



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

Contact Information
Email: icdsis@maxims.com.hk
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Meal Set:
- Main Course (A / B / C / D)

- Cooked Veg

P1 - P4: \$32.5
P1, P3 - P4: \$32.5 x 21 days = \$682.5
P2: \$32.5 x 19 days = \$617.5

Due Date: 28 February 2019

Cheque should be made payable to
Maxim's Caterers Ltd.

Please login our web site
<http://www.maximscatering.com.hk/lunchbox/html/en/login/login.asp>

If Maxim's Online Enrolment is not preferred, hard copies of enrolment form (with cheque, cash or credit card payment) are still acceptable. *Please submit the order form to the canteen directly.*

Lunch Cancellations can only be applied for sick leave or in the event of the school being closed etc. For sick leave, please notify us via the above email before 10 am daily. Amount will be deducted from order of next month. Late notifications and or other personal reasons for cancellation of enrolled lunches will not be accepted.

Singapore International School (Hong Kong)
Primary Menu - March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
A					1-Mar 豉油皇鸡翅配饭 Chicken Wings in Soy Sauce with Rice
B					日式蟹柳粉丝蒸蛋配饭 Steamed Eggs, Japanese Imitation Crab Stick and Vermicelli with Rice
C					素麻婆豆腐配粟米饭 Vegetarian Ma Po Tofu with Corn Rice
D					咖喱猪柳配意粉 Pork Fillet in Curry Sauce with Spaghetti
	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
A	香茅猪扒配饭 Lemongrass Pork Chop with Rice	日式姜汁豚肉饭 Japanese Style Pork and Ginger with Rice	西西里肉丸意粉 Sicilian Meatballs with Pasta	咖喱猪柳配饭 Pork Fillet in Curry Sauce with Rice	香草烤鸡扒配饭 Grilled Chicken in Herb with Rice
B	青豆角肉松炒蛋配饭 Scrambled Eggs, Mince Pork and Beans with Rice	粟米肉粒配糙米饭 Diced Pork and Sweet Corn with Brown Rice	草菇粟米蒸滑鸡配糙米饭 Steamed Chicken, Mushroom and Sweet Corn with Brown Rice	鲜茄香煎鱼柳配意粉 Pan-Fried Fish Fillet in Tomato Sauce with Spaghetti	俄国牛柳丝配饭 Beef Stroganoff with Rice
C	素拿破仑意粉 Vegetarian Neapolitan Spaghetti	意式什菜意粉 Italian Mixed Vegetables with Spaghetti	低脂忌廉焗薯仔 Baked Potatoes in Low Fat Cream Sauce	冬瓜卜配红米饭 Stewed Winter Melon and Bean Curd with Red Rice	芝士通心粉 Macaroni and Cheese
D	金针云耳蒸鸡配红米饭 Steamed Chicken, Black Fungus with Red Rice	西兰花炒鸡柳配饭 Sautéed Chicken and Broccoli with Rice	麻婆豆腐(不辣)配饭 Ma Po Tofu with Rice (Non-Spicy)	海鲜蒸巨配饭 Steamed Eggs and Seafood with Rice	杂锦海鲜炒乌冬 Stir-Fried Udon with Mixed Seafood
	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
A	法式焗鸡皇配饭 Chicken A La King with Rice	低脂忌廉煎鱼柳配意粉 Pan-Fried Fish Fillet in Low Fat Cream Sauce with Spaghetti	鲜茄肉酱意粉 Spaghetti Bolognese	海南鸡配油饭 Hainan Chicken with Rice	咕嚕肉配饭 Pork in Sweet and Sour Sauce with Rice
B	西兰花炒肉片配糙米饭 Sautéed Pork and Broccoli with Brown Rice	新奥尔良鸡扒配粟米饭 New Orleans Style Cajun Chicken with Rice	四季豆炒鸡柳饭 Sautéed Chicken and Beans with Rice	豉汁蒸排骨饭 Steamed Pork Ribs in Black Bean Sauce with Rice	洋葱焗肉忌廉长通粉 Penne in Bacon, Onion and Cream Sauce
