milk or cheese 全脂奶類及乳酪 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 trans fat e.g. processed, premade pastries 用反式脂肪烹調的 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 July/Aug 2025




















Monday

Tuesday

Wednesday

Thursday

Friday

	28 July	29 July	30 July	31 July	01 Aug
<u>Meal A</u>	(India) Butter Chicken 	Honey Mustard Roast Chicken Steak 	Meat Lover Pizza 	Pork Chop with Mustard Gravy 	(UK) Fish & Chips 
<u>Meal B</u>	Honey Glazed BBQ Pork 	(Japan) Yaki Udon with Beef 	 Sustainable Dish Fish Fillet in Sweet Corn Sauce 	HK Style Stir-fried Tomato with Sliced Pork and Egg 	Japanese Style Chicken Curry 
<u>Meal C</u> 	Braised Teriyaki Eggplant & Tofu 	Ratatouille & Kidney Beans 	(Malaysia) Malaysian Curry with Veggies & Chickpeas 	(Russia) Mushroom Stroganoff 	Broccoli & Cheddar Frittata 
<u>Carbohydrates</u>	Naan bread  Mixed Grain Rice	White Rice	Roasted Potato Red Rice	Mashed Potato  Mixed Grain Rice	Chips Corn Rice
Seasonal Vegetables Served Daily					



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

-  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 Aug 2025



Tuesday

Wednesday

Thursday

Friday

	04 Aug	05 Aug	06 Aug	07 Aug	08 Aug
<u>Meal A</u>	Sustainable Dish Italian Bean Casserole 	Baked Tuna Pasta in Tomato Sauce 	(USA) Pepperoni Pizza 	(Italy) Beef Bolognese 	Chicken A La King
<u>Meal B</u>	Braised E-Fu Noodles 	(Signature) Sweet & Sour Pork 	Beef Brisket and Turnip in Chu Hau Sauce 	Steamed Egg with Sweet Corn & Diced Chicken 	(Singapore) Singaporean Style Stir-fried Rice Vermicelli with Shrimp
<u>Meal C</u> 	(Japan) Japanese Curry with Veggies & Tofu 	(Mexico) Vegetarian Chili Con Carne (Little Spicy) 	Cheese Baked Pasta with Broccoli 	Sweet Potato Mac & Cheese 	Vegetable Tagine
<u>Carbohydrates</u>	Mixed Grain Rice	Carrot Rice	Sweet Corn Rice	Brown Rice Macaroni	Corn Rice
Seasonal Vegetables Served Daily					



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Wheat Alert
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Lunch Menu Aug 2025









































Monday

Tuesday

Wednesday

Thursday

Friday

	11 Aug	12 Aug	13 Aug	14 Aug	15 Aug
<u>Meal A</u>	 Sustainable Dish Pan-fried Fish Fillet in Tomato Sauce   	(France) Chicken Casserole  	(Italy) Pork Ragu  	Roasted Chicken with Mushroom Sauce   	(Hungary) Hungarian Beef Stew (Beef Goulash)  
<u>Meal B</u>	(Japan) Japanese Fried Udon with Chicken & Narutomaki   	Stir-Fried Long Beans & Minced Pork   	Stir-Fried Beef, Broccoli & Cauliflower   	Sautéed Zucchini with Pork   	Steamed Chicken and Mushroom   
<u>Meal C</u> 	Italian Tuscan Bean Stew 	Ratatouille  	Veggie Curry Pizza  	(Kazakhstan) Kazakhstan Eggplant (with Yogurt & Spices)  	Stir-Fried Noodles with Baby Corn, Cabbage & Dried Bean Curd  
<u>Carbohydrates</u>	Rice	Pasta  Mixed Grain Rice	Rice Roasted Potato	Pasta  Brown Rice	Rice
Seasonal Vegetables Served Daily					



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Eat More
適宜

Eat Moderately
限量

Eat Less
少量



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Wheat Alert
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Lunch Menu Aug 2025



	Monday	Tuesday	Wednesday	Thursday	
	18 Aug	19 Aug	20 Aug	21 Aug	22 Aug
<u>Meal A</u>	Pasta Carbonara   	Chicken Tikka Masala  	Thousand Island Chicken Pizza   	Baked Fish with Low Fat White Sauce      	Korean Fried Chicken  
<u>Meal B</u>	Braised Potato and Chicken Stew   	(Japan) Haogayaki (Japanese Ginger Pork)  	Beef Slices and Turnip in Chu Hau Sauce     	(Thai) Thai Chicken & Pineapple Fried Rice    	Korean Style Stir-fried Vermicelli with Beef  
<u>Meal C</u> 	 Sustainable Dish Shitake Lentil Bolognese  	Cheese Baked Pasta with Broccoli   	(India) Sweet Potato Curry  	Corn & Cheddar Frittata  	Vegetarian Bibimbap   
<u>Carbohydrates</u>	Rice Pasta 	Rice	Mixed Grain Rice	Rice Pasta 	Corn Rice
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Lunch Menu Aug 2025














































