



Singapore International School Hong Kong 新加坡国际学校(香港)



Lunch Menu 午膳餐單 Oct 2021

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
	04 Oct	05 Oct	06 Oct	07 Oct	08 Oct
Meal A 主菜	Fresh Tomato and Pork with Red Rice 鲜茄肉片配红米饭	Teriyaki Chicken with Red Rice 照烧鸡肉配红米饭	Sweet Soy Sauce Chicken with Rice 瑞士鸡肉配饭	Braised Chicken and Potato with Rice 薯仔炆鸡配饭	Pineapple & Chicken Fried Rice 菠萝鸡粒炒饭
Meal B 主菜	Chicken A La King with Rice 白汁鸡皇饭	Diced Pork in Creamy Corn Sauce with Fusilli 忌廉玉米肉粒配螺絲粉	Baked Cheese & Tuna with Macaroni 芝士焗吞拿魚通粉	Beef Spaghetti Bolognese 肉酱意粉	Pan-fried Fish in Dill Lemon Sauce with Spaghetti 刁草檸檬汁煎魚柳配意粉
Meal C 主菜	Frittata with Roasted Potatoes 意式菠菜蘑菇烘蛋伴薯角	Tofu and Mixed Vegetable with Rice 雜菜豆腐配饭	Steamed Egg with Glass Noodles & Red Rice 粉絲蒸蛋配紅米饭	Stir-fried Spaghetti with Tri-pepper, Green Bean & Onion (Less Oil) 彩椒洋蔥青豆炒意粉 (少油)	Braised Vegetable Mix in Tomato Sauce with Rice 茄汁燴雜菜配饭
Meal D 主菜	Chicken & Tomato Sandwich with Coleslaw 鸡肉番茄三文治配椰菜沙拉	Egg Salad Sandwich with Caesar Salad 鸡蛋沙律三文治配凯撒沙拉	Bacon & Cheese Sandwich with Garden Salad 芝士煙肉三文治配粉仔沙拉	Ham Cheese Eng Muffin with Sweetcorn 芝士火腿堡配玉米粒	Ham & Cheese Burger with Chips 芝士煙火腿汉堡包配薯条

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	18 Oct	19 Oct	20 Oct	21 Oct	21 Oct
Meal A 主菜			Chinese BBQ Pork with Brown Red Rice 蜜汁叉烧配糙米饭	Pork in Sweetcorn & Egg Sauce with Red Rice 滑蛋粟米肉粒红米饭	Yeung Chow Fried Rice (Less Oil) 揚州炒饭 (少油)
Meal B 主菜			Herb Baked Fish Fillet with Pasta 香草焗魚柳 配通粉	Stir-fried Spaghetti with BBQ Pork, Onion & Bean Sprout 洋葱芽菜叉烧炒意粉	Fish Fillet Pasta in Creamy Pumpkin Sauce 忌廉南瓜汁魚柳意粉
Meal C 主菜			Vegetarian Mapo Tofu with Brown Rice 素麻婆豆腐配糙米饭	Pumpkin and Vegetable in Portuguese Sauce with Rice 葡汁南瓜時蔬配饭	Japanese Style Eggplant with Rice 日式茄子配饭
Meal D 主菜			Chicken Wrap with Caesar Salad 鸡肉卷配凯撒沙拉	Duck Breast and Cucumber Wrap with Sweetcorn Salad 鸭胸青瓜卷配玉米沙拉	Chicken Pizza with Sweetcorn 雞肉薄餅 配玉米粒



健康之選, 適合經常食用
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請適宜地食用
Best eaten in moderation. These food are still important for a balanced diet.



建議少選擇為佳
Don't have too much of these. Just treat ourselves every so often.



