

Jan 5th to 9th

MONTHLY MENU



Fruit / Soup

MONDAY 5th

Cauliflower Cream Soup
椰菜花忌廉湯



TUESDAY 6th

Fresh Fruit
新鮮水果

WEDNESDAY 7th

Tomato and Potato Soup
蕃茄薯仔湯

THURSDAY 8th

Fresh Fruit
新鮮水果

FRIDAY 9th

Ham Chowder
火腿周打湯



Meal A (Western)

Italian Chicken Stew with Mashed Potato
意式雜菜燉雞配薯蓉



Carbonara Pasta
卡邦尼意粉



Panini with BBQ Roasted Chicken
燒烤雞配帕尼尼



Cream Spinach and Sweet Corn Pasta
忌廉菠菜粟米粒意粉



Classic Beef Bolognese Pasta
經典肉醬意粉



Meal B (Asian)

Steamed Pork with Mushroom Steamed Rice
香菇蒸肉餅飯



Silver Needle Noodle with vegetables, Steam Bun
雜菜炒銀針粉配蒸饅頭



Steam Pork Ribs with Pumpkin w/ Rice
南瓜蒸排骨飯



Sweet & Sour Chicken with red Rice
咕嚕雞配紅飯



Scrambled Egg with BBQ Pork with Steamed Rice
叉燒炒蛋配白飯



Meal C (Chef Special)

Mexican Rolex with Nacho
墨西哥卷配粟米片



Korean Beef with Rice
韓式牛肉飯



Tradition Italian Stuffed Portobello with Cheese and Pasta
意大利燒大啡菇芝士配意粉



Bangers and Mash with Onion Gravy
豬肉腸配薯蓉, 洋蔥燒汁



Pizza Margherita and Beetroot Salad
瑪格麗特芝士薄餅, 紅菜頭沙律



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



Jan 12th to 16th

MONTHLY MENU



MONDAY 12th

**Fruit /
Soup**

Borscht
羅宋湯

Meal A
(Western)

**Roasted Cauliflower
and Chickpea Salad
with Pita Bread**
燒椰菜花雞豆沙律比得包



Meal B
(Asian)

**Braised Chicken with
Onion and Rice**
洋蔥雞球配飯



Meal C
(Chef
special)

**Slice Pork with
Teriyaki Sauce
Steamed Rice**
照燒汁肉片飯



TUESDAY 13th

Fresh Fruit
新鮮水果

**Roasted Bell Pepper
Caprese Quinoa
Pasta**
燒雜波椒藜麥意粉



**Dry-fried Rice Noodles
with Beef and Spring Roll**
乾炒牛河配素春卷



**Thai Green Curry
Chicken with Rice**
泰式青咖喱雞飯



WEDNESDAY 14th

Chicken Cream Soup
忌廉雞湯



**Pan-Fried Smoked Duck
Breast in Honey Gravy
Sauce with Rice**
香煎煙鴨胸蜜糖燒汁飯



**Mix Veg fried rice with
roasted sweet potatoes**
雜菜粒炒飯配燒番薯



**Braised Rice Noodle
with Preserved Tofu and
Shredded Pork**
雪菜肉絲炆米配烤豆腐



THURSDAY 15th

Fresh Fruit
新鮮水果

**Spaghetti with Sun-
Dried Tomato and Garlic**
蒜香茄乾意粉



**Braised Chicken and
Potato with Rice**
薯仔炆雞球飯



**Thai-Style Roasted
Pork Meat with Rice**
泰式燒豬肉碎飯



FRIDAY 16th

Caribbean

Joumou Soup
海地牛肉南瓜湯

**Caribbean Jerk Corn
Pizza**
加勒比風味薄餅



**Caribbean Chicken
Gyros w/ Fries**
加勒比風味雞肉皮塔捲餅
配炸薯條



**Caribbean Style Beef
Picadillo**
加勒比牛肉燉菜



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Jan 19th to 23rd

MONTHLY MENU



MONDAY 19th

TUESDAY 20th

WEDNESDAY 21st

THURSDAY 22nd

FRIDAY 23rd

Fruit / Soup

Carrot Cream Soup
甘筍忌廉湯

Fresh Fruit
新鮮水果

Corn and Egg Drop Soup
紫菜蛋花湯

Fresh Fruit
新鮮水果

Minestrone Soup
雜菜湯

Meal A (Western)