C	焗南瓜什菜意粉 Baked Pumpkin and Mixed Vegetables with Spaghetti	咖喱甘笋薯仔饭 Potatoes and Carrot in Curry with Rice	鲜菇粟米炒豆腐配菜饭 Braised Tofu, Mushroom and Sweet Corn with Veg Rice	罗汉斋配饭 Lo Hon Style Braised Vegetables with Rice	素鱼香茄子(不辣)配饭 Vegetarian Fish and Eggplant with Rice (Non-Spicy)
D	香菇蟹柳蒸蛋配饭 Steamed Eggs, Mushroom and Imitated Crab Meat with Rice	彩椒炒牛柳丝配饭 Sautéed Sliced Beef and Mixed Pepper with Rice	姜葱蒸鱼配饭 Steamed Fish Fillet, Spring Onion and Ginger with Rice	卡邦尼意粉 Spaghetti Carbonara	香烤牛肉汉堡配饭 Grilled Beef Burger with Rice
	18-Mar	19-Mar	20-Mar	21-Mar (P2 Camp - Lunch is not needed for P2)	22-Mar (P2 Camp - Lunch is not needed for P2)
A	香茅猪扒配粟米饭 Lemongrass Pork Chop with Corn Rice	香烤露丝玛利鸡扒配意粉 Grilled Chicken in Rosemary with Spaghetti	咕嚕鱼柳配饭 Fish Fillet in Sweet and Sour Sauce with Rice	蜜汁叉烧配饭 BBQ Pork with Rice	南瓜蒸鸡配饭 Steamed Chicken and Pumpkins with Rice
B	双花炒牛肉配饭 Sautéed Beef, Broccoli and Cauliflower with Rice	低脂鲜茄吞拿鱼意粉 Tuna and Spaghetti in Low Fat Tomato Sauce	意大利煎鸡扒配意粉 Pan-Fried Chicken in Italian Tomato Sauce with Spaghetti	淡青咖喱鸡配糙米饭 Chicken in Green Curry Sauce with Brown Rice	忌廉汁海鲜大会配意粉 Seafood Spaghetti in Cream Sauce
C	素干扁四季豆饭 Vegetarian Dry-Fried Green Beans with Rice	娃娃菜素鸡配菜饭 Braised Mock Chicken and Baby Cabbage with Rice	芝士配长通粉 Penne in Cheese Cream Sauce	鲜茄什菌配意粉 Spaghetti and Mixed Mushrooms in Tomato Sauce	什菌玉子豆腐配三色菜饭 Braised Eggs Tofu and Mushroom with Veg Rice
D	蒜茸鸡扒意粉 Chicken in Garlic Sauce with Spaghetti	青瓜云耳炒鸡柳饭 Sautéed Chicken, Black Fungus and Cucumber with Rice	红枣冬菇蒸滑鸡配饭 Steamed Chicken, Mushrooms and Red Dates with Rice	海鲜蒸巨配糙米饭 Steamed Eggs and Seafood with Brown Rice	罗白牛肉配饭 Stewed Beef and Radish with Rice
	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
A	西西里肉丸意粉 Sicilian Meatballs with Pasta	日式照烧汁牛肉饭 Teriyaki Beef with Rice	烧汁煎猪汉堡配意粉 Pan-Fried Pork Burger in Gravy with Spaghetti	海南鸡配油饭 Hainan Chicken with Rice	扬州炒饭 Yangzhou Fried Rice
B	草菇蒸鸡配红米饭 Steamed Chicken and Mushrooms with Red Rice	肉松蒸巨配饭 Steamed Eggs and Mincing Pork with Rice	豉汁蒸排骨饭 Steamed Pork Chop in Black Bean Sauce with Rice	鲜茄蘑菇猪扒配意粉 Pork Chop in Tomato and Mushroom Sauce with Spaghetti	印度烤鸡配意粉 Indian Tandoori Chicken with Spaghetti
C	低脂忌廉通粉 Pasta in Cheese and Cream Sauce	素麻婆豆腐配粟米饭 Vegetarian Ma Po Tofu with Corn Rice	甜酸豆干配糙米饭 Tofu in Sweet and Sour Sauce with Brown Rice	什菇面根配菜饭 Mixed Mushroom and Bean Curd with Veg Rice	忌廉什菜薯蓉 Mixed Vegetables in Cream Sauce with Mashed Potatoes
D	西兰花炒牛肉配饭 Sautéed Beef with Broccoli	香煎猪扒配苹果酱意粉 Pan-Fried Pork Chop in Apple Sauce with Spaghetti	低脂甜咖喱猪扒配饭 Pork Chop in Low Fat Sweet Curry Sauce with Rice	冬瓜卜炒鸡柳配饭 Braised Chicken, Winter Melon and Bean Curd with Rice	姜葱蒸鱼配饭 Steamed Fish Fillet, Spring Onion and Ginger with Rice

