

We, Chartwells, are the food service provider for Chinese International School. Our commitment is to offer a wide range of healthy food for students and to help educate children about making healthy food choices. We provide salads, juice, gourmet sandwiches and lots of other healthy snacks as well as a daily hot lunch freshly made onsite by our Head Chef.

We run a lunch enrollment program for students from Year 1 to Year 6. You can use the following methods to enroll in our lunch program.

1. Complete this form and return it to our school cafeteria with the payment by cheque.
2. Complete the online form in this link <http://info.compass-hk.com/cis/survey.asp> and pay through PPS or submit a cheque to our Unit manager Ms Doris Tang. Full menu can be download from this website <http://www.compass-hk.com/chartwells/en/schoolmenu.php?slD=54>. Online enrolment system will be effective on **14 Apr 2022 (Thursday)**.

In order to avoid unnecessary delay in processing your child's application, please include the student's first, middle and last names (including homeroom), as well as the year level and class. We recommended you include this information on the back of your payment cheque as well as write down : CHIS

#### Payment Method:

By Post: Please make the cheque payable to "**Compass Group Hong Kong Ltd.**" and mail to "**Chinese International School , 1 Hau Yuen Path, Braemar Hill, Hong Kong**" attention to "**Chinese International School, Cafeteria**". Alternatively, you may give it in person to our Unit Manager Ms Doris Tang in the cafeteria, contact us on 2512 5930. Or you may send an e-mail to "**cafeteria@cis.edu.hk**" for further assistance.

**PPS: We accept PPS payment for meal enrolment. With PPS, you can make payment anytime, anywhere, through the use of a touch-tone phone or via the Internet. Our PPS Merchant Code: 9737 and your \*PPS Bill Account Number of Chinese International School is 200 + \*Student ID No. + Student Full Name. Please allow two working days for the payment transaction to be processed.**

#### Student Details

Name :	_____	Class in 2021-22:	_____
	(first name) (family name)		
Student ID No :	_____	Contact No :	_____
Email :	_____	<input type="checkbox"/> Ref No :	_____
Payment Method <input type="checkbox"/>	PPS Ref. No: _____	<input type="checkbox"/> Cheque No :	_____
	Transaction Date: _____	Issue Date :	_____ Bank Name : _____

April 2022 to June 2022						TOTAL
<input type="checkbox"/>	<b>Year 1</b>	<b>34</b> days	X HK\$	30		<b>\$1,020</b>
	<i>* Year 1 school lunch service starts on 19 April 2022 (Tuesday) *</i>					
<input type="checkbox"/>	<b>Year 2</b>	<b>34</b> days	X HK\$	30		<b>\$1,020</b>
	<i>* Year 2 school lunch service starts on 19 April 2022 (Tuesday) *</i>					
<input type="checkbox"/>	<b>Year 3</b>	<b>34</b> days	X HK\$	30		<b>\$1,020</b>
	<i>* Year 3 school lunch service starts on 19 April 2022 (Tuesday) *</i>					
<input type="checkbox"/>	<b>Year 4</b>	<b>34</b> days	X HK\$	32		<b>\$1,088</b>
	<i>* Year 4 school lunch service starts on 19 April 2022 (Tuesday) *</i>					
<input type="checkbox"/>	<b>Year 5</b>	<b>34</b> days	X HK\$	32		<b>\$1,088</b>
	<i>* Year 5 school lunch service starts on 19 April 2022 (Tuesday) *</i>					
<input type="checkbox"/>	<b>Year 6</b>	<b>33</b> days	X HK\$	32		<b>\$1,056</b>
	<i>* Year 6 school lunch service starts on 19 April 2022 (Tuesday) *</i>					
	<i>* 8 June 2022 - Year 6 Celebration Day (No Lunch Charge) *</i>					

\* For Year 1 students, please select your meal choice and fill in A/B/C/P/S in the box provided next to the dates. Eg. \*

31  A

\* For Year 2-6, students can make their meal choice on the spot with their lunch cards clearly display on them \*

\* 2 May 2022 (Monday) - Public Holiday (Labour Day observed) \*

\* 9 May 2022 (Monday) - Public Holiday (Buddha's Birthday observed) \*

\* 27 May 2022 (Friday) - School Closes at 11am for Year 13 Graduation Day (No School Lunch) \*

\* 3 Jun 2022 (Friday) - Public Holiday (Dragon Boat Festival) \*

\* 10 Jun 2022 (Friday) - School Closes at 11am for Summer Break (No School Lunch) \*

