



Japanese International School Lunch Menu

From

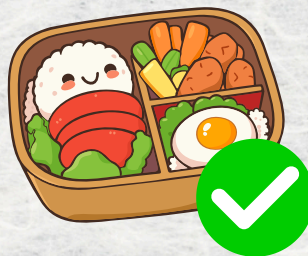
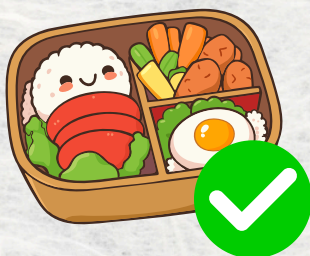
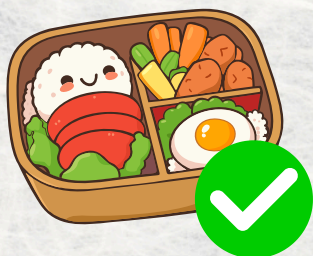
1 to 30 OCT 2026

A

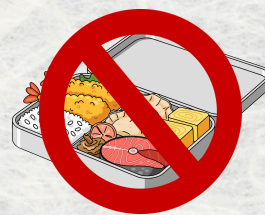
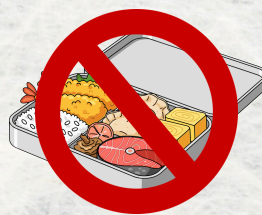
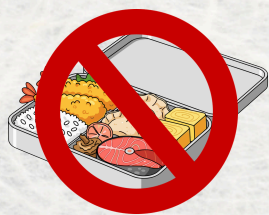
B

C

D



OCT 1
THU



National Day – No lunch service

OCT 2
FRI



HK\$50

Cheddar Cheese
Grilled Chicken with

④



HK\$50

Beef Bowl with
Scrambled Egg

④⑦



HK\$50

Grilled Eel with
Kabayaki Sauce

③⑦



HK\$50

Loco Moco with Teriyaki
Japanese Burger

⑦

Food allergy information: ① Gluten ② Shellfish ③ Fish ④ Dairy
⑤ Mushrooms ⑥ Soy ⑦ Eggs ⑧ Peanuts ⑨ Nuts



www.ghfoodservice.com

製造商: 大和餐飲服務有限公司 (Great Harmony Food Service LTD) 地址: 葵涌打磚坪街49-53號華基工業大廈第二期14樓 C室



Japanese International School Lunch Menu

From

1 to 30 OCT 2026

A

B

C

D

**OCT 5
MON**



HK\$50

Japanese Cream
Sauce with

①④



HK\$50

Teriyaki Beef Steak with
Eggs Rice Bowl

⑦



HK\$50

Fried Oyster with
Chestnut Rice

③



HK\$50

Pan Fried Tofu Burger
with Teriyaki Mushroom
Sauce

⑥

**OCT 6
TUE**



HK\$50

Teriyaki Chicken
Rice Bowl

⑦



HK\$50

Triple Cheese Beef
Yakiniki Bowl

④



HK\$50

Hot Dog with
Cutlet Shrimp

①②



50

Japanese Chicken Burger
Steak with Dumpling
Rice Bowl

①

**OCT 7
WED**



HK\$50

BBQ-style Chicken Thigh
with Asparagus and Corn



HK\$50

Teriyaki Pork & Chicken
Karaage in Tartar Sauce Rice
Bowl

⑦



HK\$50

Teriyaki Salmon

③



HK\$50

Japanese Fried Udon
with Chicken Steak and
Curry Sauce

①

**OCT 8
THU**



HK\$50

Grilled Chicken w/
Hachou Miso Sauce



HK\$50

Broiled Salt Koji Pork
Neck with Mushrooms

⑤



HK\$50

Grilled Halibut in
Saikyo Miso

③



HK\$50

Japanese Fried Pork
Udon with Cream Crab
Cake

①②④⑤⑦

**OCT 9
FRI**



HK\$50

Chicken Karaage with
Japanese Honey Cream
Sauce Bowl

④



HK\$50

Sauteed Pork with
Ginger Sauce



HK\$50

Baked Cheese Cutlet
Fish with Tartar Sauce

③④⑦



HK\$50

Japanese Beef Burger
with cheese and
Mushroom Demi Sauce

④⑤

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Japanese International School Lunch Menu

From 1 to 30 OCT 2026

A

B

C

D

**OCT 12
MON**



HK\$50

Japanese Mum's Curry
(Chicken)

①



HK\$50

Cutlet Cheese Pork
Chop with Japanese
Sesame Sauce

④



HK\$50

Seared Salmon with
Negi Shio Sauce

③⑦



HK\$50

Spaghetti Bolognese

①④

**OCT 13
TUE**



HK\$50

Omelet Rice (Chicken Fried
Rice with Mushroom Demi-
Glace Sauce)

⑦



HK\$50

BBQ Sauce Pork Cutlet with
Asparagus and Purple Sweet
Potato



HK\$50

Grilled Salmon with
Kabayaki Sauce Rice
Bowl

③



HK\$50

Chicken Burger with
Japanese Dumping

①

**OCT 14
WED**



HK\$50

Japanese Egg & Chicken Rice
Bowl (Oyakodon)