Monday

Tuesday

Wednesday

Thursday

Friday

	25 Aug	26 Aug	27 Aug	28 Aug	29 Aug
<u>Meal A</u>	Pesto Chicken with Roasted Vegetables  	Smokey Chicken Pasta Sauce   	(USA) Newyorker Hotdog   	Pasta with Pork Meatballs in Tomato Sauce   	(UK) Fish and Chips   
<u>Meal B</u>	(Signature) Sweet & Sour Fish      	Ma Po Tofu with Minced Pork    	Minced Pork & Mushroom in Steam Egg    	(Singapore) Hainan Chicken (Boneless) 	Teriyaki Chicken  
<u>Meal C</u> 	(Japan) Japanese Curry with Veggies & Tofu  	(Hungary) Hungarian Mushroom & Bean Stew 	Mac & Cheese  	 Sustainable Dish HK Style Stir-fried Tomato and Egg   	Spinach & Chickpeas Curry   
<u>Carbohydrates</u>	Rice	Roasted Potato Rice	Sweet Corn	Mixed Grain Rice Pasta 	Rice Chips
Seasonal Vegetables Served Daily					



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Lunch Menu Sept 2025



Tuesday

Wednesday

Thursday

Friday

	01 Sept	02 Sept	03 Sept	04 Sept	05 Sept
<u>Meal A</u>	Sustainable Dish Sweet & Sour Veggie Meatball 	Baked Fish in Low-fat White Sauce 	Balsamic Roasted Pork Loin 	(India) Butter Chicken 	(Italy) Chicken, Mushroom & Pea Risotto
<u>Meal B</u>	Stir Fried Rice Noodles with Mixed Vegetables & Shredded Eggs 	Stir-Fried Oyster Mushroom, Green Beans & Sliced Beef 	Young Chow Fried Rice with Shrimp 	Pork Chop in Onion Sauce 	Stir-Fried Long Beans & Minced Pork
<u>Meal C</u> 	(Jamaica) Caribbean Chickpeas Curry 	(Thai) Vegetarian Pad Thai 	(Mexico) Vegetarian Chili Con Carne 	Broccoli Frittata 	Tofu in Silky Egg Sweet Corn Sauce
<u>Carbohydrates</u>	Mixed Grain Rice	Mixed Grain Rice	Pasta	Mixed Grain Rice Naan Bread	Rice
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Lunch Menu Sept 2025

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Tuesday

Wednesday

Thursday

Friday

	08 Sept	09 Sept	10 Sept	11 Sept	12 Sept
<u>Meal A</u>	Tuna Pasta in Cream of Spinach Sauce 	Roasted Cheezy Pork Loin 	Honey Mustard Roast Chicken Steak 	Beef Bolognaise 	Chicken & Sweetcorn Pie 
<u>Meal B</u>	Sautéed Zucchini and Chicken 	(Thai) Thai Sweet & Sour Chicken 	 Sustainable Dish Fish Fillet in Sweet Corn Sauce 	Fukien Fried Rice 	Kung Bo Chicken (Little Spicy) 
<u>Meal C</u> 	(Japan) Braised Teriyaki Eggplant & Tofu 	Baked Vegetarian Ham Pasta 	(Italy) Margarita Pizza 	(Spain) Spinach & Mushroom Frittata 	(France) Ratatouille 
<u>Carbohydrates</u>	Corn Rice	Mixed Grain Rice Pasta 	Rice Roasted Potato	Pasta 	Mixed Grain Rice Mashed Potato 
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Tuesday

Wednesday

Thursday

Friday

	15 Sept	16 Sept	17 Sept	18 Sept	19 Sept
<u>Meal A</u>	Roasted Chicken with Mushroom Sauce 	Bake Smoke Salmon White Sauce Pasta 	Korean Chicken Pizza 	Hungarian Beef Stew (Beef Goulash) 	(Thai) Thai Beef & Coconut Curry 
<u>Meal B</u>	(Signature) Sweet & Sour Pork 	(Vietnam) Vietnamese Lemongrass Pork Chop 	HK Style Stir Fried Pork, Onion & Tomato 	HK Style Soy Sauce Chicken 	Teriyaki Chicken 
<u>Meal C</u> 	(USA) Mac & Cheese 	 Sustainable Dish Ma Po Tofu 	(Japan) Braised Teriyaki Eggplant & Tofu 	(Mexico) Tomato & Mozzarella Quesadilla 	Stir-fried Noodles with Cabbage & Bean Sprouts 
<u>Carbohydrates</u>	Mixed Grain Rice Pasta 	Rice	Mixed Grain Rice Sweet Corn	Mixed Grain Rice	Corn Rice
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Lunch Menu Sept 2025

Monday

Tuesday

Wednesday



Friday

	22 Sept	23 Sept	24 Sept	25 Sept	26 Sept
				 	
<u>Meal A</u>	Chicken A La King    	Pork Chop with Mustard Gravy   	Beef Bourguignon   	Fish & Chips    	Last Day of School
<u>Meal B</u>	Honey Glazed BBQ Pork  	 Sustainable Dish Pan-fried Fish Fillet in Tomato Sauce    	(Singapore) Singaporean Style Stir-fried Rice Vermicelli with Shrimp     	Bangers and Mash   	
<u>Meal C</u> 	(Italy) Vegetable Bolognaise   	(India) Roast Cauliflower & Chickpea Korma  	Mushroom & Sweet Corn Pizza   	Cauliflower Cheese Bake  	
<u>Carbohydrates</u>	Pasta  Rice	Mixed Grain Rice Pasta 	Roasted Potato	Mashed Potato  Chips	
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