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.

Legends: Green Vegetables; Seafood; Egg; Milk.

Date of March	1	4	5	6	7	8	11	12	13	14	15	18	19	20	21 (Exclude P2)	22 (Exclude P2)	25	26	27	28	29	
Meal Choice																						
Student Name (Full Name):															Class:		Student Card No: T					
Parent Name:							Contact No:						Cheque No:		Date:							

Singapore International School (Hong Kong)

March Menu Nutrition – Primary

		1/3			
A		豉油皇鸡翅膀配饭 Chicken Wings in Soy Sauce with Rice			
B		日式蟹柳粉丝蒸蛋配饭 Steamed Eggs, Japanese Imitation Crab Stick and Vermicelli with Rice			
C		素麻婆豆腐配粟米饭 Vegetarian Ma Po Tofu with Corn Rice			
D		咖喱猪柳配意粉 Pork Fillet in Curry Sauce with Spaghetti			
		A	B	C	D
Energy(kcal)		126	79	107	120
Protein(g)		7	6	4	7
CHO(g)		13	12	17	16
Fat(g)		3	1	2	3

Singapore International School (Hong Kong)

March Menu Nutrition – Primary

	4/3				5/3				6/3				7/3				8/3			
A	香茅猪扒配饭 Lemongrass Pork Chop with Rice				日式姜汁豚肉饭 Japanese Style Pork and Ginger with Rice				西西里肉丸意粉 Sicilian Meatballs with Pasta				咖喱猪柳配饭 Pork Fillet in Japanese Curry Sauce with Rice				香草烤鸡扒配饭 Grilled Chicken in Herb with Rice			
B	青豆角肉松炒蛋配饭 Scrambled Eggs, Mince Pork and Beans with Rice				粟米肉粒配糙米饭 Diced Pork and Sweet Corn with Brown Rice				草菇粟米蒸滑鸡配糙米饭 Steamed Chicken, Mushroom and Sweet Corn with Brown Rice				鲜茄香煎鱼柳配意粉 Pan Fried Fish Fillet in Tomato Sauce with Spaghetti				俄国牛柳丝配饭 Beef Stroganoff with Rice			
C	素拿破仑意粉 Vegetarian Neapolitan Spaghetti				意式什菜意粉 Italian Mixed Vegetables with Spaghetti				低脂忌廉焗薯仔 Baked Potatoes in Low Fat Cream Sauce				冬瓜豆卜配红米饭 Stewed Winter Melon and Bean Curd with Red Rice				芝士通心粉 Macaroni and Cheese			
D	金针云耳蒸鸡配红米饭 Steamed Chicken, Black Fungus with Red Rice				西兰花炒鸡柳配饭 Sautéed Chicken and Broccoli with Rice				麻婆豆腐(不辣)配饭 Ma Po Tofu with Rice (Non-Spicy)				海鲜蒸旦配饭 Steamed Eggs and Seafood with Rice				杂锦海鲜炒乌冬 Stir-Fried Udon with Mixed Seafood			
	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D
Energy(kcal)	105	85	94	99	106	127	104	115	122	99	108	107	101	101	98	79	119	105	107	105
Protein(g)	5	6	5	7	7	10	4	7	8	7	4	4	7	7	5	6	9	5	4	7
CHO(g)	14	14	15	14	14	15	21	15	15	14	17	17	15	14	15	12	15	14	17	14
Fat(g)	3	1	2	1	2	3	1	2	2	1	1	2	2	1	2	1	2	3	2	2

