

June 1st to 5th

MONTHLY MENU



| | MONDAY 1 st | TUESDAY 2 nd | WEDNESDAY 3 rd | THURSDAY 4 th | FRIDAY 5 th |
|------------------------------|--|--|---|---|--|
| Fruit / Soup | Wild Mushroom Cream Soup 白菌忌廉湯 | Fresh Fruit 新鮮水果 | Barley, Winter Melon and Pork Cubes Soup 薏米冬瓜肉粒湯 | Fresh Fruit 新鮮水果 | Cream of Corn Soup 忌廉粟米湯 |
| Meal A (Western) | Pasta Carbonara 卡邦尼意粉 | Vegetarian Lasagna (V) 素菜千層麵 | Tradition Italian Meatballs with Pasta 意大利蕃茄肉丸配意粉 | Ham & Cheese Pita Bread with Potato Salad 火腿芝士吐司配薯仔沙律 | Karaage Fried Chicken and Pumpkin Salad 唐揚炸雞配燒南瓜沙律 |
| Meal B (Asian) | Sweet & Sour Chicken with Pineapple and 5-grain Rice 咕嚕雞球配五穀飯 | Yeung Chow Fried Rice with Roasted Pumpkin 揚州炒飯配燒南瓜 | E - Fu Noodles with Mushrooms 乾燒伊麵 | Steamed Eggs with Sakura Shrimp and Rice 櫻花蝦蔥花蒸水蛋飯 | Braised Tofu with Red Rice (V) 紅燒豆腐配紅米飯 |
| Meal C (Chef Special) | Curry Mixed Vegetable with Rice 咖喱雜菜飯 | Rosemary Roasted Chicken with Rice 迷迭香烤雞球飯 | Chicken with Roasted Potatoes and Brown Rice 燒薯仔雞球配糙米飯 | Stir - fried Vermicelli Noodles with Vegetables and Scallion Pancake 蔬菜炒粉絲配手抓餅 | (V)Pepperoni Cheese Pizza and Corn Salad 辣肉腸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



June 8th to 12th

MONTHLY MENU



MONDAY 8th

TUESDAY 9th

WEDNESDAY 10th

THURSDAY 11th

FRIDAY 12th

Fruit / Soup

Creamy Pumpkin Soup
南瓜忌廉湯



Fresh Fruit
新鮮水果

Wonton Chicken Soup
雲吞雞湯



Fresh Fruit
新鮮水果

Tomato Cream Soup
蕃茄忌廉湯



Meal A
(Western)

Honey Mustard Chicken with Rice
蜂蜜芥末雞球配飯

Grilled Fish Fillet with Tomato Sauce and Pasta
茄汁烤魚塊配意粉



Roasted Pumpkin and Mushroom with Pasta
燒南瓜白菌意粉



Vegetarian Lavash Wrap
土耳其烤雜菜卷



Chicken A La King with Pasta
忌廉雞皇意粉



Meal B
(Asian)

Stir-fried Noodles with Sliced Pork
肉絲炒麵



Chinese Zucchini with Sliced Pork and Quinoa Rice
脆肉瓜炒肉片配藜麥飯



Soy Sauce Chicken and Rice
豉油雞球飯

Turkish Chicken with Bread
土耳其烤雞肉配包

Braised Tomato & Scrambled Egg with Red Rice (V)
蕃茄炒蛋配紅米飯 (素)



Meal C
(Chef special)

