

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 **4 October 2021 (Monday)**.

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 2021-2 : _____
(first name) (family name)

Student ID No : _____ Contact No : _____

Email : _____ Ref. No : _____

Payment Method PPS Ref. No: _____ Cheque No : _____

Transaction Date: _____ Issue Date : _____ Bank Name : _____

October 2021 to December 2021				TOTAL
<input type="checkbox"/>	Year 1	45 days X HK\$	30	\$1,350
<i>*Year 1 school lunch service starts on 18 October 2021 (Monday)*</i>				
<input type="checkbox"/>	Year 2	45 days X HK\$	30	\$1,350
<i>*Year 2 school lunch service starts on 18 October 2021 (Monday)*</i>				
<input type="checkbox"/>	Year 3	45 days X HK\$	30	\$1,350
<i>*Year 3 school lunch service starts on 18 October 2021 (Monday)*</i>				
<input type="checkbox"/>	Year 4	42 days X HK\$	32	\$1,344
<i>*Year 4 school lunch service starts on 18 October 2021 (Monday)*</i> <i>*3-5 November - Year 4 Day Camp (No Lunch)</i>				
<input type="checkbox"/>	Year 5	42 days X HK\$	32	\$1,344
<i>*Year 5 school lunch service starts on 18 October 2021 (Monday)*</i> <i>*10-12 November - Year 5 Day Camp (No Lunch)</i>				
<input type="checkbox"/>	Year 6	42 days X HK\$	32	\$1,344
<i>*Year 6 school lunch service starts on 18 October 2021 (Monday)*</i> <i>*3-5 November - Year 6 Day Camp (No Lunch)</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 to Year 6 students can make their meal choice on the spot with their lunch cards clearly display on them*

* 11-15 October 2021 - Mid Term Break *

* 14 October 2021 - Chung Yeung Festival *

* 20 December 2021 to 7 January 2022 - School Holidays *

* 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 unnesesary incident *

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

October 2021 (10 Days)					
Mon	Tue	Wed	Thu	Fri	
18	19	20	21	22	
25	26	27	28	29	

November 2021 (22 Days)				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

December 2021 (13 Days)				
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17

The monthly menu is available on CIS Moongate at 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: 8 October 2021 (Friday)



	Monday	Tuesday	Wednesday	Thursday	Friday
	18 Oct	19 Oct	20 Oct	21 Oct	22 Oct
<u>Meal</u> A	BBQ Sauce Pork Loin with Spaghetti 燒汁豬柳配意粉	Chicken Cacciatore with Pasta 獵人燴雞配意粉	Creamy Ham & Mushroom with Pasta 白汁火腿蘑菇配意粉	Ground Pork & Mozzarella Lasagna 肉醬千層麵	ShakShuka Fish Fillet with Rice 北非魚柳配白飯
<u>Meal</u> B	Braised Chicken Cubes & Potato with Rice 薯仔燴雞配白飯	Pork Chop in Onion Sauce with Rice 洋蔥豬扒飯	Japanese Curry Chicken with Brown Rice (Mild) 日式咖哩雞配糙米飯 (微辣)	Beef with Black Pepper Sauce with Rice 黑椒汁牛柳配白飯	Chicken (Skinless), Celery and Black Fungus Stir Fry with Red Rice 西芹黑木耳炒雞柳配紅米飯
<u>Meal</u> C ✓	Stir-fried Mixed Vegetables & Needle-shaped Noodle 雜菜炒銀針粉 ✓	Broccoli & Cheese Quiche with Potato Wedges 西蘭花芝士法式鹹派配薯角 ✓	Soy Sauce Braised Mushroom Noodles 香菇鼓油皇炒麵 ✓	Steamed Egg & Carrot with Red Rice 紅蘿蔔蒸蛋配紅米飯 ✓	Baked Mac & Cheese 芝士焗通粉 ✓
Vegetable	Seasonal Vegetables 時令蔬菜				
	25 Oct	26 Oct	27 Oct	28 Oct	29 Oct
<u>Meal</u> A	Rosemary Chicken with Rice 迷迭香烤雞配白飯	Spaghetti Bolognese 肉醬意粉	Italian Pan-fried Sole Fillet with Salsa Verde with Parsley Potatoes 意式香煎魚柳佐莎莎醬配番茜薯	Grilled Pork Burger with Herbed Potato Cubes 燒豬柳漢堡配香草焗薯粒	Pan Fried Fish in Pumpkin Sauce with Fusilli 香煎魚柳佐南瓜汁配螺絲粉
<u>Meal</u> B	Yangzhou Fried Rice (Less Oil) 揚洲炒飯 (少油)	Stir-fried Mixed Mushroom & Chicken with Sweet Corn Rice 雜菌炒雞柳配粟米飯	Pork Chop in Garlic Sauce with Rice 蒜蓉汁豬扒配白飯	Tandoori Chicken with Rice 印度烤雞配飯	Honey Glazed BBQ Pork with Rice 蜜汁叉燒飯
<u>Meal</u> ✓	Mushroom Pizza with Sweet Corn 蘑菇粟米薄餅 ✓	Mixed Vegetables Lasagna 素千層麵 ✓	Cheesy Cauliflower & Broccoli with Pasta 焗芝士雙花意粉 ✓	Chinese Style Steamed Egg & Mushrooms with Rice 冬菇蒸蛋配飯 ✓	Miso Tofu With Brown Rice 日式味噌豆腐糙米飯 ✓
Vegetable	Seasonal Vegetables 時令蔬菜				