Singapore International School (Hong Kong)

March Menu Nutrition – Primary

	11/3				12/3				13/3				14/3				15/3			
A	法式烩鸡皇配饭 Chicken A La King with Rice				低脂忌廉煎鱼柳配意粉 Pan-Fried Fish Fillet in Low Fat Cream Sauce with Spaghetti				鲜茄肉酱意粉 Spaghetti Bolognese				海南鸡配油饭 Hainan Chicken with Rice				咕噜肉配饭 Pork in Sweet and Sour Sauce with Rice			
B	西兰花炒肉片配糙米饭 Sautéed Pork and Broccoli with Brown Rice				新奥尔良鸡扒配黄姜饭 New Orlean Style Cajun Chicken with Rice				四季豆炒鸡柳饭 Sautéed Chicken and Beans with Rice				豉汁蒸排骨饭 Steamed Pork Ribs in Black Bean Sauce with Rice				洋葱烟肉忌廉长通粉 Penne in Bacon, Onion and Cream Sauce			
C	焗南瓜什菜意粉 Baked Pumpkin and Mixed Vegetables with Spaghetti				咖喱甘笋薯仔饭 Potatoes and Carrot in Curry with Rice				鲜菇粟米炆豆腐配菜饭 Braised Tofu, Mushroom and Sweet Corn with Veg Rice				罗汉斋配饭 Lo Hon Style Braised Vegetables with Rice				素鱼香茄子(不辣)配饭 Vegetarian Fish and Eggplant with Rice (Non-Spicy)			
D	香菇蟹柳蒸蛋配饭 Steamed Eggs, Mushroom and Imitated Crab Meat with Rice				彩椒炒牛柳丝配饭 Sautéed Sliced Beef and Mixed Pepper with Rice				姜葱蒸鱼配饭 Steamed Fish Fillet, Spring Onion and Ginger with Rice				卡邦尼意粉 Spaghetti Carbonara				香烤牛肉汉堡配饭 Grilled Beef Burger with Rice			
	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D
Energy(kcal)	121	102	113	129	87	122	139	128	131	102	80	87	146	123	113	135	104	101	112	92
Protein(g)	8	6	6	9	6	10	11	10	8	6	3	6	7	10	6	8	8	7	10	6
CHO(g)	17	14	13	15	14	14	14	14	18	14	15	14	13	13	13	17	15	14	14	13
Fat(g)	2	2	3	3	1	3	3	3	2	2	1	1	7	3	3	3	2	1	2	2

Singapore International School (Hong Kong)

