

SEPT 1st to 5th

MONTHLY MENU



Fruit / Soup

MONDAY 1st

Wild Mushroom Cream Soup
白菌忌廉湯



TUESDAY 2nd

Fresh Fruit
新鮮水果

WEDNESDAY 3rd

Ham Chowder
火腿周打湯



THURSDAY 4th

Fresh Fruit
新鮮水果

FRIDAY 5th

Cream of Corn Soup
忌廉粟米湯



Meal A (Western)

Vegetarian Lasagna (V)
素菜千層麵 (素)



Classic Pasta Bolognese
肉醬長通粉



Chicken Bites with Roasted Potatoes and Brown Rice
燒薯仔雞肉粒配糙米飯

Ham & Cheese Toast with Potato Salad
火腿芝士吐司配薯仔沙律



Rosemary Roasted Chicken with Potatoes and Carrot
迷迭香烤雞
配馬鈴薯和胡蘿蔔

Meal B (Asian)

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

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



E-Fu Noodles with Mushroom (V)
乾燒伊麵 (素)



Braised Beef with Tomato Sauce and Rice, Chinese Style
蕃茄牛肉飯



Teriyaki Tofu with Red Rice (V)
日式照燒豆腐配紅米飯 (素)



Meal C (Chef Special)

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



Five Cheese Pizza and Mixed Salad (V)
五重芝士薄餅+沙律 (素)



Tradition Italian Meatballs with Pasta
意大利蕃茄肉丸配意粉



Stir-fried Vermicelli Noodles with Vegetables and Samosa (V)
蔬菜炒粉絲配咖喱角 (素)



Cheese Beef Burger with French Fries
芝士牛肉漢堡+薯條



GO & ENJOY

OK BUT THINK

BE CAUTIOUS

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



SEPT 8th to 12th

MONTHLY MENU



Fruit / Soup

MONDAY 8th

Tomato Potato Soup
蕃茄薯仔湯

TUESDAY 9th

Fresh Fruit
新鮮水果

WEDNESDAY 10th

Creamy of Pumpkin Soup
南瓜忌廉湯

THURSDAY 11th

Fresh Fruit
新鮮水果

FRIDAY 12th

Tomato Cream Soup
蕃茄忌廉湯

Meal A (Western)

Honey Mustard Chicken with Pasta
蜂蜜芥末雞球配意粉

Grilled Fish Fillet with Tomato Sauce and Rice
茄汁烤魚柳配飯

Beef Stew with Rice
燴牛肉飯

Chicken a la king with Pasta
忌廉雞皇長意粉

Creamy Mushroom and Spinach with Pasta (V)
忌廉磨菇菠菜意粉 (素)

Meal B (Asian)

Stir Fried Noodles with Bean Sprout, Pork and Spring Roll
豉油皇銀芽肉絲炒麵春卷

Chinese Zucchini with Sliced Pork and Quinoa Rice
脆肉瓜炒肉片跟藜麥飯

Soy Sauce Chicken and Rice
豉油雞飯

Braised Tomato & Scrambled Egg with Red Rice (V)
蕃茄炒蛋配紅米飯 (素)

Sweet Corn Sauce and Chicken Cube with Red Rice
粟米雞粒飯

Meal C (Chef special)

Pineapple Fried Rice and Fried Tofu, Thai Style (V)
泰式菠蘿炒飯炸豆腐 (素)

Curry Spinach and Chickpeas with Rice (V)
咖哩菠菜鷹嘴豆飯 (素)

Black Bean and Vegetable Burritos with Corn Salad (V)
黑豆蔬菜捲餅配粟米沙律 (素)