素食
Vegetarian Choice



含有蛋類
Egg Alert



含有奶類
Dairy Alert



含有魚類
Fish Alert



含有貝殼類海鮮
Shellfish Alert



Sustainable Seafood

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



Singapore International School Hong Kong 新加坡国际学校(香港)



Lunch Menu 午膳餐單 Oct-Nov 2021

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
	25 Oct	26 Oct	27 Oct	● 28 Oct	29 Oct
Meal A 主菜	Braised Onion Pork with Brown Rice 燴洋蔥豬肉配糙米飯	Honey Soy Chicken with Mixed Grain Rice 港式豉油鸡紅米飯	Fresh Tomato Pork with Rice 鮮茄豬扒片配飯	Japanese Style Stir-fried Udon with Shredded Pork (Less Oil) 日式肉絲炒烏冬(少油)	Singapore Style Fried Vermicelli (Seafood Free) 星洲炒米粉(不含海鮮)
Meal B 主菜	Chicken in Honey Mustard Sauce with Mashed Potato 蜜糖芥末醬鸡扒配薯蓉	Beef Stroganoff with Spaghetti 俄式牛肉蘑菇汁燴意粉	Spaghetti Carbonara 卡邦尼意粉	Japanese Style Teriyaki Chicken with Red Rice 日式照燒雞扒配紅米飯	Herbs fish and Pumpkin with Rice 南瓜香草魚柳燴飯
Meal C 主菜	Sweetcorn Mac & Cheese 芝士粟米焗通粉	Lo Han Style Vegetables with Red Rice 羅漢齋配紅米飯	Stir-fried Vermicelli with Mushroom, Carrot & Lettuce 三絲炒米(冬菇, 椰菜, 甘筍)	Japanese Style Braised Enoki Mushroom & Tofu with Red Rice 日式金菇豆腐配紅米飯	Tomato, Carrots & Kidney Beans with Brown Rice 鮮茄紅腰豆燴甘筍配糙米飯
Meal D 主菜	Tuna Croissant with Coleslaw 吞拿魚牛角包配椰菜沙拉	Ham Salad Roll Served with Sweetcorn Salad 火腿沙拉卷配玉米沙拉	Pepperoni & Cheese Sandwich with Sweet Corn Salad 辣肉腸芝士三文治配玉米沙拉	Chicken & Cheese Wrap with Fruit Salad 鸡肉芝士卷配生果沙拉	Pork Burger with Wedges 豬柳漢堡配薯角

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	01 Nov	02 Nov	03 Nov	04 Nov	05 Nov
Meal A 主菜	Braised Chicken in Portuguese Style & Spaghetti 葡國雞意粉	Chinese BBQ Pork with Brown Red Rice 蜜汁叉燒配糙米飯	Minced Pork and Eggplant with Brown Rice 茄子肉燥配糙米飯	Sweet Soy Sauce Chicken with Rice 瑞士鸡肉配飯	Mixed Pepper, Pineapple and Beef with Rice 洋蔥菠蘿雜椒燴牛肉飯
Meal B 主菜	Korean Pork Sliced & Rice (Less Spicy) 韓式肉片配飯(少辣)	Fish & Chips 炸魚柳配薯条	Italian Braised Diced Chicken with Rice 意式雞粒燴飯	Pan Fried Fish in Cream Sauce with Penne 煎魚柳白汁配長通粉	Beef Spaghetti Bolognese 肉醬意粉
Meal C 主菜	Japanese Vegetable Curry with Rice (Mild) 日式雜菜淡咖哩飯	Pumpkin and Vegetable in Portuguese Sauce & Rice 葡汁南瓜時蔬配飯	Scrambled Tomato & Egg with Red Rice 蕃茄炒蛋配紅米飯	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇烘蛋伴薯角	Chinese Long Beans Omelette with Red Rice 豆角煎蛋配紅米飯
Meal D 主菜	Duck Breast and Cucumber Wrap with Sweetcorn Salad 鴨胸青瓜卷配玉米沙拉	Egg Salad Sandwich with Caesar Salad 鸡蛋沙律三文治配凱撒沙拉	Cheese Pork Eng Muffin and Roasted Potato Cube 芝士豬柳堡配玉米粒	Chicken Caesar Sandwich with Potato Salad 鸡肉凱撒三文治配薯仔沙拉	Hot Dog with Sweet Corn 熱狗配玉米