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.



Vegetarian Choice



Sustainable Seafood

Highlighted in respective color on the menu





	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 01 Nov	02 Nov	03 Nov	04 Nov	05 Nov
<u>Meal</u> A	Western Tomato Fried Rice 西炒飯(素)	Chicken Fusilli in Mixed Vegetables Sauce 野菜雞柳螺絲粉	Baked Pork Chop and Tomato with Rice 焗鮮茄豬扒飯	Baked Sweet Corn & Tuna Pasta 焗粟米吞拿魚意粉	Braised Spare Ribs and Radish in Chu Hou Sauce with Rice 柱侯蘿蔔排骨飯
<u>Meal</u> B	Indian Veg Curry with Rice 印度素菜咖哩飯	Steamed Pork Patty & Mushroom with Red Rice 冬菇蒸肉餅紅米飯	Teriyaki Chicken with Rice 照燒雞扒飯	Stir Fried Pork & Cabbage with Brown Rice 椰菜炒豬肉配糙米飯	Hainanese Chicken with Rice 海南雞飯
<u>Meal</u> C 	Italian Style Mixed Vegetables with Pasta 意式雜菜意粉	Pineapple & Mixed Vegetable Fried Rice 菠蘿素炒飯	Neapolitan Pasta 拿破崙意粉	Lentil & Quinoa Dal with Rice 印度黃扁豆藜麥咖哩配飯	Vegetarian Chili Con Carne with Rice 墨西哥素辣肉醬配飯
Vegetable	Seasonal Vegetables 時令蔬菜				
	08 Nov	09 Nov	10 Nov	11 Nov	12 Nov
<u>Meal</u> A	Shredded Chicken & Ham with Pasta 火腿雞絲燴意粉	Pork Tenderloin in Masala Sauce with Rice 瑪薩拉豬肉配飯	Mexican Pork Chili Con Carne with Rice 墨西哥辣肉醬配飯	Chicken Supreme Pizza 雞肉至尊薄餅	Pan Fried Fish in Pesto (Nut-free) Sauce with Pasta 青醬(無堅果)魚柳配意粉
<u>Meal</u> B	Steamed Fish with Spring Onion and Ginger & Red Rice 薑蔥蒸魚配紅米飯	Braised Chicken & Potato in Black Bean Sauce with Brown Rice 豉汁薯仔炆雞配糙米飯	Chicken in Yuzu Garlic Sauce with Rice 蒜香柚子雞柳配紅米飯	Taiwanese Braised Minced Pork with Rice 台式肉燥飯	Japanese Style Braised Pork & Onion with Brown Rice 日式洋蔥豬肉配糙米飯
<u>Meal</u> C 	Spanish Omelette with Tortilla 西班牙奄列配玉米薄餅	Italian Lentils Stew with Fusilli 意式扁豆燴螺絲粉	Vegetarian Tom Yam Fried Rice (Less Oil) 素冬蔭炒飯	Chinese Style Steamed Egg & Mushrooms with Red Rice 冬菇蒸肉餅紅米飯	Thai Red Curry with Vegetables & Steamed Rice 泰式素菜紅咖哩配白飯
Vegetable	Seasonal Vegetables 時令蔬菜				



