



MAKE YOUR VOICE HEARD
Every voice matters

GIVE YOUR FEEDBACK TO US



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sodexo MENU MECHANISM

NUTS FREE
All our meals are Nuts Free

CAGE FREE
All our eggs are Cage Free

MADE IN HONG KONG
Discover Locally Made products

HK GROWN LOCALLY
Savor Low Carbon footprint produce

50 FUTURE FOOD
Ingredients good for Planet & Health

GO & ENJOY
OK BUT THINK
BE CAUTIOUS

All our menus are reviewed by our nutritionists and tailored to the nutritional requirements of specific age groups.

Our **Food Traffic Light** will guide students in making informed meal choices.

ALLERGEN ALERT & FOOD ICONS

ALLERGEN DAIRY | ALLERGEN EGG | VE VEGETARIAN | CONTAINS PORK | CONTAINS BEEF

ALLERGEN SESAME | ALLERGEN SHELLFISH | ALLERGEN FISH | HOT SPICY

A Healthy and Balanced Diet Every Day!

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Sodexo Hong Kong Website

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DISCLAIMER:

Our kitchen handles common allergens like gluten, soy, milk, eggs, fish, and seafood. While we take every precaution to minimize cross-contamination within our kitchens, it may arise due to factors beyond our control and could alter the accuracy of allergen information provided.

OCT 1st to 2nd

MONTHLY MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1 st	FRIDAY 2 nd
Fruit / Soup					Spinach Cream Soup 菠菜忌廉湯 
Meal A (Western)					Classic Pasta Carbonara 經典卡邦尼意粉  
Meal B (Asian)					Fried Chicken with Lemon Sauce and Steamed Rice 西檸雞飯
Meal C (Chef Special)					Margherita Cheese Pizza and Corn Salad 瑪格麗特芝士薄餅 配粟米沙律  



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From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus



OCT 5th to 9th

MONTHLY MENU



	MONDAY 5 th	TUESDAY 6 th	WEDNESDAY 7 th	THURSDAY 8 th	FRIDAY 9 th
Fruit / Soup	Sweet Corn Cream Soup 粟米忌廉湯 	Fresh Fruit 新鮮水果	Pumpkin and Carrot Soup 南瓜甘筍湯	Fresh Fruit 新鮮水果	
Meal A (Western)	Gravy Chicken with Pasta 燒汁雞配意粉 	Italian Vegetable Chicken Stew with Rice 意式雜菜燉雞配飯	Crispy Chicken with Roasted Potatoes and Corn Salad 炸雞球配燒薯仔粒及粟米沙律	Baked Fish Fillet Roll with Dill Cream Sauce and Penne 烤魚柳卷刁草忌廉汁長通粉  	
Meal B (Asian)	Stir-Fried Silver Pin Noodles with Mixed Vegetables and Vegetarian Spring Roll 雜菜炒銀針粉 配素春卷 	Steamed Pork Patty with Mushroom and Rice 香菇蒸肉餅飯 	Stir-Fried Udon with Mixed Vegetables and Miso Turnip 雜菜炒烏冬配素麵豉蘿蔔 	Steamed Chicken with Pumpkin and Rice 南瓜蒸雞飯	
Meal C (Chef special)	Korean Beef with Rice 韓式牛肉飯 	Grilled Portobello Mushroom with Cheese and Pasta 意大利燒大菇芝士配意粉  	Onion Gravy Pork Sausage with Rice 洋蔥燒汁豬肉腸配飯 	Mexican Bean Wrap with Sweetcorn Salad 墨西哥豆卷配粟米沙律 	



