

AUG 31<sup>st</sup>



# Welcome Back Dinner

sodexo

Welcome  
**BACK**  
TO  
**SCHOOL**

## DINNER

**Soup**

**Sweet Corn and Egg Broth** 粟米蛋花羹

**Meal 1**

**Korean Fried Chicken with Honey Lemon Sauce and Sesame**

韓式炸雞配檸檬蜜糖芝麻

**Meal 2**

**Sauteed Fish Fillet with Broccoli and Asparagus**

西蘭花蘆筍炒魚柳

**Meal 3**

**Scrambled Egg with BBQ Pork and Spring Onion**

蔥花叉燒炒蛋

**Vegetarian**

**Baked Cauliflower with Cheese**

芝士焗椰菜花

**Dessert**

**Strawberry Cheesecake**

草莓芝士餅



SEPT 1<sup>st</sup> to 5<sup>th</sup>



# DINNER WEEKLY MENU



MONDAY 1<sup>st</sup>

TUESDAY 2<sup>nd</sup>

WEDNESDAY 3<sup>rd</sup>

THURSDAY 4<sup>th</sup>

FRIDAY 5<sup>th</sup>

## DINNER

Soup/ Salad	Gold and Silver Vegetable Soup 金銀菜湯	Tomato Egg Drop Soup 蕃茄蛋花湯	Old Cucumber & Lentils Soup 老黃瓜扁豆湯	Vigna umbellata Pork Bones Soup 赤小豆豬骨湯
Meal 1	Stir-fried Sliced Pork with Onion and Fermented Black Soybeans 洋蔥豆豉炒肉片	Stir-fried beef with scallions and mushrooms 京蔥香菇炒牛肉	Fried Fish Fillet with Creamy Sweetcorn 粟米魚件	Stir-fried Chicken with Tomatoes 蕃茄洋蔥炒雞絲
Meal 2	Fried chicken pieces, Thai Style 泰式汁炸雞件	Steamed Egg with Minced Pork 肉鬆蒸水蛋	Curry Pork Chop 咖哩豬扒	Chinese Zucchini Fried pork slices 脆肉瓜炒肉片
Meal 3	Braised Potatoes with Minced Beef 牛肉碎炆薯仔	Stir-fried Beans and Shredded Chicken 豆角炒雞絲	Eggplant with Minced Pork 魚香茄子	Braised Hairy Gourd with Fish Cake 節瓜炆魚鬆
Vegetarian	Garlic Broccoli 蒜蓉炒西蘭花	Sweet & Sour To-Fu 咕嚕豆腐	Poached Hairy Gourd with garlic 上湯蒜子浸節瓜	Spinach with Salted and Century Eggs 金銀蛋浸菠菜

SEPT 8<sup>th</sup> to 12<sup>th</sup>



# DINNER WEEKLY MENU



MONDAY 8<sup>th</sup>

TUESDAY 9<sup>th</sup>

WEDNESDAY  
10<sup>th</sup>

THURSDAY 11<sup>th</sup>

FRIDAY 12<sup>th</sup>

## DINNER

Soup/ Salad	Louts Root Green Beans Soup 蓮藕綠豆湯	Papaya & Apple Soup 木瓜紅棗蘋果湯	Carrot & corn Soup 粟米甘筍湯	Carrot Radish Soup 三色蘿蔔湯	
Meal 1	Steamed Pork Ribs With Black Bean Sauce 豆豉蒸排骨	Japanese Curry Chicken 日式咖哩雞	Sweet & Sour Pork 咕嚕肉	Satay Pork Chop 沙嗲豬扒	
Meal 2	Sautéed Soybean Sprout Sour Cabbage with Duck 大豆芽鹹酸菜炒鴨絲	Cucumber Wood Ear Fish Ball 青瓜木耳炒魚片	Teriyaki Chicken 照燒汁雞扒	Potato Shredded Fried Shredded Pork 土豆絲炒肉絲	
Meal 3	Fried Eggs with Chives and Minced Meat 肉碎韭黃炒蛋	Lemongrass Pork Chop 香茅豬排	Fried Fish Cake Vermicelli 炸魚片炒粉絲	Japanese Steamed Egg 日式蒸水蛋	
Vegetarian	Oyster Sauce with Mushrooms 蠔油雙菇	Stir-fried three kinds of vegetables 蒜蓉炒三絲	Roast Zucchini with tomato Sauce 茄汁燒翠肉瓜	Sauteed Beans with Preserved Olive Vegetable 攪菜炒豆角	



