

March 2<sup>nd</sup> to 6<sup>th</sup>

# MONTHLY MENU

	MONDAY 2 <sup>nd</sup>	TUESDAY 3 <sup>rd</sup>	WEDNESDAY 4 <sup>th</sup>	THURSDAY 5 <sup>th</sup>	FRIDAY 6 <sup>th</sup>
<b>Fruit / Soup</b>	<b>Wild Mushroom Cream Soup</b> 白菌忌廉湯	<b>Fresh Fruit</b> 新鮮水果	<b>Barley, Winter Melon and Pork Ribs Soup</b> 薏米冬瓜肉粒湯	<b>Fresh Fruit</b> 新鮮水果	<b>Cream of Corn Soup</b> 忌廉粟米湯
<b>Meal A (Western)</b>	<b>Classic Pasta Bolognese</b> 肉醬意粉	<b>Vegetarian Lasagna (V)</b> 素菜千層麵	<b>Chicken Bites with Roasted Potatoes and Brown Rice</b> 燒薯仔雞肉粒配糙米飯	<b>Ham &amp; Cheese Pita Bread with Potato Salad</b> 火腿芝士吐司配薯仔沙律	<b>Pasta Carbonara</b> 卡邦尼意粉
<b>Meal B (Asian)</b>	<b>Sweet &amp; Sour Chicken with Pineapple and 5-Grain Rice</b> 咕嚕雞配五穀飯	<b>Yeung Chow Fried Rice with Roasted Pumpkin</b> 揚州炒飯配燒南瓜	<b>E – Fu Noodles with Mushroom</b> 乾燒伊麵	<b>Steamed Eggs with Sakura Shrimp and Rice</b> 櫻花蝦蔥花蒸水蛋飯	<b>Teriyaki Tofu with Red Rice (V)</b> 日式照燒豆腐配紅米飯
<b>Meal C (Chef Special)</b>	<b>Curry Mixed Vegetable Rice</b> 咖喱雜菜飯	<b>Rosemary Roasted Chicken with Rice</b> 迷迭香烤雞飯	<b>Tradition Italian Meatballs with Pasta</b> 意大利番茄肉丸配意粉	<b>Stir – fried Vermicelli Noodles with Vegetables and Scallion Pancake</b> 蔬菜炒粉絲配手抓餅	<b>BBQ Chicken Pizza and Corn Salad (V)</b> 烤雞芝士薄餅配粟米沙律



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



March 9<sup>th</sup> to 13<sup>th</sup>

# MONTHLY MENU



	MONDAY 9 <sup>th</sup>	TUESDAY 10 <sup>th</sup>	WEDNESDAY 11 <sup>th</sup>	THURSDAY 12 <sup>th</sup>	FRIDAY 13 <sup>th</sup>
<b>Fruit / Soup</b>	<b>Creamy of Pumpkin Soup</b> 南瓜忌廉湯 	<b>Fresh Fruit</b> 新鮮水果	<b>Wonton Chicken Soup</b> 雲吞雞湯	<b>GREEK</b> <b>Fresh Fruit</b> 新鮮水果	<b>Tomato Cream Soup</b> 蕃茄忌廉湯 
<b>Meal A (Western)</b>	<b>Honey Mustard Chicken with Pasta</b> 蜂蜜芥末雞球配意粉	<b>Grilled Fish Fillet with Tomato Sauce and Rice</b> 茄汁烤魚柳配飯 	<b>Tomato Mushroom and Spinach with Pasta</b> 蕃茄蘑菇菠菜意粉 	<b>Braised Beef with Pasta</b> 燉牛肉意粉 	<b>Chicken a La King with Pasta</b> 忌廉雞皇意粉 
<b>Meal B (Asian)</b>	<b>Stir Fried Noodles with Bean Sprout and Pork</b> 銀芽肉絲炒麵 	<b>Chinese Zucchini with Sliced Pork and Quinoa Rice</b> 脆肉瓜炒肉片跟藜麥飯 	<b>Soy Sauce Chicken and Rice</b> 豉油雞飯	<b>Gyros Souvlaki</b> 希臘烤肉卷(雞) 	<b>Braised Tomato &amp; Scrambled Egg with Red Rice (V)</b> 蕃茄炒蛋配紅米飯(素) 
<b>Meal C (Chef special)</b>	<b>Thai Style Fried Rice with Roasted Pineapple</b> 泰式炒飯配烤菠蘿 	<b>Tomato Spinach and Chickpeas with Rice</b> 蕃茄菠菜鷹嘴豆飯 	<b>Pork U don with Oden, Japanese Style</b> 日式肉絲烏冬配關東煮 	<b>Pastitsio</b> 希臘千層麵 	<b>Hot Dog(Pork) with Coleslaw Salad</b> 熱狗(豬) 配椰菜甘筍絲沙律 



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March 16<sup>th</sup> to 20<sup>th</sup>

