

OCT 1<sup>st</sup> to 3<sup>rd</sup>

# MONTHLY MENU

sodexo

**Fruit / Soup**

**Meal A**  
(Western)

**Meal B**  
(Asian)

**Meal C**  
(Chef Special)

**WEDNESDAY 1<sup>st</sup>**

**THURSDAY 2<sup>nd</sup>**

**FRIDAY 3<sup>rd</sup>**

**Fresh Fruit**  
新鮮水果

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



**Steamed Pork**  
with Mushroom  
Steamed Rice  
香菇蒸肉餅飯



**Pasta with Wild**  
Mushroom  
Creamy Sauce  
野菌忌廉意大利粉



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



OCT 6<sup>th</sup> to 10<sup>th</sup>

# MONTHLY MENU

	MONDAY 6 <sup>th</sup>	TUESDAY 7 <sup>th</sup>	WEDNESDAY 8 <sup>th</sup>	THURSDAY 9 <sup>th</sup>	FRIDAY 10 <sup>th</sup>
<b>Fruit / Soup</b>	<b>Green peas Soup</b> 青豆湯	<b>Public Holiday</b>	<b>Roasted Carrot and Apple Soup</b> 燒蘋果甘筍湯	<b>Fresh Fruit</b> 新鮮水果	<b>Wild Mushroom Cream Soup</b> 雜菌忌廉湯
<b>Meal A (Western)</b>	<b>BBQ Roasted Chicken with Pasta</b> 燒烤雞配蝴蝶粉		<b>Chicken with roasted potato bites, Sweetcorn salad</b> 炸雞塊配燒薯仔粒, 粟米沙律	<b>Baked Fish Roll with Dill Cream Sauce and Pasta</b> 烤魚柳卷刁草忌廉汁長通粉	<b>Roasted Cherry Tomato and Zucchini with Penne</b> 燒車厘茄, 青黃意大利瓜長通粉
<b>Meal B (Asian)</b>	<b>Silver Needle Noodle with vegetable</b> 雜菜炒銀針粉配素春卷 (素)		<b>Steam Pork and Pumpkin w/ Garlic and Rice</b> 蒜蓉南瓜蒸豬柳飯	<b>Stir-Fried vegetable Udon and Spring Roll</b> 雜菜炒烏冬配素春卷	<b>Sweet &amp; Sour Pork with Red Rice</b> 咕嚕肉配紅飯
<b>Meal C (Chef special)</b>	<b>Korean Beef with Rice</b> 韓式牛肉飯		<b>Mexican Bean Burrito with Corn Salad</b> 墨西哥卷配粟米沙律	<b>Bangers and Mash with Onion Gravy</b> 豬肉腸配薯蓉, 洋蔥燒汁	<b>Cheese Fish Burger and French Fries</b> 芝士魚柳漢堡+薯條



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OCT 13<sup>rd</sup> to 17<sup>th</sup>

# MONTHLY MENU

sodexo

MONDAY 13<sup>rd</sup>

TUESDAY 14<sup>th</sup>

WEDNESDAY 15<sup>th</sup>

THURSDAY 16<sup>th</sup>

FRIDAY 17<sup>th</sup>

**Fruit /  
Soup**

**French Onion Soup**  
經典法式洋蔥湯

**Fresh Fruit**  
新鮮水果

**Minestrone Soup**  
雜菜湯

**Fresh Fruit**  
新鮮水果

**Creamy  
Cauliflower Soup**  
忌廉椰菜花湯



**Meal A  
(Western)**

**Roasted Cauliflower  
and Chickpea  
Panini with Corn  
Salsa**  
燒椰菜花雞豆包配粟  
米莎莎

**Roasted Bell  
Pepper Caprese  
Quinoa Pasta**  
燒雜波椒藜麥蝴蝶粉

**Chicken in creamy  
mushroom sauce and  
Pasta**  
香菇忌廉雞絲長通粉

**Thai-Style Grilled  
Pork Chop with  
Rice**  
泰式燒豬柳飯

**Pepperoni Cheese Pizza  
with Corn Salad**  
辣肉腸芝士薄餅  
粟米沙律



**Meal B  
(Asian)**

**Braised Chicken  
with Onion and  
Rice**  
洋蔥雞扒配飯

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

**Braised Rice Noodle  
with Preserved  
Vegetable**  
雪菜肉絲炆米

**Thai Coconut  
Curry Chicken  
with Rice**  
泰式椰汁咖喱雞飯

**Curry Fried Rice with  
Mixed Veg and  
Samosa**  
雜菜咖哩炒飯配咖哩角



**Meal C  
(Chef  
special)**

**Stir Fried Pork Belly  
with Teriyaki Sauce  
Steamed Rice**  
照燒汁炒腩仔飯

**Nasi Goreng**  
印尼炒飯

**Spinach Frittata  
with Corn Salad**  
意大利雜菜蛋餅粟米沙律

**Malaysian Beef  
Fried Noodle**  
馬來牛肉炒面

**Japanese style Chicken  
with egg and Rice**  
日式雞丼飯配玉子燒



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OCT 20<sup>th</sup> to 24<sup>th</sup>

