

Nov 3rd to 7th

MONTHLY MENU

sodexo

Fruit / Soup

MONDAY 3rd

Cream Of Corn Soup
忌廉粟米湯



TUESDAY 4th

Fresh Fruit
新鮮水果

WEDNESDAY 5th

Ham Chowder
火腿周打湯



THURSDAY 6th

Fresh Fruit
新鮮水果

FRIDAY 7th

Creamy Of Pumpkin Soup
南瓜忌廉湯



Meal A (Western)

Chicken a la king with pasta
白汁雞皇配意粉



Shredded Beef in Mushroom Sauce with Rice
野菌汁牛肉絲飯

Fish Fillet In Herbs Tomato Sauce with Pasta
香草鮮茄汁魚柳長通粉



Cream Spinach and Sweet Corn Pasta
忌廉菠菜粟米粒螺絲粉



Pasta Bolognese
肉醬意粉

Meal B (Asian)

Pan-fried pork chop in fresh tomato and onion sauce with rice
鮮蕃茄洋蔥汁豬扒配白飯

Chinese Yam and Bean Curd and Mixed Mushroom with Rice
鮮淮山腐竹雜菌飯



Taiwanese minced pork and mushroom with rice
台式肉燥飯



Steam Pork Patty and Mushroom with Red Rice
鮮菇蒸肉餅紅米飯



Teriyaki Eggplant & Seaweed with Rice
紫菜照燒茄子飯



Meal C (Chef Special)

Braised e-fu noodle with mushroom, Tofu in Soy Sauce
乾燒伊麵配滷水豆腐



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
普羅旺斯燉菜配長通粉, 蒜蓉包



Shredded Chicken in Thai Sauce with Rice
泰式汁雞柳配飯



Fish Burger with Tartar Sauce & Fries
魚柳包他他汁配薯條



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



Nov 10th to 14th

MONTHLY MENU

sodexo

MONDAY 10th

TUESDAY 11th

WEDNESDAY 12th

THURSDAY 13th

FRIDAY 14th

Fruit /
Soup

Borscht
羅宋湯



Fresh Fruit
新鮮水果

Italian Tomato Soup
意大利蕃茄湯



Cream Puff with
Chocolate Sauce
忌廉泡芙配朱古力醬



Cream of Mushroom
Soup
白菌忌廉湯

Meal A
(Western)

Shredded Chicken in
Goulash Sauce with
Pasta
匈牙利汁雞柳配長通粉

Beef Napoleon with
Pasta
拿破崙牛肉醬配螺絲粉

Roast Vegetable pesto
with pasta
燒雜菜香草醬意粉



Chicken Fricassée
(Chicken & Vegetables Stew
with Cream Sauce, Potato)
法式雞肉燉雜菜



Ham and Cheese Pizza
with Butter Corn
火腿芝士薄餅配牛油粟米



Meal B
(Asian)

Stir-fried egg noodle
and mix vegetable
with soy sauce
豉油王雜菜炒麵
配素春卷



Pineapple sweet and
sour pork with rice
菠蘿咕嚕肉配飯

Sweet Corn Chicken with
Rice
粟米雞粒飯



Boeuf Bourguignon with
French Bread
(Beef Stew in Brown
Sauce)
法式燴牛肉配法包

Shanghai Fried
Noodles and Spring
Roll
上海粗炒 (雞絲) 配素春卷



Meal C
(Chef
special)

Teriyaki Sauce
Beef with Bun and Mix
vegetables salad
照燒牛肉配海苔飯



Stir-fried lan fun with
carrot, onion and
cabbage with Salt and
Pepper Bean Tofu
三絲炒瀨粉配椒鹽豆腐



Lemongrass pork chop
with rice
香茅豬扒配白飯



Croque Monsieur
with Ratatouille
扒芝士三文治配燴雜菜



Japanese Vegetable
Curry With Rice
日式咖喱雜菜飯



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



Nov 17th to 21st

MONTHLY MENU

Fruit / Soup

MONDAY 17th

Potato Leek Soup
法式薯仔湯

TUESDAY 18th

Fresh Fruit
新鮮水果

WEDNESDAY 19th

Minestrone Soup
雜菜湯

THURSDAY 20th

Fresh Fruit
新鮮水果

FRIDAY 21st

Creamy of Broccoli Soup
忌廉西蘭花湯

Meal A (Western)

Pasta carbonara
卡邦尼意粉



Pan-fried smoked duck breast in honey gravy sauce with rice
香煎煙鴨胸配蜜糖燒汁飯

Creamy of Mushroom sauce and Pasta
香菇忌廉意粉



Beef stroganoff with pasta
俄國牛肉配意粉



Pork sausage patty and cheeseburger with fries
芝士豬柳漢堡配薯條



Meal B (Asian)

Stewed chicken in sweet soy sauce with Cabbage Rice
豉油雞配菜飯



Braised Pork with Onion and Rice
洋葱豬扒配飯



Stir-fried pork slice and scrambled egg with red rice
蔥花滑蛋肉片配紅米飯



Singapore Noodles/Spring Roll
星洲炒米配素春卷



Stir-fried chicken in black bean sauce with rice
豉汁炒雞球配糙米飯



Meal C (Chef special)

Stew red kidney beans in tomato sauce with pasta
蕃茄燴紅腰豆配意粉



Korean stir-fried glass noodles with mixed vegetable/Korean Radish Kimchi
韓式雜菜炒粉絲配韓式醃蘿蔔粒



Chicken curry with rice in Japanese style
日式咖喱雞配飯



Tuna Mayo & Lettuce in Whole Wheat Bread, Carrot & Cabbage Salad
吞拿魚生菜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



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



Nov 24th to 28th

MONTHLY MENU

sodexo

	MONDAY 24 th	TUESDAY 25 th	WEDNESDAY 26 th	THURSDAY 27 th	FRIDAY 28 th
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	Tomato Soup 西式蕃茄濃湯 
Meal A (Western)	Baked Fish Fillet with Corn Cheese and Rice 粟米芝士焗魚柳   	Pumpkin and Kale with Pasta 燒南瓜·羽衣甘藍意大利粉 	Mexican Braised Minced Beef with Red Kidney Bean and Potato 墨西哥紅腰豆肉醬配燒薯仔	Roasted Pork Loin with Apple Gravy and Mashed Potato 烤豬柳蘋果燒汁配薯蓉	Pasta Primavera 蔬菜意大利粉  
Meal B (Asian)	Pork cutlet in onion sauce with rice 吉列豬扒洋蔥汁配飯 	Pork Shogayaki with Rice 生薑豚肉燒飯	Steam Chicken with Sand Ginger with Rice 沙薑雞飯	Stir-Fried Noodles with Mix Vegetables , Spring Roll 雜菜炒麵配春卷 	Steamed Egg with Minced Beef with Rice 肉碎蒸水蛋飯 
Meal C (Chef special)	Chickpea, Mushroom and Eggplants with Rice 茄子雙菇雞心豆飯 	Thai Pineapple Chicken Fried Rice with Samosa 泰式菠蘿雞炒飯配咖哩角 	Cheese Baked Macaroni with Garlic Bread 芝士焗通粉配蒜蓉包  	Korean Fried Chicken with Mushroom Rice 韓式炸雞配香菇飯 	Hawaiian Pizza, Butter Corn 夏威夷薄餅配牛油粟米 



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

