

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



Feb 9th to 13th

MONTHLY MENU

sodexo

MONDAY 9th

TUESDAY 10th

WEDNESDAY 11th

THURSDAY 12th

FRIDAY 13th

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
拿破崙牛肉醬配螺絲粉

Roast Vegetable pesto
with pasta
燒雜菜香草醬意粉

Deep Fried Pork Cutlet
in Japanese Curry
w/ Rice (E)(P)
日式咖喱炸豬排飯

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
照燒牛肉配海苔飯

Stir-fried lan 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



| | MONDAY 16 th | TUESDAY 17 th | WEDNESDAY 18 th | THURSDAY 19 th | FRIDAY 20 th |
|---------------------------------|-------------------------|--------------------------|----------------------------|---------------------------|-------------------------|
| 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



| | MONDAY 23 rd | TUESDAY 24 th | WEDNESDAY 25 th | THURSDAY 26 th | FRIDAY 27 th |
|--------------------------------------|-------------------------|--------------------------|----------------------------|---|--|
| 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  | Baked Fish Fillet with Corn Cheese and Rice 粟米芝士焗魚柳飯   |
| Meal B (Asian) | | | | Char Kway Teo with Roast Pumpkin 炒貴刁, 燒南瓜   | Stir-Fried Noodles with Mix Vegetables , Spring Roll 雜菜炒麵配春卷   |
| 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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