

MONTHLY MENU



May 1st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1 st
Fruit / Soup					
Meal A (Western)					
Meal B (Asian)					
Meal C (Chef Special)					



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



May 4th to 8th

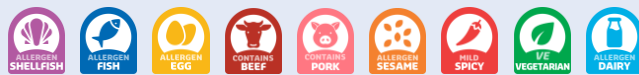
MONTHLY MENU



	MONDAY 4 th	TUESDAY 5 th	WEDNESDAY 6 th	THURSDAY 7 th	FRIDAY 8 th
Fruit / Soup	Borscht 羅宋湯	Fresh Fruit 新鮮水果	Seaweed with Fish Puff Soup 紫菜魚腐湯	Fresh Fruit 新鮮水果	Cream of Mushroom Soup 白菌忌廉湯
Meal A (Western)	Shredded Chicken in Goulash Sauce with Pasta 匈牙利汁雞柳配意粉	Mediterranean Baked Fish with Pasta 地中海烤魚配意粉	Roast Vegetable Pesto with Pasta 燒雜菜香草醬配意粉	Rosemary and Orange Chicken with Rice 香橙迷迭香雞肉配飯	Spaghetti Bolognese 肉醬意粉
Meal B (Asian)	Fried Noodles Vegetables in Soy Sauce with Steamed Flower Rolls 豉油王雜菜炒麵配蒸花卷	Pineapple Sweet and Sour Pork with Rice 菠蘿咕嚕肉配飯	Creamy Corn Chicken with Rice 粟米雞絲配飯	Japanese-Style Stir-Fried Udon with Pork 和風豚肉炒烏冬	Fried Purple Sweet Potato Cakes with Seaweed Rice 炸紫薯餅配紫菜飯
Meal C (Chef special)	Teriyaki Beef with Seaweed Rice 照燒牛肉配海苔飯	Stir-fried Lai Fun with Carrot, Onion and Cabbage with Steamed Tofu 三絲炒瀨粉配蒸豆腐	Lemongrass Pork Chop with Rice Vermicelli 香茅豬扒配檬粉	Grilled Cheese Sandwich with Ratatouille 扒芝士三文治配燴雜菜	Ham and Cheese Pizza with Butter Corn 火腿芝士薄餅配牛油粟米



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May 11st to 15th

MONTHLY MENU



	MONDAY 11 st	TUESDAY 12 nd	WEDNESDAY 13 rd	THURSDAY 14 th	FRIDAY 15 th
Fruit / Soup	Potato and Leek Soup 大 蒜薯仔湯	Fresh Fruit 新鮮水果	Wonton Chicken Soup 雲 吞雞湯		
Meal A (Western)	Double Cheese with Panini 雙重芝士意式三文治  	Vietnamese Minced Pork Bun 越式豬肉碎包 	Roasted Cherry Tomato and Zucchini with Pasta 燒車厘茄,青黃意大利瓜配意粉 		
Meal B (Asian)	Braised Chicken with Onion and Rice 洋蔥雞扒配飯	Vietnamese Stir-Fried Noodles 越南炒麵 	Singapore Noodles with Scallion Pancake 星洲炒米配手抓餅  		
Meal C (Chef special)	Mie Goreng 印尼炒麵 	Lemongrass Grilled Chicken with Rice 越式香茅烤雞配飯	Salt and Pepper Chicken with Rice 椒鹽雞球飯		



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May 18th to 22nd

MONTHLY MENU



	MONDAY 18 th	TUESDAY 19 th	WEDNESDAY 20 th	THURSDAY 21 st	FRIDAY 22 nd
Fruit / Soup	Minestrone Soup 雜菜湯	Fresh Fruit 新鮮水果	Tomato, Potato and Pork Soup 蕃茄薯仔豬肉碎湯	Fresh Fruit 新鮮水果	Creamy Broccoli Soup 忌廉西蘭花湯
Meal A (Western)	Pasta Carbonara 卡邦尼意粉  	Pan-fried Smoked Duck Breast in Honey Gravy Sauce with Rice 香煎煙鴨胸蜜糖燒汁配飯  	Italian Tomato & Spinach with Pasta 意式蕃茄菠菜配意粉 	Beef Stroganoff with Rice 俄國牛肉配飯  	Baked Cheese and Turkey Panini with Corn Salad 烘芝士火雞意大利包配粟米沙律 
Meal B (Asian)	Stewed Chicken in Sweet Soy sauce with Cabbage Rice 豉油雞球配菜飯  	Fresh Tomato with Braised Pork and Fried Rice 鮮茄豬扒配炒飯  	Stir-Fried Pork Slices and Scrambled Egg with Red Rice 蔥花滑蛋豬肉片配紅米飯  	Braised Rice Vermicelli with Mix Vegetables 雜菜炆米粉  	Dried Tofu and Mix Vegetables with Fried Rice 豆乾雜菜炒飯 
Meal C (Chef special)	E-Fu Noodles 乾燒伊麵 	Korean Glass Noodles with Mixed Vegetables and Korean Radish Kimchi 韓式雜菜炒粉絲配韓式醃蘿蔔粒 	Chicken Curry with Rice Japanese style 日式咖喱雞球配飯	Tuna Mayo & Lettuce in Whole Wheat Bread, Carrot & Cabbage Salad 吞拿魚生菜三文治配甘筍椰菜沙律 	Cheese Pork Burger with French Fries 芝士豬柳漢堡配薯條  



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May 25th to 29th

MONTHLY MENU



	MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	FRIDAY 29 th
Fruit / Soup		Fresh Fruit 新鮮水果	Radish and Corn Soup 粟米青紅蘿蔔湯	Fresh Fruit 新鮮水果	Creamy Pumpkin Soup 南瓜忌廉湯
Meal A (Western)		Pumpkin and Kale with Pasta 燒南瓜、羽衣甘藍意大利粉	Beef Lasagna 牛肉千層麵	Roasted Pork Loin with Apple Gravy and Mashed Potato 烤豬柳蘋果燒汁配薯蓉	Baked Cheese Macaroni with Garlic Bread 芝士焗通粉配蒜蓉包
Meal B (Asian)		Pork Shogayaki with Rice 豚肉生薑燒配飯	Stir-Fried Noodles with Mix Vegetables Served with Steamed Bun 雜菜炒麵配蒸饅頭	Steamed Chicken with Sand Ginger with Rice 沙薑雞球飯	Pork Cutlet with Rice 吉列豬扒配飯
Meal C (Chef special)		Thai Chicken Fried Rice with Grilled Pineapple 泰式雞粒炒飯配烤菠蘿	Korean Fried Chicken with Mushroom Rice 韓式炸雞配香菇飯	Pasta Primavera 蔬菜意大利粉	Beef and Mushroom Pizza with Cheese and Butter Corn 芝士蘑菇碎牛肉薄餅配牛油粟米



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