Fish Florentine with Pasta
菠菜芝士焗魚柳配意粉



Italian Chicken Stew with Rice
意式燴雞飯



Marry Me Pasta with Focaccia
奶醬芝士意粉配意大利麵包



Honey Mustard Pork Loin with Rice
蜜蜂芥末豬里脊配飯



Mac and Cheese
美式芝士忌廉焗通粉



Meal B (Asian)

Tomato and Onion Scrambled Eggs with Rice
蕃茄洋葱炒蛋飯



Stir Fried Udon with Pork, Chikuwa
日式肉絲炒烏冬配竹輪卷



Shanghai Fried Noodles with Xiaolongbao
上海粗炒配小籠包



Stir Fried Rice Vermicelli Noodles with Tofu and Vegetables
蔬菜炒米粉配豆腐



Western Fried Rice with Spring roll
西炒飯配春卷



Meal C (Chef special)

Masala Chicken with Naan bread
印度咖哩烤雞配烤餅



Steamed Egg, Corn and Vermicelli with Rice
粟米粉絲蒸水蛋飯



Braised Beef Rib Fingers with Radish Rice
蘿蔔炆牛肉飯



Creamy Pesto Chicken Pasta
忌廉青醬雞絲意粉



Cheese Beef Burger with French fries
芝士牛肉漢堡配炸薯條



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Jan 26th to 30th

MONTHLY MENU



MONDAY 26th

TUESDAY 27th

WEDNESDAY 28th

THURSDAY 29th

FRIDAY 30th

**Fruit /
Soup**

**Cream of Potato and
Leek Soup**
大蒜薯仔忌廉湯



Fresh Fruit
新鮮水果

**Cream of Chicken and
Corn Soup**
粟米忌廉雞湯



Fresh Fruit
新鮮水果

Sweet Potato Soup
番薯湯



**Meal A
(Western)**

**Lemon and Olives
Chicken and
Roasted Potato**
檸檬橄欖雞肉配焗薯



**Baked Fish Fillet with
Quinoa Creamy Sauce
and Pasta**
藜麥忌廉汁魚柳配意粉



**Mozzarella and Tomato
Ciabatta with Corn
Salad**
莫薩里拉芝士番茄夏巴塔麵
包配粟米沙拉



**Pasta with Spinach in
Creamy Pumpkin Sauce**
南瓜汁菠菜意粉



**Baked Pasta with
minced Beef**
牛肉碎焗忌廉意粉



**Meal B
(Asian)**

**Vegetable Egg White
Fried Rice ,
Teriyaki Tofu**
雜菜蛋白炒飯
配照燒汁豆腐



**Stir-fried Rice Udon
with Chicken and mixed
Veg, Soy Sauce Egg**
雜菜雞肉炒烏冬配滷水蛋



**Tomato Onion Pork
Chop with Rice**
蕃茄洋蔥豬扒飯



**Singapore Noodles,
Chinese Fried Crepe**
星洲炒米配手抓餅



**Lemon Chicken with
Steamed Brown Rice**
西檸雞配糙米飯



**Meal C
(Chef
special)**

**Korean-Style Honey
Chicken with Rice**
韓式蜜糖燒雞飯



**Deep Fried Pumpkin
Cake in Japanese Curry
and Rice**
日式咖喱汁紫薯餅配飯



**Creamy Ricotta Chicken
Pasta**
忌廉瑞可達雞肉意粉



**Japanese Style Beef
with Egg and Rice**
日式牛肉丼飯配玉子燒



**California Pizza with
Corn Salad**
加州披薩 粟米沙律



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