# MONTHLY MENU



	MONDAY 16 <sup>th</sup>	TUESDAY 17 <sup>th</sup>	WEDNESDAY 18 <sup>th</sup>	THURSDAY 19 <sup>th</sup>	FRIDAY 20 <sup>th</sup>
<b>Fruit / Soup</b>	<b>Minestrone</b> 意大利菜湯	<b>Fresh Fruit</b> 新鮮水果	<b>Papaya, Snow Fungus, Sweet and Bitter Apricot Kernels and Pork Soup</b> 木瓜雪耳南北杏玉竹肉粒湯	<b>Fresh Fruit</b> 新鮮水果	<b>Creamy Cauliflower Soup</b> 忌廉椰菜花湯
<b>Meal A (Western)</b>	<b>Cherry Tomato and Pumpkin with Pasta</b> 車厘茄南瓜意粉	<b>Ratouilli with Pasta</b> 意式燴雜菜配意粉	<b>Beef Goulash with Brown Rice</b> 燉牛肉配糙米飯	<b>Cajun Chicken with Sauteed Potato</b> 香料烤雞配炒薯仔	<b>Cheese Pizza and Corn Salads</b> 芝士薄餅配粟米沙律
<b>Meal B (Asian)</b>	<b>Steamed Pork With Fermented Black Beans with Rice</b> 蒜蓉豆豉蒸肉粒飯	<b>Stir-fried Broccoli with Beef and Rice</b> 西蘭花炒牛肉飯	<b>Braised Pork Chops with Onion and Red Rice</b> 洋蔥豬排配紅米飯	<b>Steamed Eggs with Vermicelli &amp; Green Onions and Rice</b> 粉絲蔥花蒸水蛋飯	<b>Steamed Pork Patty with Pumpkin and Rice</b> 南瓜蒸肉餅配飯
<b>Meal C (Chef special)</b>	<b>Teriyaki Chicken With Rice</b> 照燒雞扒飯	<b>Smoked Turkey &amp; Cheese Panini with Roasted Potato</b> 煙火雞芝士意式三文治配燒薯仔	<b>The Hirshon Taiwanese Scallion Oil Noodles with Soy Sauce Egg</b> 台式雜菜蔥油拌麵配滷蛋(素)	<b>Ham Mac &amp; Cheese</b> 焗火腿芝士通粉	<b>Fish and Chips with Coleslaw Salad</b> 炸魚薯條配涼拌高麗菜沙律



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March 23<sup>rd</sup> to 27<sup>th</sup>

# MONTHLY MENU



	MONDAY 23 <sup>rd</sup>	TUESDAY 24 <sup>th</sup>	WEDNESDAY 25 <sup>th</sup>	THURSDAY 26 <sup>th</sup>	FRIDAY 27 <sup>th</sup>
<b>Fruit / Soup</b>	<b>Carrot Cream Soup</b> 甘筍忌廉湯	<b>Fresh Fruit</b> 新鮮水果	<b>Corn, Tofu &amp; Egg Broth</b> 粟米豆腐旦花湯	<b>Fresh Fruit</b> 新鮮水果	<b>Borscht</b> 羅宋湯
<b>Meal A (Western)</b>	<b>Spaghetti Aglio e Olio</b> 蒜香炒意粉	<b>Bolognese Pasta</b> 肉醬意粉	<b>Creamy Spinach Chicken Pasta</b> 菠菜雞肉意粉	<b>Grilled Pork Sausage with Mashed Potato</b> 烤豬肉腸配薯蓉	<b>Creamy Pumpkin Sauce Pasta with Mix Vegetables</b> 南瓜汁燒雜菜意粉
<b>Meal B (Asian)</b>	<b>Fukien Fried Rice with Spring Roll(V)</b> 福建炒飯配春卷	<b>Hainan Chicken Rice</b> 海南雞球飯	<b>Sauté Green Bean and Pork Mince with Rice</b> 肉碎炒豆角配飯	<b>Steamed Pumpkin and Chicken with Red Rice</b> 南瓜蒸雞配紅米飯	<b>Sauteed Broccoli and Chicken with Quinoa Rice</b> 西蘭花炒雞肉配藜麥飯
<b>Meal C (Chef special)</b>	<b>Butter Chicken with Naan (Mildly Spicy)</b> 奶油咖哩雞配印度烤餅(微辣)	<b>Vegetable Paella</b> 西班牙雜菜飯	<b>Gomoku Gohan (Japanese Mixed Rice) with Potato Salad (V)</b> 日式雜菜飯配薯仔沙律(素)	<b>Roasted Vegetable Sandwiches with Pesto and Mozzarella (V)</b> 烤蔬菜三明治配香蒜醬和馬蘇里拉芝士(素)	<b>Hawaiian Burger with Corn Salad</b> 夏威夷漢堡配粟米沙律



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March 30<sup>rd</sup> to 31<sup>st</sup>

# MONTHLY MENU



	MONDAY 30 <sup>th</sup>	TUESDAY 31 <sup>st</sup>	WEDNESDAY	THURSDAY	FRIDAY
<b>Fruit / Soup</b>	<b>Tofu Seaweed Miso Soup</b> 豆腐海帶麵豉湯	<b>Fresh Fruit</b> 新鮮水果			
<b>Meal A (Western)</b>	<b>Baked Fish Fillet with Creamy Sauce and Pasta</b> 忌廉汁魚柳配意粉  	<b>Lemon and Olives Chicken and Mashed Potato</b> 檸檬橄欖雞肉配薯蓉			
<b>Meal B (Asian)</b>	<b>Vegetable Egg White Fried Rice</b> 雜菜蛋白炒飯  	<b>Scrambled Egg with BBQ Pork and Brown Rice</b> 叉燒炒蛋配糙米飯  			
<b>Meal C (Chef special)</b>	<b>Karaage Fried Chicken and Corn Salad</b> 唐揚炸雞配和風粟米沙律	<b>Deep Fried Pumpkin Cake in Japanese Curry and Rice (V)</b> 日式咖哩炸南瓜餅配飯(素) 			



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