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	Monday	Tuesday	Wednesday	Thursday	Friday
	15 Nov	16 Nov	17 Nov	18 Nov	19 Nov
<u>Meal</u> A	Carbonara Pasta 卡邦尼意粉	Thyme and Lemon Roasted Chicken with Spaghetti 檸檬百里香烤雞配意粉	Pork Stew with sautéed Potato 燴豬柳配炒薯	Chicken A La King With Rice 白汁雞皇飯	BBQ Sauce Pork Loin with Spaghetti 燒汁豬柳配意粉
<u>Meal</u> B	Pan-fried Sole Fillet in Sweet Corn Sauce with Rice 粟米魚柳飯	Taiwanese Minced Pork Rice 台式肉燥飯	Steamed Fungus, Mushroom & Chicken with Red Rice 雲耳雜菌蒸雞配紅米飯	Braised Winter Melon and Pork with Rice 冬瓜炆豬肉飯	Curry Fish with Rice 咖喱魚柳配白飯
<u>Meal</u> C	Vegetarian MaPo Tofu with Rice 素麻婆豆腐飯	Mediterranean Roasted Vegetables with Baked Potatoes 中東烤時蔬配焗薯	Bake Cheese & Sweet Corn Pasta 焗芝士粟米意粉	Vegetarian Shanghai Style Fried Noodle 素上海粗炒	Teriyaki Tofu with Rice 照燒豆腐配白飯
Vegetable	Seasonal Vegetables 時令蔬菜				
	22 Nov	23 Nov	24 Nov	25 Nov	26 Nov
<u>Meal</u> A	Italian Pan-fried Sole Fillet with Salsa Verde with Parsley Potatoes 意式香煎魚柳佐莎莎醬配番茜薯	Peperoni Pizza with Sweet Corn 粟米辣肉腸薄餅	Honey Grilled Chicken with Rice 蜜糖烤雞配飯	Roasted Pork Loin in Mushroom Sauce with Rice 蘑菇汁豬柳配飯	Hainanese Chicken with Rice 海南雞飯
<u>Meal</u> B	Pork Chop in Garlic Sauce with Rice 蒜蓉汁豬扒配白飯	Chinese Zucchini, Black Fungus & Chicken With Brown Rice 翠肉瓜雲耳炒雞柳配糙米飯	Pork Chop in Black Vinegar Sauce with Rice 黑醋豬扒配飯	Thai Style Fried Rice Noodles with Sliced Chicken 泰式雞絲炒意粉	Hokkien Fried Rice (Less Oil) 福建炒飯 (少油)
<u>Meal</u> C	Cheesy Cauliflower & Broccoli with Pasta 焗芝士雙花意粉	Vegetable Ratatouille with Pasta 普羅旺斯燉菜配意粉	Braised Pumpkin and Chickpea With Spaghetti 南瓜鷹嘴豆燴意粉	Japanese Egg Tofu with Carrot Rice 日式紅蘿蔔玉子豆腐飯	Mixed Vegetables Lasagna 素千層麵
Vegetable	Seasonal Vegetables 時令蔬菜				