# MONTHLY MENU



MONDAY 20<sup>th</sup>

TUESDAY 21<sup>st</sup>

WEDNESDAY 22<sup>nd</sup>

THURSDAY 23<sup>rd</sup>

FRIDAY 24<sup>th</sup>

**Fruit /  
Soup**

**Carrot Cream Soup**  
甘筍忌廉湯



**Fresh Fruit**  
新鮮水果

**FRIJOLE SOUP**  
墨西哥黑豆湯

**Fresh Fruit**  
新鮮水果

**West Lake Beef Soup**  
西湖牛肉羹



**Meal A**  
(Western)

**Fish Florentine with  
Rice**  
菠菜芝士焗魚柳



**Mac and Cheese**  
美式芝士忌廉焗通粉



**Marry Me Chicken  
Pasta**  
奶醬雞芝士螺絲粉



**Honey Mustard Pork  
Loin with Pasta**  
蜜蜂芥末豬柳配長通粉



**Cauliflower and  
Vegetables Fried Rice  
with Samosa**  
椰菜花雜菜炒飯配咖哩角



**Meal B**  
(Asian)

**Tomato and  
Onion Scrambled  
Eggs**  
蕃茄洋蔥炒蛋



**Stir Fried Chicken  
and Celery with Rice**  
西芹炒雞柳配飯

**Char Siu String  
Bean with Rice**  
叉燒炒豆角配飯



**Stir Fried Rice  
Vermicelli Noodles  
with Tufo and  
Vegetables**  
豆腐, 蔬菜炒米粉

**Mapo Tofu with  
Rice**  
麻婆豆腐配飯

**Meal C**  
(Chef  
special)

**Masala Chicken with  
Naan**  
印度咖哩烤雞配印度烤餅



**Beef Shawarma with  
Pita Bread**  
中東牛肉配比得包



**Shanghai Fried Noodles  
Spring Roll**  
上海粗炒 春卷



**Butter Chicken  
with Rice**  
奶油咖哩雞配飯



**Beef Stroganoff  
with Rice**  
酸奶油燉牛肉



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OCT 27<sup>th</sup> to 31<sup>st</sup>

# MONTHLY MENU

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MONDAY 27<sup>th</sup>

TUESDAY 28<sup>th</sup>

WEDNESDAY 29<sup>th</sup>

THURSDAY 30<sup>th</sup>

FRIDAY 31<sup>st</sup>

Fruit /  
Soup

**Cream of Broccoli  
Soup**  
忌廉西蘭花湯

**Fresh Fruit**  
新鮮水果

Public Holiday

**Fresh Fruit**  
新鮮水果

**Sweet Potato  
Soup**  
番薯湯

**Meal A**  
(Western)

**Baked Fish Fillet with  
Creamy Sauce and Pasta**  
忌廉汁魚柳配長通粉



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



**Creamy Ricotta  
Chicken Pasta**  
忌廉瑞可達雞肉螺絲粉



**Baked Pasta with  
minced Beef**  
碎牛焗忌廉長通粉



**Meal B**  
(Asian)

**Vegetable Egg White  
Fried Rice, Fried To  
Fu(V)**  
雜菜蛋白炒飯配炸豆腐  
(素)



**Scrambled Egg with BBQ  
Pork and Brown Rice**  
叉燒炒蛋配糙米飯



**Char Kway Teo  
with curry samosa**  
炒貴刁, 咖哩角



**Stir-fried Rice  
Vermicelli with Mix Veg  
, Spring Roll**  
雜菜炒米炒配素春卷



**Meal C**  
(Chef  
special)

**Korean-Style Curry and Honey  
Chicken with Rice**  
韓式咖喱蜜糖燒雞飯

**Deep Fried Pumpkin Cake  
in Japanese Curry  
and Rice (V)**  
日式咖喱炸南瓜餅配飯 (素)



**Mozzarella and tomato  
Panini with Corn Salad**  
莫薩里拉芝士番茄帕尼尼  
配粟米沙拉



**California Pizza with  
Cabbage and Carrot**  
加州披薩配椰菜甘筍



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