



Menu A: Asian
Menu B: Western
Menu C: Vegetarian
Menu D: Healthy
Menu E: Noodles

Contact Information
Email: icdsis@maxims.com.hk
Tel: 2487 1600

Meal Set:
- Main Course
- Cooked Veg / Salad
- Fruit / Dessert
- Soup

Meal Set: \$35.5
Main Course: \$31.5
Soup / Salad / Drink: \$11

	Monday	Tuesday	Wednesday	Thursday	Friday
A					1-Feb 咕嚕魚柳飯 Fish Fillet in Sweet & Sour sauce with rice
B					香蒜蝦肉天使麵 Angel Hair alle vongole
C					芝士扭扭粉 Macaroni and Cheese
D					翠玉瓜炒肉片紅米飯 Stir fried zucchini and pork slices with Rice
E					豬肉丸湯烏冬 Pork Meat Balls Udon in soup
	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
A					
B					
C			CNY holiday		
D					
E					
	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
A				日式咖喱吉列豬排飯 Japanese Style Pork Cutlet Curry with Rice	揚州炒飯 Yangzhou fried rice
B				豉汁蒸排骨飯 Steamed Spare Ribs in Black Bean Sauce with Rice	匈牙利牛肉紅米飯 Hungarian Style Beef on Rice
C		CNY holiday		泰式香茅茄子豆腐飯 Thai Style Eggplant and Tofu in Herb with Rice	素雞麥豆腐飯 Vegetarian Ma Po Tofu with rice
D				茄汁煎魚柳配意粉 Pan fried Fish Fillet in tomato sauce with spaghetti	焗低脂芝士吞拿魚長通粉 Baked Tuna and Low Fat Cheese in Tomato Sauce with Penne Pasta
E				泰式賣九金炒粉 Thai Style Pork Ball Rice Noodles	五香肉丁米粉 Diced Pork in Five Chinese Spices with Rice Vermicelli
	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
A	黑椒牛扒飯 Beef steak in black pepper sauce with rice	海南雞配油飯 Hainan Chicken with Rice	熱狗配焗薯仔 Hot Dog with roasted potatoes	咕嚕肉飯 Pork Fillet in Sweet & Sour sauce with rice	尚水雞翼飯 Chinese Style Marinated Chicken wings on Rice
B	西檸雞飯 Fried Chicken in lemon sauce with rice	泰式青咖喱肉片飯 Thai style Green Curry Pork with Rice	西西里肉丸意粉 Sicilian Meatballs with Pasta	薑蔥清蒸魚柳飯 Steamed Fish Fillet with Ginger and Spring Onion with Rice	卡邦尼意粉 Spaghetti Carbonara
C	炒杂菜米粉 Stir Fried Vegetable Vermicelli	蔬菜千層面 Vegetable Lasagna	香菇扒素鸡杂菜飯 Braised Mushrooms and Mixed Vegetables with Rice	素拿破仑意粉 Vegetarian Neapolitan Spaghetti	素干煸四季豆配飯 Vegetarian Dry-fried green beans with rice
D	三色蒸水蛋糖飯 Steamed Eggs and preserved eggs on Brown Rice	白汁煎魚柳配飯 Pan fried Fish Fillet in cream sauce with rice	日式照燒汁牛肉飯 Beef Teriyaki with Rice	英式焗雞配意粉 Chicken Casserole with spaghetti	蕃茄肉片紅米飯 Pork and Tomato with Red Rice
E	煎餃子上海面 Pan Fried Dumplings with Shanghai Noodles	越式孔肉鸡卷粉 Vietnamese Style Pork and Shredded chicken with Noodle in Soup	泰式肉碎湯粉面 Thai style Mincd Pork with Noodles in soup	水餃湯粉面 Dumpling with Noodles in soup	墨魚丸湯米粉 Squid Balls Rice Noodles in Soup
	25-Feb	26-Feb	27-Feb	28-Feb	
A	洋葱牛肉長通粉 Bacon and Onion with Penne	韓式炸雞飯 Korean style fried Chicken with Rice	北菇蒸雞飯 Steamed Chicken and mushroom with rice	蜜汁叉燒飯 BBQ Pork with Rice	
B	摩洛哥雞配飯 Moroccan Chicken with rice	鮮茄肉醬意粉 Spaghetti Bolognese	黑椒牛肉炒烏冬 Fried Udon with Beef and Black Pepper	紅燒牛肉配意粉 Braised Beef with spaghetti	
C	日式咖喱蔬菜飯 Japanese Style Vegetable Curry with Rice	什菌炒烏冬 Stir fried Udon with Mixed Mushrooms	芝士扭扭粉 Macaroni and Cheese	素魚香茄子飯 Vegetarian Fish and Eggplant with Rice	
D	西蘭花炒牛肉配飯 Sautéed Beef and Broccoli with rice	鮮仁炒蛋配紅米飯 Fried Scrambled Eggs and Shrimp with Brown Rice	夾仔肉排飯 Pork Chop and Potatoes with Rice	肉松豆腐炒豆飯 Minced Pork and Green Beans in Eggs with Rice	
E	牛丸湯金炒粉 Beef balls Flat rice noodle in soup	菜肉云吞面 Wonton noodles	日式豬軟骨湯拉麵 Pork Soft Ribs Ramen	魚旦湯粉面 Fish balls noodle in soup	

