

MONDAY 3rd

TUESDAY 4th

WEDNESDAY 5th THURSDAY 6th FRIDAY 7th

Fruit / Soup

Cream Of Corn Soup 忌廉粟米湯

Fresh Fruit 新鮮水果

Ham Chowder 火腿周打湯

Fresh Fruit 新鮮水果

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

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

GO & ENJOY

BE CAUTIOUS

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



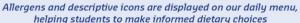
Shredded Chicken in Thai Sauce with Rice 泰式汁雞柳配飯



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

























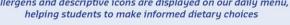


From cage-free eggs to low-carbon footprint produce,











MONDAY 10th

TUESDAY 11th

WEDNESDAY 12th THURSDAY 13th

FRIDAY 14th

Fruit / Soup

Borscht 羅宋湯



Italian Tomato Soup 意大利蕃茄湯



Cream of Mushroom Soup





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

Cream Puff with

Chocolate Sauce

忌廉泡芙配朱古力醬



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



CONTAINS BEEF

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

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 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



上海粗炒 (雞絲)配素春養



Meal C (Chef special) Teriyaki Sauce Beef with Bun and Mix vegetables salad 照燒牛肉配海苔飯



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





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









MONDAY 17th

TUESDAY 18th

WEDNESDAY 19th

THURSDAY 20th

FRIDAY 21st

Fruit / Soup

Potato Leek Soup 法式薯仔湯

Fresh Fruit 新鮮水果 Minestrone Soup 雜菜湯 Fresh Fruit 新鮮水果 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

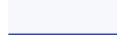


Pork sausage patty and cheeseburger with fries 芝士豬柳漢堡配薯條



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/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





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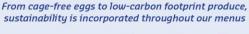
























MONDAY 24th

TUESDAY 25th

WEDNESDAY 26th THU

THURSDAY 27th FRIDAY 28th

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



ALLES AND DAIRY

Pumpkin and Kale with Pasta 燒南瓜,羽衣甘藍意大

利粉

大 墨西哥

Beef with Red Kidney
Bean and Potato
墨西哥紅腰豆肉醬配燒薯仔

Mexican Braised Minced

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



VE

Hawaiian Pizza, Butter Corn 夏威夷薄餅配牛油粟米





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