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Lunch Menu 午膳餐單 Oct-Nov 2021

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	08 Nov	09 Nov	10 Nov	11 Nov	12 Nov
Meal A 主菜	Steamed Chicken (Skinless), Chinese Mushroom & Black Fungus with Rice 冬菇雲耳蒸雞(去皮)配飯	Sweet & Sour Chicken & Rice 咕嚕鸡球配飯	Hainanese Chicken with Rice 海南鸡配油飯	Pork in Sweetcorn & Egg Sauce with Red Rice 滑蛋粟米肉粒紅米飯	Peking Pork with Brown Rice 京都肉排配糙米飯
Meal B 主菜	Mixed Pepper, Pineapple and Beef with Rice 洋葱菠蘿雜椒燴牛肉飯	Braised Pork Diced with Mixed Mushroom Cucumber & Red Rice 青瓜雜菌燴肉粒配紅米飯	Lasagna Bolognese 肉醬千層面	Thai Minced Pork Fried Rice 泰式肉碎炒飯	Korean Fried Chicken with Sweetcorn 韓式炸鸡配玉米粒
Meal C 主菜	Ratatouille with Spaghetti 意式雜菜配意粉	Mediterranean Style Roasted Assorted Veg. with Herbs & Spaghetti 地中海香草烤雜菜配意粉	Japanese Grilled Eggplant with Rice 日式燒茄子配飯	Mixed Mushroom & Tomato Basil Sauce & Spaghetti 香草鮮茄雜菌意粉	Baked Cheesy Penne with Mushroom 芝士焗蘑菇長通粉
Meal D 主菜	Ham & Cheese Sandwich with Garden Salad 芝士火腿三文治配沙拉	Bacon Cheese Croissant with Corn Salad 煙肉芝士牛角包配玉米沙拉	Ham Cheese Eng Muffin with Sweetcorn 芝士火腿堡配玉米粒	Ham Salad Wrap with Sweetcorn Salad 火腿沙律卷配玉米沙拉	Tuna Sandwich with Garden Salad 吞拿魚三文治配薯仔沙拉

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	15 Nov	16 Nov	17 Nov	18 Nov	19 Nov
Meal A 主菜	Braised Daikon & Beef with Rice 蘿蔔牛肉飯	Yeung Chow Fried Rice (Less Oil) 揚州炒飯(少油)	Chicken and Peach with Rice 蜜桃雞柳配飯	Steamed Minced Pork with Mushroom and Chestnut & Red Rice 冬菇馬蹄蒸肉餅配紅米飯	Pineapple & Pork Fried Rice (Less Oil) 菠蘿肉粒炒飯(少油)
Meal B 主菜	Chicken A-La-King with Spaghetti 白汁鸡皇意粉	Tomato Chicken with Spaghetti 鮮茄雞扒意粉	Russian Style Shredded Beef with Mac 俄式牛柳絲燴通粉	Curry Chicken Steak with Spaghetti 咖喱雞扒配意粉	Pork Bolognese Pasta 免治豬肉醬配通粉
Meal C 主菜	Stir Fried Garlic and Mixed Vegetable with Rice 蒜香炒雜菜配飯	Lo Hon Vegetable with Rice 羅漢齋配飯	Steamed Egg with Glass Noodle & Rice 粉絲蒸蛋配糙米飯	Ratatouille Pasta 意式雜菜配意粉	Teriyaki Tofu with Red Rice 照燒豆腐配紅米飯
Meal D 主菜	Ham & Cheese Sandwich with Garden Salad 芝士火腿三文治配田园沙拉	Chicken Wrap with Thai Vermicelli Salad 鸡肉卷配泰式粉絲沙拉	Ham Cheese Croissant with Potato Salad 火腿芝士牛角包配薯仔沙拉	BBQ Chicken Sandwich with Coleslaw 燒汁鸡肉三文治配椰菜沙拉	Chicken Burger with Sweetcorn 鸡扒包配玉米粒