Chicken U don with Oden, Japanese Style
日式雞肉烏冬配關東煮

Hot Dog(Pork) with Coleslaw Salad
熱狗(豬)配椰菜甘筍絲沙律



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SEPT 15th to 19th

MONTHLY MENU



	MONDAY 15 th	TUESDAY 16 th	WEDNESDAY 17 th	THURSDAY 18 th	FRIDAY 19 th
Fruit / Soup	Minestrone 意大利菜湯	Fresh Fruit 新鮮水果	HK Style Broth 港式碗仔翅	Fresh Fruit 新鮮水果	Creamy Cauliflower Soup 忌廉椰菜花湯
Meal A (Western)	Ham with Mac & Cheese 焗火腿芝士通粉	Ratatouille with Potato (V) 意式燴雜菜配薯仔 (素)	Beef goulash with Brown Rice 燉牛肉配糙米飯	Cajun Chicken with Sauteed Potato (mildly spicy) 香料烤雞配炒薯仔 (微辣)	Cherry Tomato and Pumpkin with Pasta (V) 車厘茄南瓜意粉 (素)
Meal B (Asian)	Braised Tofu with Shiitake and 5-grain Rice (V) 紅燒豆腐香菇飯 (素)	Kyoto Pork Chop with Rice 京都豬排飯	Steamed Pork Patty with Pumpkin and Steamed Rice 南瓜蒸肉餅配飯	Sweet & Sour Fish with Rice 咕嚕魚柳配飯	Braised Pork Chops with Onion and Red Rice 洋蔥豬排配紅米飯
Meal C (Chef special)	Teriyaki Chicken w/ Rice 照燒雞扒飯	Smoked Turkey & Cheese Panini with Caesar Salads 煙火雞芝士意式三文治配凱撒沙拉	Taiwanese-style Mixed Vegetable Scallion Oil Noodles with Marinated Egg (V) 台式雜菜蔥油拌麵配鹵蛋 (素)	Cheese Pizza and Mixed Salads (V) 芝士薄餅跟雜沙律 (素)	Fish and Chips with Coleslaw Salad 炸魚薯條配涼拌高麗菜沙拉



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SEPT 22nd to 26th

MONTHLY MENU

sodexo

	MONDAY 22 nd	TUESDAY 23 rd	WEDNESDAY 24 th	THURSDAY 25 th	FRIDAY 26 th
Fruit / Soup	Carrot Cream Soup 甘筍忌廉湯 	Fresh Fruit 新鮮水果	Borscht 羅宋湯	Fresh Fruit 新鮮水果	Corn, Tofu & Egg Broth 粟米豆腐旦花湯 
Meal A (Western)	Roasted Pork Cube with Capsicum and Roast Potato with Gravy 烤豬肉丁配甜椒和烤馬鈴薯配肉汁 	Beef Lasagna with Garlic Bread 肉醬千層麵配蒜蓉包 	Creamy Spinach Chicken Pasta 菠菜雞肉意粉 	Grilled Pork Sausage with Mashed Potato 烤豬肉腸餅薯蓉 	Omni Meat Bolognese with Pasta (V) 素肉醬意粉(素) 
Meal B (Asian)	Fukien Fried Rice with Spring Roll 福建炒飯配春卷 	Steamed Pumpkin and Chicken with Red Rice 南瓜蒸雞跟紅米飯	Sauté Green Bean and Pork Mince with Rice 肉碎炒豆角配飯 	Hainan Chicken Rice 海南雞飯	Sauté Broccoli and Chicken with Quinoa Rice 西蘭花炒雞肉配藜麥飯
Meal C (Chef special)	Karaage (Japanese Fried Chicken) and Mix Salad 日式唐揚炸雞配和風雜菜沙律 	Vegetable Paella (V) 西班牙雜菜飯(素) 	Gomoku Gohan (Japanese Mixed Rice) with Potato Salad (V) 日式雜菜飯配薯仔沙律(素) 	Roasted Vegetable Sandwiches with Pesto and Mozzarella (V) 烤蔬菜三明治配香蒜醬和馬蘇里拉芝士(素)  	Japanese style beef with Egg and Rice 日式牛肉丼配玉子燒  



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SEPT 29th to 30th

MONTHLY MENU

sodexo

	MONDAY 29 th	TUESDAY 30 th			
Fruit / Soup	Tofu Seaweed Miso Soup 豆腐海帶麵豉湯	Fresh Fruit 新鮮水果			
Meal A (Western)	Baked Fish Fillet with Creamy Sauce and Pasta 忌廉汁魚柳配意粉 	Lemon and Olives Chicken and Roasted Potato 檸檬橄欖雞肉配焗薯 			
Meal B (Asian)	Vegetable Egg White Fried Rice (V) 雜菜蛋白炒飯 (素) 	Scrambled Egg with BBQ Pork and Brown Rice 叉燒炒蛋配糙米飯 			
Meal C (Chef special)	Butter Chicken with Naan (mildly spicy) 奶油咖哩雞配印度烤餅(微辣) 	Deep Fried Pumpkin Cake in Japanese Curry and Rice (V) 日式咖哩炸南瓜餅配飯 (素) 			



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