

March 2nd to 6th

MONTHLY MENU

	MONDAY 2 nd	TUESDAY 3 rd	WEDNESDAY 4 th	THURSDAY 5 th	FRIDAY 6 th
Fruit / Soup	Wild Mushroom Cream Soup 白菌忌廉湯	Fresh Fruit 新鮮水果	Barley, Winter Melon and Pork Ribs 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)	Classic Pasta Bolognese 肉醬意粉	Vegetarian Lasagna (V) 素菜千層麵	Chicken Bites with Roasted Potatoes and Brown Rice 燒薯仔雞肉粒配糙米飯	Ham & Cheese Pita Bread with Potato Salad 火腿芝士吐司配薯仔沙律	Pasta Carbonara 卡邦尼意粉
Meal B (Asian)	Sweet & Sour Chicken with Pineapple and 5-Grain Rice 咕嚕雞配五穀飯	Yeung Chow Fried Rice with Roasted Pumpkin 揚州炒飯配燒南瓜	E - Fu Noodles with Mushroom 乾燒伊麵	Steamed Eggs with Sakura Shrimp and Rice 櫻花蝦蔥花蒸水蛋飯	Teriyaki Tofu with Red Rice (V) 日式照燒豆腐配紅米飯
Meal C (Chef Special)	Curry Mixed Vegetable Rice 咖喱雜菜飯	Rosemary Roasted Chicken with Rice 迷迭香烤雞飯	Tradition Italian Meatballs with Pasta 意大利番茄肉丸配意粉	Stir - fried Vermicelli Noodles with Vegetables and Scallion Pancake 蔬菜炒粉絲配手抓餅	BBQ Chicken Pizza and Corn Salad (V) 烤雞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



March 9th to 13th

MONTHLY MENU



MONDAY 9th

TUESDAY 10th

WEDNESDAY 11th

THURSDAY 12th

FRIDAY 13th

**Fruit /
Soup**

**Creamy of
Pumpkin Soup**
南瓜忌廉湯



Fresh Fruit
新鮮水果

Wonton Chicken Soup
雲吞雞湯

GREEK
Fresh Fruit
新鮮水果

Tomato Cream Soup
蕃茄忌廉湯



Meal A
(Western)

**Honey Mustard
Chicken with Pasta**
蜂蜜芥末雞球配意粉

**Grilled Fish Fillet
with Tomato Sauce
and Rice**
茄汁烤魚柳配飯



**Tomato Mushroom and
Spinach with Pasta**
蕃茄蘑菇菠菜意粉



Braised Beef with Pasta
燉牛肉意粉



**Chicken a La King
with Pasta**
忌廉雞皇意粉



Meal B
(Asian)

**Stir Fried Noodles
with Bean Sprout
and Pork**
銀芽肉絲炒麵



**Chinese Zucchini
with Sliced Pork
and Quinoa Rice**
脆肉瓜炒肉片跟藜麥飯



**Soy Sauce
Chicken and Rice**
豉油雞飯



Gyros Souvlaki
希臘烤肉卷(雞)



**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



Pastitsio
希臘千層麵



**Hot Dog(Pork) with
Coleslaw Salad**
熱狗(豬)
配椰菜甘筍絲沙律



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



March 16th to 20th

MONTHLY MENU



	MONDAY 16 th	TUESDAY 17 th	WEDNESDAY 18 th	THURSDAY 19 th	FRIDAY 20 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	Creamy Cauliflower Soup 忌廉椰菜花湯
Meal A (Western)	Cherry Tomato and Pumpkin with Pasta 車厘茄南瓜意粉	Ratutouilli 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	Cheese Pizza and Corn Salads 芝士薄餅配粟米沙律
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 西蘭花炒牛肉飯	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	Steamed Pork Patty with Pumpkin and Rice 南瓜蒸肉餅配飯
Meal C (Chef special)	Teriyaki Chicken With Rice 照燒雞扒飯	Smoked Turkey & Cheese Panini with Roasted Potato 煙火雞芝士意式三文治配燒薯仔	The Hirshon Taiwanese Scallion Oil Noodles with Soy Sauce Egg 台式雜菜蔥油拌麵配滷蛋(素)	Ham Mac & Cheese 焗火腿芝士通粉	Fish and Chips with Coleslaw Salad 炸魚薯條配涼拌高麗菜沙拉



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



March 23rd to 27th

MONTHLY MENU



	MONDAY 23 rd	TUESDAY 24 th	WEDNESDAY 25 th	THURSDAY 26 th	FRIDAY 27 th
Fruit / Soup	Carrot Cream Soup 甘筍忌廉湯	Fresh Fruit 新鮮水果	Corn, Tofu & Egg Broth 粟米豆腐旦花湯	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 Spring Roll(V) 福建炒飯配春卷	Hainan Chicken Rice 海南雞球飯	Sauté Green Bean and Pork Mince with Rice 肉碎炒豆角配飯	Steamed Pumpkin and Chicken with Red Rice 南瓜蒸雞配紅米飯	Sauteed 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 Rice) with Potato Salad (V) 日式雜菜飯配薯仔沙律(素)	Roasted Vegetable Sandwiches with Pesto and Mozzarella (V) 烤蔬菜三明治配香蒜醬和馬蘇里拉芝士(素)	Cheese Pizza and Corn Salads 夏威夷薄餅配粟米沙律



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



March 30rd to 31st

MONTHLY MENU



	MONDAY 30 th	TUESDAY 31 st	WEDNESDAY	THURSDAY	FRIDAY
Fruit / Soup	Tofu Seaweed Miso Soup 豆腐海帶麵豉湯	Fresh Fruit 新鮮水果			
Meal A (Western)	Baked Fish Fillet with Creamy Sauce and Pasta 忌廉汁魚柳配意粉  	Lemon and Olives Chicken and Roasted Potato 檸檬橄欖雞肉配焗薯			
Meal B (Asian)	Vegetable Egg White Fried Rice 雜菜蛋白炒飯  	Scrambled Egg with BBQ Pork and Brown Rice 叉燒炒蛋配糙米飯  			
Meal C (Chef special)	Karaage Fried Chicken and Corn Salad 唐揚炸雞配和風粟米沙律	Deep Fried Pumpkin Cake in Japanese Curry and Rice (V) 日式咖喱炸南瓜餅配飯 (素) 			



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

