

Dec 1st to 5th

MONTHLY MENU

sodexo

Fruit / Soup

Meal A (Western)

Meal B (Asian)

Meal C (Chef Special)

MONDAY 1st

Miso Soup
麵豉湯

Roasted Potato and
Chicken
with Brown Rice
薯仔雞球配糙米飯

Beef with Tomato
and Onion Rice
蕃茄洋葱牛肉飯



E-Fu Noodles
w/ Tofu puff
乾燒伊麵/炸豆卜



TUESDAY 2nd

Fresh Fruit
新鮮水果

Vegetarian Lasagna
(V)
素菜千層麵(素)



Yeung Chow Fried Rice
with Spring Roll
揚州炒飯配素春卷



Sweet & Sour Chicken
with Pineapple
/ 5-grain Rice
咕嚕雞配五穀飯



WEDNESDAY 3rd

Minestrone
意大利菜湯

Turkey & Cheese
Ciabatta
with Potato Salad
火雞芝士意大利包
配薯仔沙律



Stir-Fried Noodles with
Shredded Pork, Samosa
雜菜絲炒麵配咖喱角



Deep Fried Pork Cutlet in
Japanese Curry
w/ Rice
日式咖喱炸豬排飯



THURSDAY 4th



Red Bean
Three-Colors Taro Balls
紅豆三色芋圓



Taiwanese Salt and
Pepper Chicken
台式鹽酥雞飯



Braised Rice with
Pork and Soy Sauce
滷肉飯



Rice Puff/Braised Tofu
台式鹹酥鍋粿/滷豆腐



FRIDAY 5th

Creamy
Cauliflower Soup
忌廉椰菜花湯



Porcini Mushroom and
Mixed Vegetables
Pasta
牛肝菌汁雜菜
雜菌意粉



Hainan Chicken steak
Rice
海南雞扒飯

Fish and Chips with
Coleslaw Salad
炸魚薯條配涼拌高麗菜
沙拉



GO & ENJOY

OK BUT THINK

BE CAUTIOUS

Allergens and descriptive icons are displayed on our daily menu,
helping students to make informed dietary choices



From cage-free eggs to low-carbon footprint produce,
sustainability is incorporated throughout our menus



Dec 8th to 12th

MONTHLY MENU

sodexo

MONDAY 8th
Sport Day

TUESDAY 9th

WEDNESDAY 10th
Guest Chef

THURSDAY 11th

FRIDAY 12th
School Picnic

**Fruit /
Soup**

Meal A
(Western)

Meal B
(Asian)

Meal C
(Chef
special)

**Cheese pork burger
w/chicken nuggets**
芝士豬柳漢堡包
配麥樂雞
**Mini Portuguese
Egg Tart**
迷你葡式蛋撻
Drink in a carton
紙包飲品

**Shanghai Wonton Chicken
Soup**
上海雲吞雞湯



**Stir-fried rice cakes with
shredded pork and Chinese
cabbage w/stir-fried Bok
choy w/mushrooms**
大白菜肉絲炒年糕配雙菇菜心



**Dry-fried fish balls
w/marinated wheat gluten
w/ black fungus**
干燒魚球配四喜烤麩



**Shanghai Fried Noodles
w/Spring roll**
上海粗炒配素春卷



Fresh Fruit
新鮮水果

Braised Beef with Rice
燴牛肉飯



**Fried Rice with Mix
Vegetables
with Curry Puff**
雜菜粒炒飯配咖喱角



**Japanese Chicken
Udon Soup with Oden**
日式雞絲烏冬配關東煮



**Hot Dog w/Corn
and Potato**
熱狗配粟米薯仔
Mini Chicken Pie
迷你雞批
Drink in a carton
紙包飲品



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Dec 15th to 19th

MONTHLY MENU

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MONDAY 15th

TUESDAY 16th

WEDNESDAY 17th

THURSDAY 18th

FRIDAY 19th

X' Mas Party

Fruit /
Soup

Potato Leek Soup
法式薯仔湯

Fresh Fruit
新鮮水果

Minestrone Soup
雜菜湯



Ginger Bread Man
薑餅人

Meal A
(Western)

Pasta with Chicken in
Mexican Sauce
墨西哥汁雞球貝殼粉



Lasagna with Garlic
Bread
肉醬千層麵配蒜蓉包



Braised Chicken in Fresh
Tomato Sauce with Rice
鮮茄燴雞配蝴蝶粉



Roasted Turkey with
Mashed Potatoes and
Cranberry Sauce
烤火雞配薯蓉，金巴利汁



Meal B
(Asian)

Braised Tofu and
Shiitake Mushroom
with Rice
紅燒豆腐香菇飯



Shanghai Chow Lo Mein
with Spring Roll
上海粗炒配春卷



Salt and Pepper
Pork Chop
椒鹽豬扒飯



Bun with Honey-
Glazed Ham and
Cheese
金門火腿芝士包



Meal C
(Chef
special)

Beef Bowl
牛丼飯



Curry Mixed Vegetables
with Rice
咖喱雜菜飯



Steamed Egg with Corn
and Pumpkin
粟米南瓜蒸水蛋



Pasta with Pumpkin
and Mushroom Cream
Sauce
白菌南瓜忌廉意粉



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