⑦



HK\$50

Demi-glace Sauce Chicken
Meat Ball



HK\$50

Teriyaki Salmon

③



HK\$50

Teriyaki Chicken with
Fried Udon

①

**OCT 15
THU**



HK\$50

Japanese Cream Sauce
with Chicken Rice

①④



HK\$50

Taiwanese Braised
Pork Rice

⑦



HK\$50

Grilled Salmon in
Saikyo Miso

③



HK\$50

Osaka Fried Noodle
with Beef

①

**OCT 16
FRI**



HK\$50

Chicken Karaage
with Tartar Sauce

⑦



HK\$50

Stewed Pork Cubes & Grilled
Chicken with Curry Sauce Rice
Bowl



HK\$50

Grilled Eel with
Kabayaki Sauce

③⑦



HK\$50

Hot Dog with Fried
Fish Finger

①③

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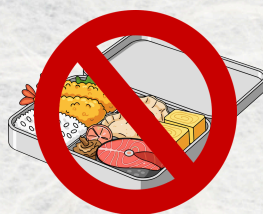
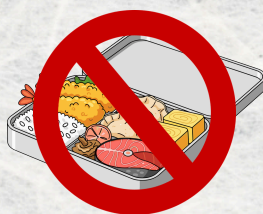
A

B

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OCT 19
MON



Chung Yeung Festival Substitute Holiday – No lunch service

OCT 20
TUE



HK\$50

Grilled Chicken Thigh
with BBQ Taste



HK\$50

Triple Cheese Beef
Yakiniki Bowl

④



HK\$50

Fried Fish Fillet Burger
& Chicken Wings

①③



HK\$50

Osaka Fried Noodle
with Beef

①

OCT 21
WED



HK\$50

Nanban Chicken with
Japanese-style Tartar Sauce

⑦



HK\$50

Beef Bowl



HK\$50

Teriyaki Halibut

③



HK\$50

Hot Dog with
Cutlet Shrimp

①②

OCT 22
THU



HK\$50

Cheddar Cheese Grilled
Chicken with Vegetables Rice

④



HK\$50

Taiwanese Braised
Pork Rice

⑦



HK\$50

Salmon and Kabayaki Unagi Yaki
Onigiri with Chicken Karaage

③



HK\$50

Hatcho Miso
Chicken Yakiudon

OCT 23
FRI



HK\$50

Chicken Karaage with Japanese
Honey Cream Sauce Bowl

④



HK\$50

Japanese Curry with
Cutlet Pork Chop

①



HK\$50

Grilled Halibut in
Saikyo Miso

③



HK\$50

Chicken Burger with
Hash Browns

①

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Japanese International School Lunch Menu

From

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A

B

C

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**OCT 26
MON**



HK\$ 50

Japanese Style Onion Sauce
with Stir-fry Chicken



HK\$ 50

Japanese Beef Steak with
Pork Yakiniyu Rice Bowl



HK\$ 50

Seared Salmon with
Negi Shio Sauce

③⑦



HK\$ 50

Spaghetti
Bolognese

①④

**OCT 27
TUE**



HK\$ 50

Teriyaki Chicken
Rice Bowl

⑦



HK\$ 50

BBQ Sauce Pork Cutlet with
Asparagus and Purple Sweet
Potato



HK\$ 50

Grilled Salmon with
Kabayaki Sauce Rice Bowl

③



HK\$ 50

Omelet Noodle
(Osaka Fried Noodle)

①⑦

**OCT 28
WED**



HK\$ 50

Japanese-Style Egg
and Chicken steak

④⑤⑦



HK\$ 50

Demi-glace Sauce Chicken
Meat Ball



HK\$ 50

Baked Cheese Cutlet
Fish with Tartar Sauce

③④⑦



HK\$ 50

Japanese Fried Udon
with Chicken Steak

①

**OCT 29
THU**



HK\$ 50

Honey Miso Chicken
Thigh



HK\$ 50

Broiled Salt Koji
Pork Neck with
Mushrooms



HK\$ 50

Macaroni with Tuna
in Cream Sauce

①③④



HK\$ 50

Japanese Fried Pork
Udon with Cream Crab
Cake

①②④⑤⑦

**OCT 30
FRI**



HK\$ 50

Curry Chicken
Jumbo Sausage with
Onion Sauce



HK\$ 50

Japanese Beef Burger with
cheese and Mushroom Demi
Sauce



HK\$ 50

Stewed Pork Cubes



HK\$ 50

Fried Fish Fillet Burger
& Chicken Wings

①③

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Regarding allergy labeling

This website presents information categorized under nine primary allergen classifications.

- ① Gluten (wheat-based noodles and flour dishes)
- ② Shellfish
- ③ Fish
- ④ Dairy
- ⑤ Mushrooms
- ⑥ Soy
- ⑦ Eggs
- ⑧ Peanuts
- ⑨ Nuts

Display Regulations

Trace amounts of ingredients utilized (such as in the batter for fried chicken, seasonings, or side dishes) will not be specified.

Only the primary ingredients, constituting over 30% of the total dish, are included.

(e.g., Yakisoba and Yaki-udon are labeled as Gluten)

Please be advised

Due to the food being prepared in the same kitchen, it is impossible to entirely eliminate trace amounts of contamination.

Please consult us beforehand if your child has significant allergies.