Remarks: No Nuts will be used in the menu, including peanuts oil. Maxim's reserved the right to change meal choices subject to availability.
Menu vetting based on Nutritional Guidelines on Lunch for Students For Use in Primary and Secondary Schools by Department of Health of HK.
Battery icons: Green - Encouraged Food Items; Yellow - Limited Food Items; Red - Strongly Discouraged Food Items
Legends: 🌿 Green Vegetables; 🐟 Seafood options; 🍷 Low Carbon; 🌶️ Spicy.

Singapore International School (Hong Kong)

February Menu Nutrition – Secondary

		1/2
A		咕嚕魚柳飯 Fish Fillet in Sweet & Sour sauce with rice
B		香蒜蜆肉天使麵 Angel Hair alle vongole
C		芝士扭扭粉 Macaroni and Cheese
D		翠玉瓜炒肉片紅米飯 Stir fried zucchini and pork slices with Rice
E		豬肉丸湯烏冬 Pork Meat Balls Udon in soup
		A B C D E
Energy(kcal)		90 122 110 115 87
Protein(g)		6 8 6 7 8
CHO(g)		15 15 17 15 11
Fat(g)		1 2 2 2 1



Singapore International School (Hong Kong)

February Menu Nutrition – Secondary

A	
B	
C	
D	
E	
Energy(kcal)	
Protein(g)	
CHO(g)	
Fat(g)	

Singapore International School (Hong Kong)

February Menu Nutrition – Secondary

	11/2	12/2	13/2	14/2					15/2							
A							日式咖哩吉列豬排飯 Japanese Style Pork Cutlet Curry with Rice					揚州炒飯 Yangzhou fried rice				
B							豉汁蒸排骨飯 Steamed Spare Ribs in Black Bean Sauce with Rice					匈牙利牛肉紅米飯 Hungarian Style Beef on Rice				
C							泰式香葉茄子豆腐飯 Thai Style Eggplant and Tofu in Herb with Rice					素麻婆豆腐飯 Vegetarian Ma Po Tofu with rice				
D							茄汁煎魚柳配意粉 Pan fried Fish Fillet in tomato sauce with spaghetti					焗低脂芝士吞拿魚長通粉 Baked Tuna and Low Fat Cheese in Tomato Sauce with Penne Pasta				
E							泰式貢丸金邊粉 Thai Style Pork Ball Rice Noodles					五香肉丁米粉 Diced Pork in Five Chinese Spices with Rice Vermicelli				
							A	B	C	D	E	A	B	C	D	E
Energy(kcal)							119	123	107	101	105	114	103	107	101	111
Protein(g)							7	10	5	7	5	9	6	4	7	6
CHO(g)							17	13	19	14	15	13	15	17	14	15
Fat(g)							3	3	1	1	2	2	2	2	1	2

Singapore International School (Hong Kong)