Thai Style Fried Rice with Roasted Pineapple
泰式炒飯配烤菠蘿



Tomato, Spinach and Chickpeas with Rice
蕃茄菠菜鷹嘴豆飯



Pork U don with Oden Japanese Style
日式肉絲烏冬配關東煮



Turkish Grilled Fish with Rice
土耳其烤魚配飯



Hot Dog(Pork) with Baked Sweet Potato
熱狗(豬)配焗甜薯



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



June 15th to 19th

MONTHLY MENU



| | MONDAY 15 th | TUESDAY 16 th | WEDNESDAY 17 th | THURSDAY 18 th | FRIDAY 19 th |
|------------------------------|--|--|--|---|-----------------------------|
| Fruit / Soup | Minestrone 意大利菜湯 | Fresh Fruit 新鮮水果 | Papaya, Snow Fungus, Sweet and Bitter Apricot Kernels and Pork Soup 木瓜雪耳南北杏玉竹肉粒湯 | Fresh Fruit 新鮮水果 | Dragon Boat Festival |
| Meal A (Western) | Cherry Tomato and Pumpkin with Pasta 車厘茄南瓜意粉 | Ratatouille with Pasta 意式燴雜菜配意粉 | Beef Goulash with Brown Rice 燉牛肉配糙米飯 | Cajun Chicken with Sauteed Potato 香料烤雞配炒薯仔 | |
| Meal B (Asian) | Steamed Pork With Fermented Black Beans with Rice 蒜蓉豆豉蒸肉粒飯 | Stir-fried Broccoli with Beef and Rice 西蘭花牛肉飯 | Braised Pork Chops with Onion and Red Rice 洋蔥豬排配紅米飯 | Steamed Eggs with Vermicelli & Green Onions and Rice 粉絲蔥花蒸水蛋飯 | |
| Meal C (Chef special) | Teriyaki Chicken with Rice 照燒雞球飯 | Smoked Turkey & Cheese Panini with Roasted Potato 意式煙火雞芝士三文治配燒薯仔 | The Hirshon Taiwanese Scallion Oil Noodles with Marinated Egg 台式雜菜蔥油拌麵配鹵蛋 | Ham Mac & Cheese 焗火腿芝士通粉 | |



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



June 22nd to 26th

MONTHLY MENU



| | MONDAY 22 nd | TUESDAY 23 rd | WEDNESDAY 24 th | THURSDAY 25 th | FRIDAY 26 th |
|------------------------------|--|--|--|---|--|
| Fruit / Soup | Carrot Cream Soup 甘筍忌廉湯  | Fresh Fruit 新鮮水果 | Corn, Tofu & Egg Broth 粟米豆腐蛋花湯  | Fresh Fruit 新鮮水果 | Borscht 羅宋湯  |
| Meal A (Western) | Spaghetti Aglio e Olio 蒜香炒意粉  | Beef Lasagna with Garlic Bread 肉醬千層麵配蒜蓉包   | Creamy Spinach Chicken Pasta 菠菜雞肉意粉 | Grilled Pork Sausage with Mashed Potato 烤豬肉腸配薯蓉   | Creamy Pumpkin Sauce Pasta with Mix Vegetables 南瓜汁燒雜菜意粉  |
| Meal B (Asian) | Fukien Fried Rice with Deep-fried Spring Roll (V) 福建炒飯配炸素春卷    | Hainan Chicken Rice 海南雞球飯 | Sautéed Green Bean and Minced Pork with Rice 豬肉碎炒豆角配飯  | Steamed Pumpkin and Chicken with Rice 南瓜蒸雞球配飯 | Sautéed Broccoli and Chicken with Quinoa Rice 西蘭花炒雞肉配藜麥飯 |
| Meal C (Chef special) | Butter Chicken with Naan (Mildly Spicy) 奶油咖哩雞配印度烤餅(微辣)  | Vegetable Paella 西班牙雜菜飯  | Gomoku Gohan (Japanese Mixed Vegetable with Rice) with Potato Salad (V) 日式雜菜飯配薯仔沙律(素)  | Roasted Vegetable Sandwiches with Pesto and Mozzarella 烤蔬菜三文治配香蒜醬和馬蘇里拉芝士   | Beef Cheese Burger with Fries 牛肉芝士漢堡配薯條   |



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



June 29th to 30th

MONTHLY MENU



| | MONDAY 29 th | TUESDAY 30 th | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------|-------------------------|--|-----------|----------|--------|
| Fruit / Soup | Holiday | Fresh Fruit 新鮮水果 | | | |
| Meal A (Western) | | Cheese Pizza and Corn Salads 芝士薄餅配粟米沙律   | | | |
| Meal B (Asian) | | Sweet and Sour Pork with Rice 咕嚕肉飯  | | | |
| Meal C (Chef special) | | Fish and Chips 炸魚薯條  | | | |



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