SEPT 15<sup>th</sup> to 19<sup>th</sup>



# DINNER WEEKLY MENU



MONDAY 15<sup>th</sup>

TUESDAY 16<sup>th</sup>

WEDNESDAY 17<sup>th</sup>

THURSDAY 18<sup>th</sup>

FRIDAY 19<sup>th</sup>

## DINNER

Soup/ Salad	Winter Melon Soup 冬瓜粒湯	Laver and egg soup 紫菜蛋花湯	Chinese Cabbage To-Fu 白菜豆腐湯	Ching Bo Leung 清補涼
Meal 1	Sauteed Pork with Tomato Sauce 蕃茄炒肉片	Steamed Chicken with Red Date 紅棗香菇蒸雞件	Braised Drumstick with Soy Sauce 鹵水雞腿	Twice-cooked pork 回鍋肉片
Meal 2	Fried Chicken With Black Pepper Sauce 黑椒汁燴雞扒	Mapo Tofu 麻婆豆腐	Braised eggplant with Minced Pork 肉碎炆茄子	Sweet & Sour Chicken 甜酸雞球
Meal 3	Stir-fried Beef with Vegetable 時菜炒牛肉	Braised Pork with Sweet Corn 粟米肉粒	Smoked Duck Breast with Mushroom and Onion 雜菌洋蔥煙鴨胸	Steamed fish with fermented black beans and onions 豆豉洋蔥蒸魚件
Vegetarian	Saute Fried Cabbage 清炒白菜	Saute Fried cabbage with Garlic 蒜蓉炒椰菜	Supreme broth Choy sum 上湯菜芯	Stir-fried mixed vegetables with teriyaki sauce 照燒汁炒雜菜

SEPT 22<sup>nd</sup> to 26<sup>th</sup>



# DINNER WEEKLY MENU



MONDAY 22<sup>nd</sup>

TUESDAY 23<sup>rd</sup>

WEDNESDAY 24<sup>th</sup>

THURSDAY 25<sup>th</sup>

FRIDAY 26<sup>th</sup>

## DINNER

Soup/ Salad	Bottle Gourd and Salted Egg Soup 節瓜鹹蛋湯	Tofu and Fermented Soybean Soup 豆腐麵豉湯	Five-Fingered Hairy Peach Soup 五指毛桃湯	Corn Soup 忌廉粟米湯
Meal 1	Salt and Pepper Pork Chop 椒鹽豬扒	Stir-fried Pork Slices with Black Bean Sauce 豉椒炒肉片	Stir-fried Beef with Scrambled Eggs 滑蛋炒牛肉	Swiss Sauce Chicken Drumstick 瑞士汁雞腿
Meal 2	Soy Sauce Chicken Wings 豉油皇雞翼	Gravy Chicken Burger 燒汁雞漢堡	Braised Chicken in Creamy Sauce 白汁燴雞球	Baised fish Fillet with Tofu 紅燒豆腐炆魚塊
Meal 3	Beef with tomatoes and onions 蕃茄洋蔥牛肉	Herbed Pumpkin Sauce Baked Fish 香草南瓜汁焗魚	Stir-fried bitter melon with fermented black beans and fish 豆豉鯪魚炒節瓜	Onion, luncheon meat, and scrambled eggs 洋蔥午餐肉炒蛋
Vegetarian	Stir-fried lettuce 清炒西生菜	Braised Baby Bok Choy in Superior Broth 上湯焗白菜	Garlic Choy Sum 蒜蓉菜芯	Stir-fried Beans with Three-color Bell Peppers 三色彩椒炒青豆

SEPT 29<sup>th</sup> to 30<sup>th</sup>



# DINNER WEEKLY MENU



MONDAY 29<sup>th</sup>

TUESDAY 30<sup>th</sup>

WEDNESDAY 1<sup>st</sup>

THURSDAY 2<sup>nd</sup>

FRIDAY 3<sup>rd</sup>

## DINNER

**Soup/  
Salad**

Taro and red bean soup  
粉葛赤小豆湯

**Meal 1**

Salt and Pepper  
Chicken Chop  
椒鹽雞扒

**Meal 2**

Stir-fried jade melon  
with smoked duck breast  
翠玉瓜炒煙鴨胸

**Meal 3**

Scrambled Eggs  
with Ham & Chives  
火腿韭王炒蛋

**Vegetarian**

Boiled baby bok choy  
上湯娃娃菜