February Menu Nutrition – Secondary

	18/2					19/2					20/2					21/2					22/2				
A	黑椒牛扒饭 Beef steak in black pepper sauce with rice					海南鸡配油饭 Hainan Chicken with Rice					熱狗配焗薯仔 Hot Dog with roasted potatoes					咕嚕肉饭 Pork Fillet in Sweet & Sour sauce with rice					卤水鸡翼饭 Chinese Style Marinated Chicken wings on Rice				
B	西檸雞飯 Fried Chicken in lemon sauce with rice					泰式青咖哩肉片飯 Thai style Green Curry Pork with Rice					西西里肉丸意粉 Sicilian Meatballs with Pasta					薑蔥清蒸魚柳飯 Steamed Fish Fillet with Ginger and Spring Onion with Rice					卡邦尼意粉 Spaghetti Carbonara				
C	炒杂菜米粉 Stir Fried Vegetable Vermicelli					蔬菜千层面 Vegetable Lasagna					香菇扒素鸡杂菜饭 Braised Mushrooms and Mixed Vegetables with Rice					素拿破仑意粉 Vegetarian Neapolitan Spaghetti					素干编四季豆配饭 Vegetarian Dry-fried green beans with rice				
D	三色蒸水蛋糙饭 Steamed Eggs and preserved eggs on Brown Rice					白汁煎魚柳配飯 Pan fried Fish Fillet in cream sauce with rice					日式照燒汁牛肉飯 Beef Teriyaki with Rice					英式燴雞配意粉 Chicken Casserole with spaghetti					蕃茄肉片紅米飯 Pork and Tomato with Red Rice				
E	煎餃子上海面 Pan Fried Dumplings with Shanghai Noodles					越式扎肉鸡丝檬粉 Vietnamese Style Pork and Shredded chicken with Noodle in Soup					泰式肉碎湯粉面 Thai style Minced Pork with Noodles in soup					水餃湯粉面 Dumpling with Noodles in soup					墨魚丸湯米粉 Squid Balls Rice Noodles in Soup				
	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
Energy(kcal)	108	111	108	79	123	124	119	105	101	109	92	102	114	102	105	90	87	119	92	101	105	135	97	103	105
Protein(g)	7	7	4	6	8	5	7	5	7	6	6	7	6	7	5	6	6	5	6	7	5	8	4	6	5
CHO(g)	14	15	17	12	17	14	15	18	14	15	13	15	16	15	15	15	14	18	13	16	14	17	16	15	15
Fat(g)	2	2	1	1	2	5	3	1	1	2	2	1	3	1	2	1	1	1	2	1	3	3	2	2	2

Singapore International School (Hong Kong)

February Menu Nutrition – Secondary

	25/2					26/2					27/2					28/2				
A	洋葱烟肉長通粉 Bacon and Onion with Penne					韓式炸鸡饭 Korean style fried Chicken with Rice					北菇蒸雞飯 Steamed Chicken and mushroom with rice					蜜汁叉烧饭 BBQ Pork with Rice				
B	摩洛哥雞配飯 Moroccan Chicken with rice					鮮茄肉醬意粉 Spaghetti Bolognese					黑椒牛肉炒烏冬 Fried Udon with Beef and Black Pepper					紅燴牛肉配意粉 Braised Beef with spaghetti				
C	日式咖哩蔬菜飯 Japanese Style Vegetable Curry with Rice					什菌炒烏冬 Stir fried Udon with Mixed Mushrooms					芝士扭扭粉 Macaroni and Cheese					素魚香茄子飯 Vegetarian Fish and Eggplant with Rice				
D	西蘭花炒牛肉配飯 Sautéed Beef and Broccoli with rice					虾仁炒蛋配紅米飯 Fried Scrambled Eggs and Shrimp with Brown Rice					豉仔肉排飯 Pork Chop and Potatoes with Rice					肉松豆角炒旦配飯 Minced Pork and Green Beans in Eggs with Rice				
E	牛丸湯金邊粉 Beef balls Flat rice noodle in soup					菜肉云吞面 Wonton noodles					日式豬軟骨湯拉麵 Pork Soft Ribs Ramen					魚旦湯粉面 Fish balls noodle in soup				
	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
Energy(kcal)	101	92	107	106	120	122	116	105	85	111	99	113	107	110	111	106	98	114	106	115
Protein(g)	7	6	4	7	8	8	8	7	6	5	7	8	4	7	5	7	7	6	7	8
CHO(g)	14	13	17	14	16	14	15	14	14	17	14	14	17	15	17	14	14	16	14	15
Fat(g)	1	2	2	2	2	2	2	2	0	3	1	2	2	2	3	2	1	3	2	2