





DISCLAIMER:

Our kitchen handles common allergens like gluten, soy, milk, eggs, fish, and seafood.
While we take every precaution to minimize cross-contamination within our kitchens, it may arise due to factors beyond our control and could alter the accuracy of allergen information provided.

NOV 2nd to 6th

MONTHLY MENU

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	MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th
Fruit / Soup	Cream Of Corn Soup 忌廉粟米湯	Fresh Fruit 新鮮水果	Tomato and Potato Soup 蕃茄薯仔湯	Fresh Fruit 新鮮水果	Winter Melon and Barley Soup 冬瓜薏米湯
Meal A (Western)	Chicken a la king with pasta 白汁雞皇配意粉	Braised Beef with Wild Mushroom Sauce and Rice 野菌汁牛肉飯	Fish Fillet in Herbed Tomato Sauce with Pasta 香草鮮茄汁魚柳意粉	Spinach and Sweet Corn Cream Sauce with Pasta 忌廉菠菜粟米螺絲粉	Chicken with Mushroom in Brown Sauce and Rice 燒汁蘑菇雞肉配飯
Meal B (Asian)	Pan-fried Pork in Fresh Tomato and Onion Sauce with Rice 鮮蕃茄洋蔥汁豬肉配白飯	Braised Beancurd Puffs and Mixed Mushrooms with Rice 紅燒豆卜雜菌飯	Fried Rice Noodles with Beef and Curry Puff 乾炒牛河配咖喱角	Steamed Pork Patty and Mushroom with Red Rice 鮮菇蒸肉餅紅米飯	Malaysian Fried Noodles with Marinated Tofu 馬來什菜炒麵配滷水豆腐
Meal C (Chef Special)	Braised E-fu Noodles with Spring Roll 乾燒伊麵配春卷	Ham and Cheese Panini with Corn Salad 芝士火腿意式三文治配粟米沙律	Ratatouille Pasta with Garlic Bread 普羅旺斯燉菜長通粉配蒜蓉包	Chicken in Thai Sauce with Rice 泰式汁雞肉配飯	Italian Meatballs in Tomato Sauce with Pasta 意大利蕃茄肉丸配意粉

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

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NOV 9th to 13th

MONTHLY MENU

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	MONDAY 9th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th
Fruit / Soup	Sweet Corn and Carrot Soup 粟米甘筍湯	Fresh Fruit 新鮮水果	 Radish, Kelp and Tofu Soup 蘿蔔海帶豆腐湯	Fresh Fruit 新鮮水果	Cream of Mushroom Soup 白菌忌廉湯
Meal A (Western)	Chicken in Hungarian Sauce with Pasta 匈牙利汁雞肉配意粉	Cream Cheese Chicken Pasta 忌廉芝士雞肉意粉	Korean-style Fried Chicken with Cheese, Seaweed Rice 韓式芝士炸雞,紫菜飯	Herb Roasted Mixed Vegetables in Tomato Sauce with Pasta 香草燒雜菜茄汁意粉	Beef Napoleon with Pasta 拿破崙牛肉配意粉
Meal B (Asian)	Stir-fried Egg Noodle and Mix Vegetables In Soy Sauce, Corn Salad 豉油王雜菜炒麵 配粟米沙律	Pineapple Sweet and Sour Fish with Rice 菠蘿咕嚕魚配飯	Stir-fried Shredded Beef with Kimchi and Korean Glass Noodles 泡菜牛肉絲炒韓式粉絲	Diced Chicken and Sweet Corn with Rice 粟米雞粒飯	Shanghai Fried Noodles and Steamed Bun 上海粗炒配蒸饅頭
Meal C (Chef special)	Teriyaki Beef with Red Rice 照燒牛肉配紅米飯	Japanese-style Mixed Vegetables with Buckwheat Rice 日式和風雜菜配蕎麥飯	Stir-fried Korean Rice Cakes 韓式炒年糕	GUEST CHEF 客席廚師 by sodexo Spanish Pork Stew with Potatoes 西班牙燴豬肉配薯仔	Japanese Vegetable Curry With Rice 日式咖喱雜菜飯

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Allergen Shellfish · Allergen Fish · Allergen Egg · Contains Beef · Contains Pork · Allergen Sesame · Mild Spicy · VE Vegetarian · Allergen Dairy