\* Pasta options and Sandwich selections are also available everyday . (Please specify : P for Pasta, S for Sandwich) \*

\* Please inform us if your child is allergic to any product to avoid unnecessary incident \*

**We suggest you sit with your child and select their lunch together. This way, they'll be happier with their choice.**

April 2022 (9 Days)				
Mon	Tue	Wed	Thu	Fri
	19	20	21	22
25	26	27	28	29

May 2022 (17 Days)				
Mon	Tue	Wed	Thu	Fri
	3	4	5	6
	10	11	12	13
16	17	18	19	20
23	24	25	26	

June 2022 (8 Days)				
Mon	Tue	Wed	Thu	Fri
30	31	1	2	
6	7	8	9	

The monthly menu is available on CIS Moongate at [moongate.cis.edu.hk](http://moongate.cis.edu.hk)  
(Please login family password)

Please keep the menu for your reference

Note: Credit due to non attendance will not be given, unless prior notice is given before 9am on the day.

LUNCH CARD may not be provided on time if enrolment form is handed in after the deadline

**Deadline: 18 April 2022 (Monday)**



Lunch Menu Jan - Apr 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	18 Apr	19 Apr	20 Apr	21 Apr	22 Apr
<u>Meal</u> <b>A</b>		Roasted Chicken with Onion Gravy and Spaghetti 洋蔥汁烤雞意粉	Arrabiata with Minced Pork & Penne 香辣茄醬肉碎長通粉	Apple Sage Pork Chop with Sautéed Potato 蘋果鼠尾草焗豬柳配炒薯仔	Breaded Chicken with French Fries 炸雞配薯條
<u>Meal</u> <b>B</b>	Easter Break	Chinese BBQ Pork with Rice 蜜汁叉燒飯	Vietnamese Style Grilled Sole Fillet with Red Rice 越式煎龍利柳配紅米飯	Steamed Shittake Mushroom & Chicken with Rice 北菇蒸雞飯	Kimchi & Pork Stir Fry with Rice 泡菜炒豬肉配飯
<u>Meal</u> <b>C</b>		Chinese Tomato & Egg Scramble with Brown Rice 蕃茄炒蛋配糙米飯	Margherita Pizza 蕃茄羅勒水牛芝士薄餅	Mac & Cheese 芝士焗通心粉	Mixed Veggie & Tofu in Portuguese Sauce with Red Rice 葡汁焗時蔬豆腐配紅米飯
Vegetable	Seasonal Vegetables 時令蔬菜				
	 Green Monday 25 Apr	26 Apr	27 Apr	28 Apr	29 Apr
<u>Meal</u> <b>A</b>	Mixed Bean & Sweetcorn Quesadilla with Salsa 雜豆粟米墨西哥芝士餡餅配莎莎醬	Roasted Chicken with Onion Gravy and Rice 洋蔥汁烤雞飯	La Reine Pizza 火腿蘑菇橄欖薄餅	Apple Sage Pork Chop with Tomato Pasta 蘋果鼠尾草焗豬柳配鮮茄意粉	Roasted Herb Chicken with Pasta 香草烤雞意粉
<u>Meal</u> <b>B</b>	Steamed Egg & Mushrooms with Brown Rice 冬菇蒸蛋配紅米飯	Steamed Fish Fillet in Pumpkin Sauce with Spaghetti 南瓜汁魚柳配意粉	Vietnamese Style Grilled Sole Fillet with Red Rice 越式煎龍利柳配紅米飯	Steamed Shittake Mushroom & Chicken with Rice 北菇蒸雞飯	Beef & Veggie Mix Fried Rice 野菜牛肉炒飯
<u>Meal</u> <b>C</b>	Baked Vegetarian Meatball with Spaghetti in Marinara Sauce 焗意式鮮茄素肉丸意粉	Spicy Fried Bean Curd with Rice 香辣炒豆乾飯	Mixed Veggie & Tofu in Portuguese Sauce with Red Rice 葡汁焗時蔬豆腐配紅米飯	Vegetarian Lasagna 素千層麵	Chinese Tomato & Egg Scramble with Brown Rice 蕃茄炒蛋配糙米飯
Vegetable	Seasonal Vegetables 時令蔬菜				



健康之選，適合經常食用  
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Best eaten in moderation. These food are still important for a balanced diet.



