




Korean International
School
韓國國際學校

Eat Global
(Russia
20/04)



Lunch
Menu

Apr
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	3 Apr	4 Apr	5 Apr	6 Apr	7 Apr
<u>Meal A</u>	<h1>Easter Break</h1>				
<u>Meal B</u> 					



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
	10 Apr	11 Apr	12 Apr	13 Apr	14 Apr

Meal
A

Meal
B



Easter Break



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	17 Apr	18 Apr	19 Apr	20 Apr	21 Apr
Meal A	法式香草 燴雞球配飯 French Herbed Chicken with Rice	安東韓式燻雞 配飯 Korean Andong Jjimdak Rice  	野菌椰菜 炒肉片配飯 Stir-fry Sliced Pork Broccoli & Mushroom with Rice	俄式牛肉 燴意粉 Beef Stroganoff with Spaghetti  	意式茄茸 烤魚柳配意粉 Grilled fish in Tomato Sauce with Spaghetti   
Meal B	南瓜汁燴菠菜 紅腰豆配意粉 Kidney Bean & Spinach with Spaghetti 	雜菇香草醬 炒意粉 Stir Fired Assorted Mushrooms with Spaghetti in Pesto Sauce 	印式咖喱雜菜 配意粉 Fresh vegetable cooked with Indian Spice with Spaghetti  	蕃茄燉煮雜豆 配長通粉 Tomato & Mixed Bean Stew with Penne 	彩椒西芹豆乾 配糙米飯 Mixed Bell Pepper, Celery & Bean Curd with Rice 



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	24 Apr	25 Apr	26 Apr	27 Apr	28 Apr
Meal A	忌廉南瓜汁 魚柳意粉 Fish Fillet Pasta in Creamy Pumpkin Sauce 	法蘭西雞扒 配薯蓉 Chicken Francoise with Mash Potato 	翠玉瓜肉片飯 Stir-fried Pork & Zucchini with Rice 	意式鮮茄雞肉 意粉 Italian Style Tomato and Chicken with Spaghetti 	柱侯蘿蔔 炆牛肉配飯 Stewed Beef in Chu Hou Sauce
Meal B	日式雜菜炒面 Japanese Fried Noodle with Mixed Vegetables 	紅燒野菌豆腐 配糙米飯 Chinese Style Braised Mushroom & Tofu with Brown Rice 	鮮茄洋蔥炒蛋 配飯 Stir-fried Tomato, Onion & Egg Rice 	蓮藕香菇炒 豆乾配紅米飯 Stir-fried Lotus Roots, Shiitake & Bean Curd with Red Rice 	芝士粟米通粉 Mac and Cheese with Corn

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Eat Moderately 限量
Eat Less 少量

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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