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OCT 12nd to 16th

MONTHLY MENU

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	MONDAY 12 th	TUESDAY 13 th	WEDNESDAY 14 th	THURSDAY 15 th	FRIDAY 16 th
Fruit / Soup	Hairy Gourd and Salted Egg Soup 節瓜鹹蛋湯	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 Salad with Pita Bread 燒椰菜花鷹嘴豆沙律 配比得包	Roasted Mixed Peppers and Quinoa Pasta 燒雜波椒藜麥意粉	Creamy Mushroom Chicken Strips with Pasta 香菇忌廉雞絲意粉	Lemongrass Pork Neck with Rice 香茅燒豬頸肉飯	Ham and Cheese Pizza with Corn Salad 火腿芝士薄餅配粟米沙律
Meal B (Asian)	Grilled Chicken Steak with Onion and Rice 洋蔥雞扒配飯	Braised Rice Vermicelli with Shredded Pork & Fried Bean Curd Puffs 雪菜肉絲炆米配炸豆卜	Stir-fried Flat Rice Noodles with Beef 干炒牛河	Thai Green Curry Chicken with Rice 泰式青咖喱雞飯	Fried Rice with Vegetables and Ketchup, Samosa 雜菜西炒飯, 咖喱角
Meal C (Chef special)	Stir-fried Pork Belly with Teriyaki Sauce and Rice 照燒汁炒豬肉飯	Honey Glazed Chicken with Rice 蜂蜜燒汁雞球飯	Tomato Concasse, Mushroom and Mixed Vegetable Rice 茄蓉蘑菇雜菜飯	Scrambled Eggs with Tomato and Brown Rice 蕃茄炒蛋配糙米飯	Japanese Shredded Chicken & Egg Rice 日式雞絲, 雞蛋飯



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OCT 19th to 23rd

MONTHLY MENU

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	MONDAY 19 th	TUESDAY 20 th	WEDNESDAY 21 st	THURSDAY 22 nd	FRIDAY 23 rd
Fruit / Soup		Fresh Fruit 新鮮水果	Creamy Tomato Soup 蕃茄忌廉湯 	Fresh Fruit 新鮮水果	
Meal A (Western)		Mac & Cheese 美式芝士忌廉焗通粉  	Creamy Cheese Chicken with Pasta 奶醬雞芝士意粉 	Honey Mustard Pork with Pasta 蜜糖芥末豬配意粉 	
Meal B (Asian)		Stir-fried Chicken Fillet with Celery and Rice 西芹炒雞柳飯	Sliced Pork with Onion, Carrot and Rice 豬肉片炒洋蔥甘筍配飯	Fried Rice Vermicelli with Vegetables and Grilled Corn 蔬菜炒米粉配燒粟米 	
Meal C (Chef special)		Red Curry Beef with Rice 紅咖喱牛肉飯  	Shanghai Fried Noodles with Soy Bean Curd 上海粗炒配滷豆腐 	Chicken & Cheese Ciabatta with Potato Salad 雞肉芝士意大利包配薯仔沙律 	



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OCT 26th to 30th

MONTHLY MENU



	MONDAY 26 th	TUESDAY 27 th	WEDNESDAY 28 th	THURSDAY 29 th	FRIDAY 30 th
Fruit / Soup	Broccoli Cream Soup 忌廉西蘭花湯 	Fresh Fruit 新鮮水果	上海 West Lake Minced Beef Soup 西湖牛肉羹 	Fresh Fruit 新鮮水果	Tomato and Potato Soup 蕃茄薯仔湯
Meal A (Western)	Pork Meatballs with Mushroom Cream Sauce and Pasta 磨菇忌廉汁豬肉丸配意粉 	Lemon Olive Chicken with Baked Potato 檸檬橄欖雞肉配焗薯	Pork Dumpling with Tossed Noodle with Spring Onion 上海菜肉雲吞配蔥油拌麵 	Chicken and Ricotta Cream Pasta 忌廉瑞可達雞肉意粉 	Creamy Minced Beef with Baked Pasta 碎牛焗忌廉長意粉
Meal B (Asian)	Vegetable and Egg White Fried Rice with Fried Bean Curd 雜菜蛋白炒飯配炸豆卜 	Ham and Scrambled Eggs with Brown Rice 火腿炒蛋配糙米飯 	Stir-fried Rice Roll with Mushroom and Pickle Vegetable 雪菜香菇炒年糕 	Char Kway Teow with Curry Puff 炒貴刁配咖哩角 	Braised Tofu, Mushroom & Vegetables with Rice 雜菜香菇豆腐配飯
Meal C (Chef special)	Korean Honey Chicken with Rice 韓式蜜糖燒雞飯 	Mushroom Vegetable Wrap with Corn Salad 磨菇素菜卷餅配粟米沙律 	Lion Head (Minced Pork Ball) with Cabbage Rice 上海獅子頭配菜飯 	Mozzarella and Tomato Panini with Corn Salad 莫薩里拉芝士番茄帕尼尼配粟米沙律 	California Pizza 加州薄餅



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