



sodexo
at SCHOOL

“ MAKE YOUR VOICE HEARD ”
Every voice matters

GIVE YOUR FEEDBACK TO US



 **SCAN THIS QR CODE**  **SPEAK TO A STAFF MEMBER**

sodexo
at SCHOOL

MENU MECHANISM



All our meals are **Nuts Free**



All our eggs are **Cage Free**



Discover **Locally Made** products



Savor **Low Carbon** footprint produce



Ingredients good for **Planet & Health**



GO & ENJOY

OK BUT THINK

BE CAUTIOUS

All our menus are reviewed by our nutritionists and tailored to the nutritional requirements of specific age groups.

Our **Food Traffic Light** will guide students in making informed meal choices.

ALLERGEN ALERT & FOOD ICONS



ALLERGEN DAIRY



ALLERGEN EGG



VEGETARIAN



CONTAINS PORK



CONTAINS BEEF



ALLERGEN SESAME



ALLERGEN SHELLFISH



ALLERGEN FISH



MILD SPICY

A Healthy and Balanced Diet Every Day!

sodexo
at SCHOOL



Sign up for our e-Newsletter

Scan QR code to follow & visit us



Sodexo Hong Kong Website



Sodexo Instagram

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.

SEP 1st to 4th

MONTHLY MENU



	MONDAY	TUESDAY 1 st	WEDNESDAY 2 nd	THURSDAY 3 rd	FRIDAY 4 th
Fruit / Soup		Fresh Fruit 新鮮水果	Barley, Winter Melon and Pork Rib Soup 薏米冬瓜豬骨湯	Fresh Fruit 新鮮水果	Tomato Cream Soup 蕃茄忌廉湯
Meal A (Western)		Creamy Mushroom and Chicken Spinach with Pasta 忌廉磨菇菠菜雞肉意粉	Chicken Cubes and Roasted Roasted Potato with Rice 燒薯仔雞肉粒配飯	Ham & Cheese Toast with Potato Salad 火腿芝士吐司配薯仔沙律	Classic Pasta Bolognese 肉醬意粉
Meal B (Asian)		Yeung Chow Fried Rice with Samosas 揚州炒飯配咖哩角	E – fu Noodles with Steamed Buns 乾燒伊麵配蒸饅頭	Braised Beef with Tomato Sauce and Rice 蕃茄牛肉飯	Sweet & Sour Chicken with 5-grain Rice 咕嚕雞配五穀飯
Meal C (Chef Special)		Deep Fried Pumpkin Cake in Japanese Curry and Rice (Mildly Spicy) 日式咖哩炸南瓜餅配飯 (微辣)	Tradition Italian Meatballs with Pasta 意大利蕃茄肉丸配意粉	Stir-fried Vermicelli Noodles with Vegetables and Roasted Corn 蔬菜炒米配燒粟米	Cheese Pizza with Corn Salad 芝士薄餅配粟米沙律



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



SEP 7th to 11th

MONTHLY MENU



	MONDAY 7 th	TUESDAY 8 th	WEDNESDAY 9 th	THURSDAY 10 th	FRIDAY 11 th
Fruit / Soup	Tomato and Potato Soup 蕃茄薯仔湯	Fresh Fruit 新鮮水果	Carrot & Corn Soup 粟米甘筍湯	Fresh Fruit 新鮮水果	Cauliflower Cream Soup 忌廉椰菜花湯 
Meal A (Western)	Honey Mustard Chicken with Pasta 蜂蜜芥末雞球配意粉 	Chicken A La King with Pasta 白汁雞皇配意粉	Beef Stewed with Rice 燴牛肉飯 	Fish Florentine with Mashed Potato 菠菜忌廉汁焗魚柳配薯蓉 	Vegetarian Lasagna 素菜千層麵(素)  
Meal B (Asian)	Stir-fried Noodles with Bean Sprout, Pork and Scallion Pancake 豉油皇銀芽肉絲炒麵配手抓餅 	Chinese Zucchini with Sliced Pork and Quinoa Rice 翠玉瓜炒肉片配藜麥飯 	Soy Sauce Chicken and Rice 豉油雞球飯	Braised Tomato & Scrambled Egg with Red Rice (V) 蕃茄炒蛋配紅米飯(素)  	Sweet Corn Sauce and Chicken Cubes with Rice 粟米雞粒飯 
Meal C (Chef special)	Thai Fried Rice and Fried Tofu (V) 泰式炒飯配炸豆腐 	Curry Spinach and Chickpeas with Rice 咖喱菠菜鷹嘴豆飯 	Black Bean and Vegetable Burritos with Corn Salad 黑豆蔬菜捲餅配粟米沙律 	Japanese Chicken U don don with Oden 日式雞肉炒烏冬配關東煮	Hot Dog (Pork) with Coleslaw Salad 熱狗(豬)配椰菜甘筍絲沙律 