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素食  
Vegetarian Choice



含有蛋類  
Egg Alert



含有奶類  
Dairy Alert



含有魚類  
Fish Alert



含有貝殼類海鮮  
Shellfish Alert



Sustainable Seafood

以相應的顏色標籤在菜單上 Highlighted in respective color on the menu





Lunch Menu Jan - Apr 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 May	3 May	4 May	5 May	6 May
<u>Meal</u> <b>A</b>		Grilled Pork Loin with Mushroom Sauce & Mash 蘑菇汁豬柳配薯蓉	Grilled Lemon & Garlic Chicken with Roasted Potatoes 檸檬蒜香煎雞肉配焗薯仔	Tuna & Cheese Pizza 吞拿魚芝士薄餅	Chicken Parmigiana with Pasta 意式芝士焗雞配意粉
<u>Meal</u> <b>B</b>	Labour Day Observed	Honey Soy Baked Chicken with Steamed Rice 蜜糖鼓油雞飯	Diced Pork in Sweetcorn & Egg Drop Sauce with Red Rice 粟米滑蛋肉粒紅米飯	Chicken with Black Pepper Sauce & Rice 黑椒雞扒飯	Wok-fried Tomato & Minced Beef with Red Rice 蕃茄免治牛肉配紅米飯
<u>Meal</u> <b>C</b>		Thai Green Curry with Chickpea & Eggplant with Brown Rice 泰式茄子鷹咀豆青咖哩配糙米飯	Ratatouille with Pasta 普羅旺斯燉菜配意粉	Vegetarian Egg Fried Rice (Less Oil) 野菜蛋炒飯	Teriyaki Tofu with Rice 照燒豆腐配飯
Vegetable	Seasonal Vegetables 時令蔬菜				

	9 May	10 May	11 May	12 May	13 May
<u>Meal</u> <b>A</b>		Baked Sole Fillet with Parsley Crust & Sautéed Potato 法式香草焗龍利柳配炒薯仔	Pepperoni Pizza 意式辣腸薄餅	Roasted Tomato & Basil Chicken Pasta 焗蕃茄羅勒雞肉意粉	Cheese Burger with Sweetcorn 芝士牛肉漢堡配粒粒粟米
<u>Meal</u> <b>B</b>	Buddha's Birthday Observed	Enoki Mushroom Teriyaki Beef with Steamed Rice 照燒金菇牛肉飯	Kimchi & Chicken Stir-fry with Red Rice 泡菜炒雞肉配紅米飯	Chinese BBQ Pork with Rice 蜜汁叉燒飯	Portuguese Chicken with Steamed Rice 葡汁雞皇飯
<u>Meal</u> <b>C</b>		Stir-fried Lotus Root, Zucchini & Bean Curd with Brown Rice 炒蓮藕翠肉瓜豆乾配糙米飯	Garden Frittata with Roasted Potatoes 意式田園烘蛋配薯粒	Sweet Potato Curry with Steamed Rice 蕃薯咖哩飯	Japanese Grilled Eggplant & Assorted Vegetable with Red Rice 日式燒茄子野菜配紅米飯
Vegetable	Seasonal Vegetables 時令蔬菜				