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	22 Nov	23 Nov	24 Nov	25 Nov	26 Nov
Meal A 主菜	Vietnamese Fried Rice with Rice Noodles (Less Oil) 越式海鮮炒河粉(少油)	Braised Pumpkin and Sliced Pork with Rice 南瓜肉片配飯	Fresh Tomato and Pork with Rice 鮮茄肉片配飯	Braised Chicken with Potato & Brown Rice 薯仔炆雞配糙米飯	Chinese BBQ Pork with Brown Rice 蜜汁叉燒配糙米飯
Meal B 主菜	Vietnamese Style Lemongrass Pork Chop with Rice 越式香茅豬扒配飯	Roasted Chicken & Tomato with Spaghetti 燒雞扒配茄肉意粉	Beef Spaghetti Bolognese 肉醬意粉	Sicilian Meatballs with Spaghetti 西西里肉丸意粉	Fish & Chips 炸魚柳配薯條
Meal C 主菜	Vietnamese Style Curry Mixed Vegetables with Rice 越式什菜咖喱配飯	Vegetarian Egg Foo Yung with Red Rice 素芙蓉蛋配紅米飯	Sautéed Veg Chicken in Sweet & Sour Sauce with Rice 甜酸汁燴素雞配飯	Mixed Bell Pepper & Pesto Sauce with Rice 香草醬炒雜椒配飯	Vegetarian Ma Po Tofu & Rice 素麻婆豆腐配飯
Meal D 主菜	Ham & Cheese Sandwich with Coleslaw 芝士火腿三文治配椰菜沙拉	Ham Cheese Croissant with Potato Salad 火腿芝士牛角包配薯仔沙拉	BBQ Chicken Pizza with Mixed Veggies BBQ雞薄餅配雜菜	Bacon Lettuces Sandwich with Pumpkin Salad 培根生菜三文治配南瓜沙拉	Chicken & Cheese Wrap with Coleslaw 雞肉芝士卷配椰菜沙拉

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	29 Nov	30 Nov	01 Dec	02 Dec	03 Dec
Meal A 主菜	Fresh Tomato Pork Chop with Rice 鮮茄豬扒配飯	Stir Fried Shredded Pork Ho Fan Noodle (Less Oil) 干炒肉片河(少油)	Yeung Chow Fried Rice (Less Oil) 揚州炒飯(少油)	Curry Chicken with Rice 咖喱雞飯	Pineapple & Chicken Fried Rice 菠蘿雞粒炒飯
Meal B 主菜	Roasted Chicken & Garlic Spaghetti 燒雞配蒜香意粉	Pan-fried Fish in Dill Lemon Sauce with Spaghetti 刁草檸檬汁煎魚柳配意粉	Italian Braised Diced Chicken with Rice 意式雞粒燴飯	Russian Style Shredded Beef with Spaghetti 俄式牛柳絲燴意粉	Pan Fried Fish in Pesto Sauce with Penne 青醬煎魚柳配長通粉
Meal C 主菜	Japanese Grilled Eggplant with Rice 日式茄子配飯	Stir Fried Veggie BBQ Pork with Green Bean & Rice 豆角炒素叉燒配飯	Mediterranean Style Roasted Assorted Veg. with Herbs & Spaghetti 地中海香草烤雜菜配意粉	Braised Mushroom and Corn with Olive Oil and Herbs & Spaghetti 香草攪油粟米白菌燴意粉	Mixed Mushroom & Tomato Basil Sauce & Rice 香草鮮茄雜菌飯
Meal D 主菜	Mexican Tuna Salsa Wrap Served with Pasta Salad 墨西哥吞拿魚沙律卷配粉仔沙拉	Korean Chicken Sandwich Served with Sweet Corn Salad 韓式雞肉三文治配玉米沙拉	Chicken & Tomato Sandwich with Pumpkin Salad 雞肉番茄三文治配南瓜沙拉	Duck Breast and Cucumber Wrap with Sweetcorn Salad 鴨胸青瓜卷配玉米沙拉	Ham Cheese Pizza with Baked Potato 火腿芝士薄餅配焗薯粒

