

Feb 2nd to 6th

MONTHLY MENU

sodexo

Fruit / Soup

MONDAY 2nd

Cream Of Corn
Soup
忌廉粟米湯

TUESDAY 3rd

Fresh Fruit
新鮮水果

WEDNESDAY 4th

Ham Chowder
火腿周打湯

THURSDAY 5th

Fresh Fruit
新鮮水果

FRIDAY 6th

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 Pasta
野菌汁牛肉意粉



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
配白飯



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 (Chef Special)

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
包



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



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



	MONDAY 9 th	TUESDAY 10 th	WEDNESDAY 11 th	THURSDAY 12 th	FRIDAY 13 th
Fruit / Soup	Borscht 羅宋湯	Fresh Fruit 新鮮水果	Italian Tomato Soup 意大利蕃茄湯	Fresh Fruit 新鮮水果	
Meal A (Western)	Shredded Chicken in Goulash Sauce with Pasta 匈牙利汁雞柳配長通粉	Beef Napoleon with Pasta 拿破崙牛肉醬配螺旋粉	Roast Vegetable pesto with pasta 燒雜菜香草醬意粉	Deep Fried Pork Cutlet in Japanese Curry w/ Rice (E)(P) 日式咖哩炸豬排飯	
Meal B (Asian)	Stir-fried egg noodle and mix vegetable with soy sauce 豉油王雜菜炒麵 配素春卷	Pineapple sweet and sour pork with rice 菠蘿咕嚕肉配飯	Sweet Corn Chicken with Rice 粟米雞粒飯	Japanese Stir-Fried Udon with Mix Vegetables and 日式炒烏冬配玉子燒	
Meal C (Chef special)	Teriyaki Sauce Beef with Bun and Mix vegetables salad 照燒牛肉配海苔沙拉	Stir-fried Ian fun with carrot, onion and cabbage with Salt and Pepper Bean Tofu 三絲炒瀨粉配椒鹽豆付	Lemongrass pork chop with rice 香茅豬扒配白飯	Japanese style beef with Rice 日式牛肉丼	



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Feb 16th to 20th

MONTHLY MENU

sodexo

MONDAY 16th

TUESDAY 17th

WEDNESDAY 18th

THURSDAY 19th

FRIDAY 20th

Fruit /
Soup

Public Holiday

Public Holiday

Public Holiday

Public Holiday

Public Holiday

Meal A
(Western)

Meal B
(Asian)

Meal C
(Chef
special)



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Feb 23rd to 27th

MONTHLY MENU

sodexo

MONDAY 23rd

TUESDAY 24th

WEDNESDAY 25th

THURSDAY 26th

FRIDAY 27th

Fruit /
Soup

Public Holiday

Public Holiday

Public Holiday

Fresh Fruit
新鮮水果

Sweet Potato Soup
番薯湯

Meal A
(Western)

Creamy Ricotta Chicken
Rice
忌廉瑞可達雞肉飯



Meal B
(Asian)

Char Kway Teo with
Roast Pumpkin
炒貴刁, 燒南瓜



Meal C
(Chef
special)

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



Pork sausage patty
and cheeseburger with
fries

芝士豬柳漢堡配薯條



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