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Sustainable Seafood

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	Monday	Tuesday	Wednesday	Thursday	Friday
	29 Nov	30 Nov	01 Dec	02 Dec	03 Dec
<u>Meal</u> A	Bolognese Lasagna 肉醬千層麵	Chicken in Black Pepper Sauce with Rice 黑椒雞柳飯	Baked Pork Chop and Tomato with Rice 焗鮮茄豬扒意粉	Tandoori Chicken with Cous Cous 印度烤雞 配中東米沙津	Baked Tuna & Sweetcorn Pasta 焗芝士粟米吞拿魚意粉
<u>Meal</u> B	Stir-fried Shredded Chicken & Rice 生炒雞絲飯	Steamed Fish, Spring Onion & Ginger with Brown Rice 薑蔥蒸魚配紅米飯	Mushroom & Chicken Chow Mein 野菌雞絲炒麵	Braised Winter Melon & Pork with Rice 冬瓜炆豬肉飯	Braised Chicken with Potato & Rice 薯仔炆雞飯
<u>Meal</u> C 	Bake Cheese & Sweet Corn Pasta 焗芝士粟米意粉	Stir-fried Mushroom & Tri-Pepper with Fusilli 野菌彩椒螺絲粉	Vegetarian Chili Con Carne with Rice 墨西哥素辣肉醬配飯	Thai Curry Rice 泰式時蔬咖哩飯	Mushroom & Sweet Corn Pizza 蘑菇粟米薄餅
Vegetable	Seasonal Vegetables 時令蔬菜				
	Green Monday 06 Dec	07 Dec	08 Dec	09 Dec	10 Dec
<u>Meal</u> A	Spinach & Tomato Frittata with Baked Potatoes 菠菜蕃茄意式烘蛋配焗薯	Pork Stroganoff with Past 俄式豬柳意粉	Tomato & Chicken Spaghetti 鮮茄雞柳配意粉	Tuna and Sweet Corn Pizza 粟米吞拿魚薄餅	Fish Fillet in Sweet Corn Sauce with Rice 粟米魚柳飯
<u>Meal</u> B	Vegetarian Pad Thai Noodles 泰式素金邊粉	HK Style Chicken in Soy Sauce with Rice 豉油雞飯	Lemongrass Sole Fillet with Rice 香茅魚柳飯	Stir-Fried Shredded Chicken & Bean Sprouts with Rice 芽菜炒雞絲飯	Ginger Pork Sautéed with Red Rice 豚肉生薑燒配紅米飯
<u>Meal</u> C 	Braised Double Mushroom & Hairy Gourd with Red Rice 雙菇炆節瓜配紅米飯	Zucchini and Cherry Tomato Casserole with Mashed Potato 芝士焗翠肉瓜車厘茄配蓉薯	Vegetarian Mushroom & Egg Fried Rice 野菌蛋炒飯	Teriyaki Mushroom & Tofu with Rice 照燒野菌豆腐飯	Garden Veggie Pasta with Fresh Tomato Sauce 田園鮮茄意粉
Vegetable	Seasonal Vegetables 時令蔬菜				



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	Monday	Tuesday	Wednesday	Thursday	Friday
	13 Dec	14 Dec	15 Dec	16 Dec	17 Dec
<u>Meal</u> A	Pork Chop in Onion Sauce with Rice 洋蔥豬扒飯	Portuguese Chicken with Rice 葡國雞飯	ShakShuka Fish Fillet with Rice 北非魚柳配白飯	Chicken in BBQ Sauce with Rice 燒汁雞柳飯	Spaghetti Carbonara 卡邦尼意粉
<u>Meal</u> B	Steamed Fish with Spring Onion and Ginger & Red Rice 薑蔥蒸魚配紅米飯	Lemongrass Pork Chop with Rice 香茅豬扒飯	Stir-fried Mixed Mushroom & Chicken with Sweet Corn Rice 野菌炒雞柳配粟米飯	Japanese Pork Curry with Rice 日式咖哩豬扒飯	Fried Rice with Pineapple and Chicken (Less Oil) 菠蘿雞粒炒飯
<u>Meal</u> C	Spanish Omelette with Tortilla 西班牙奄列配玉米薄餅	Italian Style Mixed Vegetables with Pasta 意式雜菜燴意粉	Neapolitan Pasta 拿破倫意粉	Stir-fried Rice Vermicelli with Bean Sprouts, Lettuce and Carrots 三絲炒米	Chinese Long Bean Omellet with Brown Rice 豆角煎蛋配糙米飯
Vegetable	Seasonal Vegetables 時令蔬菜				



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