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	06 Dec	07 Dec	08 Dec	09 Dec	10 Dec
Meal A 主菜 A	Braised Chicken (Skinless) and Mixed Mushroom with Brown Rice 雜菌燴鸡柳(去皮)配糙米飯	Fresh Tomato Pork with Rice 鮮茄豬扒配飯	Stir-fried Vermicelli with Pork, Carrot & Lettuce 三絲炒米(肉絲, 椰菜, 甘筍)	Minced Pork and Eggplant with Brown Rice 茄子肉燥配糙米飯	Steamed Mince Pork, Water Chestnut & Mushroom with Rice 馬蹄冬菇蒸肉餅配飯
Meal B 主菜 B	Herbs fish and Pumpkin with Spaghetti 南瓜香草魚柳燴意粉	Beef Spaghetti Bolognese 肉醬意粉	Chicken in Egg and Sweet Corn Sauce with Rice 滑蛋粟米鸡粒配飯	Herb Braised Chicken (Skinless) with Spaghetti 法式香草燴鸡(去皮)意粉	Portuguese Braised Chicken & Spaghetti 葡國鸡意粉(不含椰汁)
Meal C 主菜 C	Fresh Tomato Scrambled Egg with Brown Rice 鮮茄炒蛋配糙米飯	Stir Fry Spaghetti with Sundried Tomato & Olive (Less Oil) 茄乾黑水欖炒意粉(少油)	Potato and Vegetable in Portuguese Sauce with Rice 葡汁薯仔雜菜配飯(不含椰汁)	Ratatouille Pasta 意式雜菜配意粉	Teriyaki Tofu with Red Rice 照燒豆腐配紅米飯
Meal D 主菜 D	Chicken & Tomato Sandwich with Pumpkin Salad 鸡肉番茄三文治配南瓜沙拉	Ham Cheese Sandwich with Fruit Salad 芝士火腿三文治配京菓果沙拉	Ham Salad Roll Served with Sweetcorn Salad 火腿沙律卷配玉米沙拉	BBQ Chicken Sandwich with Garden Salad 燒汁鸡肉三文治配田园沙拉	Pork Burger with Wedges 豬柳汉堡配薯角

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	13 Dec	14 Dec	15 Dec	16 Dec	17 Dec
Meal A 主菜 A	Chinese BBQ Pork with Rice 蜜汁叉燒配飯	Singapore Style Fried Vermicelli (Seafood Free) 星洲炒米粉(不含海鮮)	Hainanese Chicken with Rice 海南鸡配飯	Braised Potato & Chicken with Red Rice 薯仔焗雞配紅米飯	Beef Spaghetti Bolognese 肉醬意粉
Meal B 主菜 B	Baked Cheese & Tuna with Macaroni 芝士焗吞拿魚通粉	Italian Braised Diced Chicken with Rice 意式雞粒燴飯	Pork Bolognese over Rice 免治豬肉醬配飯	Chicken A La King with Rice 白汁鸡皇飯	Chicken with Rice & Onion Sauce 洋蔥汁雞肉配飯
Meal C 主菜 C	Steamed egg with Glass Noodle & Red Rice 粉絲蒸蛋配紅米飯	Lo Hon Vegetable with Rice 羅漢齋配飯	Vegetarian Mapo Tofu with Red Rice 素麻婆豆腐紅米飯	Stir Fry Udon with Mixed Veg and Twice Mushroom (Less Oil) 雜菜雙菇炒烏冬(少油)	Japanese Style Braised Enoki Mushroom & Tofu with Rice 日式金菇豆腐配飯
Meal D 主菜 D	Korean Chicken Sandwich with Coleslaw 韩式鸡肉三文治配椰菜沙拉	Ham Cheese Croissant with Potato Salad 火腿芝士牛角包配薯仔沙拉	Ham Salad Roll Served with Sweetcorn Salad 火腿沙律卷配玉米沙拉	Duck Breast and Cucumber Wrap with Sweetcorn 鴨胸青瓜卷配玉米沙拉	Hot Dog with Chips 熱狗配薯條

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