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Lunch Menu Jan - Apr 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	16 May <b>Green Monday</b>	17 May	18 May	19 May	20 May
<u>Meal</u> <b>A</b>	Spanish Tortilla Omelette 西班牙薯仔奄列	Carbonara Pasta 卡邦尼意粉	Tandoori Sole Fillet with Mixed Grain Rice 印度烤龍利柳配雜穀米	Pork Kebab with Brown Rice 土耳其烤豬肉配糙米飯	Classic Cheesy Spaghetti Beef Bolognese 芝士肉醬意粉
<u>Meal</u> <b>B</b>	Thai Red Curry with Veggie Medley & Tofu with Brown Rice 泰式雜菜豆腐紅咖哩配糙米飯	Japanese Curry Chicken with Brown Rice 日式咖哩雞配糙米飯	Vietnamese Style Lemongrass Pork Chop with Rice 越南香茅豬扒飯	Chicken & Shittake Mushroom Chow Mein 冬菇雞絲炒麵	Teriyaki Pork with Steamed Rice 照燒豚肉飯
<u>Meal</u> <b>C</b>	Vegetarian Mushroom & Kale Fried Udon 野菌羽衣甘藍蛋炒烏冬	Spicy Pepper Tofu with Rice 椒鹽豆腐配飯	Margherita Pizza 蕃茄羅勒水牛芝士薄餅	Baked Cheese & Broccoli Pasta 芝士西蘭花焗意粉	Bean Masala with Brown Rice 南印度豆咖哩配糙米飯
Vegetable	Seasonal Vegetables 時令蔬菜				
	23 May	24 May	25 May	26 May	27 May
<u>Meal</u> <b>A</b>	Cheese & Broccoli-Stuffed Chicken with Tomato Rice 芝士西蘭花釀雞卷配蕃茄飯	Braised Chicken with Cream Mushroom Sauce with Rice 蘑菇忌廉雞肉飯	BBQ Pull Pork Pizza with Sweet Corn 美式BBQ手撕豬肉薄餅配粒粒粟米	Italian Pan-seared Sole Fillet with Spaghetti 意大利香煎龍利柳配意粉	
<u>Meal</u> <b>B</b>	Roast Sole with Mixed Bell Peppers, Pineapple & Brown Rice 烤龍利柳佐菠蘿彩椒配糙米飯	Shredded Pork Chow Mein 肉絲炒麵	Yeung Chow Fried Rice 揚州炒飯	Chinese BBQ Pork with Rice 蜜汁叉燒飯	Graduation Day (School closes at 11 am)
<u>Meal</u> <b>C</b>	Vegetable Frittata with Potato Cubes 意式田園烘蛋配薯粒	Vegetarian Lasagna 素千層麵	Japanese Grilled Eggplant & Assorted Vegetable with Red Rice 日式燒茄子野菜配紅米飯	Zucchini, Kale & Sweet Potato Gratin 意大利翠肉瓜, 羽衣甘藍, 蕃薯奶汁烤菜	
Vegetable	Seasonal Vegetables 時令蔬菜				



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Lunch Menu Jan - Apr 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	30 May	31 May	1 Jun	2 Jun	3 Jun
<u>Meal A</u>	Cheesy Pork Casserole with Pasta 芝士焗燉豬肉意粉	Pork Carnitas with Mexican Sautéed Potato 墨西哥燉豬肉絲配炒薯仔	Meat Lover Pizza 至尊薄餅	Grilled Sole Fillet with Coriander & Barley Pearl with Roasted Pumpkin 香茜煎龍利柳配南瓜	
<u>Meal B</u>	Ginger & Scallion Pan-Fried Sole Fillet with Red Rice 薑蔥煎龍利柳紅米飯	Beef with Black Pepper Sauce with Steamed Rice 黑椒汁牛柳絲配飯	Japanese Curry Chicken with Brown Rice 日式咖哩雞配糙米飯	Teriyaki Chicken with Steamed Rice 日式照燒雞飯	Dragon Boat Festival
<u>Meal C</u>	Bean Masala with Steamed Rice 南印度豆咖哩配飯	Lentil & Quinoa Dal 扁豆藜麥咖哩	Mushroom & Onion Quiche with Parsley Potato 蘑菇洋蔥法式鹹派配香草薯仔	Caprese Pizza with Broccoli 蕃茄羅勒水牛芝士薄餅配西蘭花	
Vegetable	Seasonal Vegetables 時令蔬菜				
	6 Jun	7 Jun	8 Jun	9 Jun	10 Jun
<u>Meal A</u>	Chicken Tikka Masala 印度香料雞肉咖哩配糙米飯	Baked Sole Fillet with Parsley Crust & Sautéed Potato 法式香草焗龍利柳配炒薯仔	Hawaii Pizza 夏威夷薄餅	Chicken Cacciatore Pasta 獵人燴雞意粉	
<u>Meal B</u>	Wok-fried Flat Rice Noodles with Beef (Less Oil) 乾炒牛河(少油)	Shanghai Fried Noodle with Shredded Pork 上海肉絲粗炒	Gyudon (Japanese Beef Bowl with Mixed Vegetables) 日式野菜牛肉丼	Pork Chop in Black Vinegar Sauce with Steamed Rice 鎮江豬扒飯	School Closes at 11am for Summer Break
<u>Meal C</u>	Bean, Corn, Chickpeas Enchiladas 墨西哥黑豆粟米鷹咀豆卷	Thai Red Curry with Vegetables & Brown Rice 泰式雜菜紅咖哩配糙米飯	Vegetarian Chili Con Carne with Red Rice 墨西哥辣豆醬配紅米飯	Stir-fried Noodles with Egg & Bean Curd 蛋絲豆乾炒麵	
Vegetable	Seasonal Vegetables 時令蔬菜				



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