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NOV 16th to 20th

MONTHLY MENU

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	MONDAY 16th	TUESDAY 17th	WEDNESDAY 18th	THURSDAY 19th	FRIDAY 20th
Fruit / Soup	Potato Cream Soup 薯仔忌廉湯	Fresh Fruit 新鮮水果	Hairy Gourd and Salted Egg Soup 節瓜鹹蛋湯	Fresh Fruit 新鮮水果	Green Papaya and Snow Fungus Soup 青木瓜雪耳湯
Meal A (Western)	Pasta Carbonara 卡邦尼意粉	Shredded Beef Fillet with Honey Brown Sauce and Rice 牛柳絲配蜜糖燒汁飯	Creamy Spinach Pasta 菠菜忌廉意粉	Beef Stroganoff with Pasta 俄國牛肉配意粉	Olive Chicken with Baked Potato 橄欖雞肉配焗薯
Meal B (Asian)	Stewed Chicken in Sweet Soy Sauce with Cabbage Rice 豉油雞配菜飯	Braised Pork with Onion and Rice 洋蔥豬扒配飯	Stir-fried Pork Slice and Scrambled Egg with Red Rice 蔥花滑蛋肉片配紅米飯	Singapore Noodles with Spring Roll 星洲炒米配素春卷	Stir-fried Pork in Black Bean Sauce with Rice 豉汁炒豬柳配糙米飯
Meal C (Chef special)	Margherita Pizza with Corn Salad 瑪格麗特薄餅配粟米沙律	Korean-style Fried Rice Vermicelli with Mixed Vegetables and Miso Diced Radish 韓式雜菜炒米粉配麵豉蘿蔔粒	Japanese Chicken Curry with Rice 日式咖喱雞配飯	Tuna Mayo and Cheese Sandwich with Carrot and Cabbage Salad 吞拿魚芝士三文治配甘筍椰菜沙律	Stir-fried Oil Noodle with Dried Tofu and Mix Vegetables 豆乾雜菜炒油麵

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NOV 23rd to 27th

MONTHLY MENU

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	MONDAY 23rd	TUESDAY 24th	WEDNESDAY 25th	THURSDAY 26th	FRIDAY 27th
Fruit / Soup	Borscht Soup 羅宋湯	Fresh Fruit 新鮮水果	Pumpkin and Carrot Soup 南瓜甘筍湯	Fresh Fruit 新鮮水果	Tomato Cream Soup 蕃茄忌廉湯
Meal A (Western)	Fish Fillet in Creamed Sweet Corn Sauce with Mashed Potato 忌廉粟米汁魚柳配薯蓉	Pumpkin and Kale with Pasta 燒南瓜配羽衣甘藍意粉	Italian Beef with Mixed Vegetables and Roasted Potatoes 意式雜菜牛肉配燒薯仔	Roasted Pork Slices with Apple Brown Sauce and Pasta 烤豬肉片蘋果燒汁配意粉	Pasta Primavera 蔬菜意大利粉
Meal B (Asian)	Pork Chop in Onion Sauce with Rice 豬扒洋蔥汁配飯	Teriyaki Pork with Rice 照燒豚肉飯	Hainanese Chicken Rice 海南雞飯	Fried Rice Vermicelli with Mixed Vegetables and Spring Roll 雜菜炒米配春卷	Japanese Fried Chicken with Potato Wedges and Coleslaw 日式炸雞配薯仔跟椰絲沙律
Meal C (Chef special)	Chickpea, Mushroom and Eggplants with Rice 茄子雙菇雞心豆飯	Thai Pineapple Chicken Fried Rice with Mini Chicken Bun 泰式菠蘿雞炒飯配雞包仔	Herb Creamy Mushroom Pasta 香草忌廉磨菇燴意粉	Steamed Egg with Minced Beef and Rice 肉碎蒸水蛋飯	Hawaiian Pizza with Buttered Sweet Corn 夏威夷薄餅配牛油粟米

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NOV 30th

MONTHLY MENU

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	MONDAY 30th	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit / Soup	Broccoli Cream Soup 忌廉西蘭花湯 ALLERGEN DAIRY				
Meal A (Western)	Pork Meatballs with Mushroom Cream Sauce and Pasta 磨菇忌廉汁豬肉丸配意粉 ALLERGEN DAIRY, CONTAINS PORK				
Meal B (Asian)	Vegetable and Egg White Fried Rice with Fried Bean Curd 雜菜蛋白炒飯配炸豆卜 V/E VEGETARIAN				
Meal C (Chef special)	Korean Honey Chicken with Rice 韓式蜜糖燒雞飯 MILD SPICY, ALLERGEN DAIRY				

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ALLERGEN SHELLFISH · ALLERGEN FISH · ALLERGEN EGG · CONTAINS BEEF · CONTAINS PORK · ALLERGEN SESAME · MILD SPICY · V/E VEGETARIAN · ALLERGEN DAIRY

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