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



SEP 14th to 18th

MONTHLY MENU

sodexo

	MONDAY 14 th	TUESDAY 15 th	WEDNESDAY 16 th	THURSDAY 17 th	FRIDAY 18 th
Fruit / Soup	Minestrone 意大利菜湯	Fresh Fruit 新鮮水果	Tofu Egg Drop Soup 豆腐蛋花湯	Fresh Fruit 新鮮水果	Cream of Corn Soup 忌廉粟米湯
Meal A (Western)	Carbonara Pasta 卡邦尼意粉	Ratatouille with Potato 意式燴雜菜配薯仔	Beef Goulash with Brown Rice 匈牙利燉牛肉配糙米飯	Cajun Chicken with Sauteed Potato 香料烤雞配炒薯仔	Gyudon with Tamagoyaki 日式牛肉丼飯配玉子燒
Meal B (Asian)	Braised Tofu Puff with Shiitake and Rice 紅燒豆卜香菇飯	Sweet & Sour Fish with Rice 咕嚕魚柳配飯	Steamed Pork Patty with Pumpkin and Steamed Rice 南瓜蒸肉餅配飯	Kyoto Pork Chop with Rice 京都豬排飯	Braised Pork Chops with Onion and Red Rice 洋蔥豬排配紅米飯
Meal C (Chef special)	Thai-style Roasted Lemon Chicken with Rice 泰式檸檬燒雞球飯	Smoked Turkey & Cheese Panini with Caesar Salad 意式煙火雞芝士三文治配凱撒沙拉	Scallion Oil Noodles with Soy Marinated Egg 台式雜菜蔥油拌麵配滷蛋(素)	Braised Rice Vermicelli with Pickled Mustard Greens 雪菜炆米	Margherita Pizza with Corn Salad 瑪格麗特芝士薄餅配粟米沙律



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



SEP 21st to 25th

MONTHLY MENU

sodexo

	MONDAY 21 st	TUESDAY 22 nd	WEDNESDAY 23 rd	THURSDAY 24 th	FRIDAY 25 th
Fruit / Soup	Carrot Cream Soup 甘筍忌廉湯 	Fresh Fruit 新鮮水果	Fuzzy Melon and Salted Egg Soup 節瓜鹹蛋湯	Fresh Fruit 新鮮水果	Borscht 羅宋湯 
Meal A (Western)	Roasted Pork Cubes with Capsicum and Roasted Potato with Gravy 烤豬肉丁配甜椒及烤馬鈴薯配燒肉汁 	Chicken and Spinach Pasta in Tomato Sauce 蕃茄汁菠菜雞肉意粉	Beef Lasagna with Garlic Bread 肉醬千層麵配蒜蓉包 	Grilled Pork Sausage with Mashed Potato 烤豬肉腸配薯蓉 	Cheese Beef Burger with French Fries 芝士牛肉漢堡配薯條  
Meal B (Asian)	Vegetable Fried Rice with Spring Roll 雜菜粒炒飯配春卷  	Sautéed Green Beans and Pork Mince with Red Rice 肉碎炒豆角配紅米飯 	Steamed Pumpkin and Chicken with Rice 南瓜蒸雞配飯	Hainanese Chicken Rice 海南雞球飯	Sauteed 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 西班牙雜菜飯 	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 烤蔬菜三明治配香蒜醬及馬蘇里拉芝士  	Mac & Cheese 焗芝士通粉  



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



SEP 28th to 30th

MONTHLY MENU



	MONDAY 28 th	TUESDAY 29 th	TUESDAY 30 th		
Fruit / Soup	Wild Mushroom Cream Soup 白菌忌廉湯 	Fresh Fruit 新鮮水果	Tofu Seaweed Miso Soup 豆腐海帶麵豉湯 		
Meal A (Western)	Penne with Fish Fillet in Tomato Sauce 鮮茄魚柳配長通粉 	Lemon and Olives Chicken and Baked Potato 檸檬橄欖雞肉配焗薯	(Oyakodon) Chicken and Egg Rice Bowl 雞肉蛋親子丼 		
Meal B (Asian)	Fried Rice with Vegetable and Egg White 雜菜蛋白炒飯 	Scrambled Egg with BBQ Pork and Brown Rice 叉燒炒蛋配糙米飯  	Teriyaki Tofu with Red Rice 照燒豆腐配紅米飯 		
Meal C (Chef special)	Teriyaki Chicken with Rice 照燒雞扒飯	Aglio e Olio 蒜香意粉 	Deep Fried Pork Cutlet in Japanese Curry w/ Rice (Mildly Spicy) 日式咖喱炸豬排飯 (微辣)  		



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