March Menu Nutrition – Primary

	18/3				19/3				20/3				21/3				22/3			
A	香茅猪扒配粟米饭 Lemongrass Pork Chop with Corn Rice				香烤露丝玛利鸡扒配意粉 Grilled Chicken in Rosemary with Spaghetti				咕嚕鱼柳配饭 Fish Fillet in Sweet and Sour Sauce with Rice				蜜汁叉烧配饭 BBQ Pork with Rice				南瓜蒸鸡配饭 Steamed Chicken and Pumpkins with Rice			
B	双花炒牛肉配饭 Sautéed Beef, Broccoli and Cauliflower with Rice				低脂鲜茄吞拿鱼意粉 Tuna and Spaghetti in Low Fat Tomato Sauce				意式煎鸡扒配意粉 Pan-Fried Chicken in Italian Tomato Sauce with Spaghetti				淡青咖喱鸡配糙米饭 Chicken in Green Curry Sauce with Brown Rice				忌廉汁海鲜大会配意粉 Seafood Spaghetti in Cream Sauce			
C	素干编四季豆饭 Vegetarian Dry-Fried Green Beans with Rice				娃娃菜素鸡配菜饭 Braised Mock Chicken and Baby Cabbage with Rice				芝士配长通粉 Penne in Cheese Cream Sauce				鲜茄什菌配意粉 Spaghetti and Mixed Mushrooms in Tomato Sauce				什菌玉子豆腐配三色菜饭 Braised Eggs Tofu and Mushroom with Veg Rice			
D	蒜茸鸡扒意粉 Chicken in Garlic Sauce with Spaghetti				青瓜云耳炒鸡柳饭 Sautéed Chicken, Black Fungus and Cucumber with Rice				红枣冬菇蒸滑鸡配饭 Steamed Chicken, Mushrooms and Red Dates with Rice				海鲜蒸旦配糙米饭 Steamed Eggs and Seafood with Brown Rice				萝卜牛肉配饭 Stewed Beef and Radish with Rice			
	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D
Energy(kcal)	105	123	107	126	119	101	94	102	100	119	100	99	123	131	113	129	128	78	112	97
Protein(g)	5	10	4	10	9	7	5	6	8	9	8	7	10	11	6	9	10	5	10	4
CHO(g)	14	13	17	14	15	14	15	14	15	15	15	14	13	14	13	15	14	13	14	18
Fat(g)	3	3	2	3	2	1	2	2	2	2	1	1	3	2	3	5	3	1	2	1

Singapore International School (Hong Kong)

March Menu Nutrition – Primary

	25/3				26/3				27/3				28/3				29/3			
A	西西里肉丸意粉 Sicilian Meatballs with Pasta				日式照烧汁牛肉饭 Teriyaki Beef with Rice				烧汁煎猪汉堡配意粉 Pan-Fried Pork Burger in Gravy with Spaghetti				海南鸡配油饭 Hainan Chicken with Rice				扬州炒饭 Yangzhou Fried Rice			
B	草菇蒸鸡配红米饭 Steamed Chicken and Mushrooms with Red Rice				肉崧蒸旦配饭 Steamed Eggs and Minced Pork with Rice				豉汁蒸排骨饭 Steamed Pork Chop in Black Bean Sauce with Rice				鲜茄蘑菇猪扒配意粉 Pork Chop in Tomato and Mushroom Sauce with Spaghetti				印度烤鸡配意粉 Indian Tandoori Chicken with Spaghetti			
C	低脂忌廉通粉 Pasta in Cheese and Cream Sauce				素麻婆豆腐配粟米饭 Vegetarian Ma Po Tofu with Corn Rice				甜酸豆干配糙米饭 Tofu in Sweet and Sour Sauce with Brown Rice				什菇面根配菜饭 Mixed Mushroom and Bean Curd with Veg Rice				忌廉什菜薯蓉 Mixed Vegetables in Cream Sauce with Mashed Potatoes			
D	西兰花炒牛肉配饭 Sautéed Beef with Broccoli				香煎猪扒配苹果茸意粉 Pan-Fried Pork Chop in Apple Sauce with Spaghetti				低脂甜咖喱猪扒配饭 Pork Chop in Low Fat Sweet Curry Sauce with Rice				冬瓜豆卜炆鸡配饭 Braised Chicken, Winter Melon and Bean Curd with Rice				姜葱蒸鱼配饭 Steamed Fish Fillet, Spring Onion and Ginger with Rice			
	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D
Energy(kcal)	122	99	107	102	102	129	107	119	92	100	112	123	146	124	115	110	114	100	108	87
Protein(g)	8	7	4	6	7	9	4	9	6	8	10	10	7	7	5	10	9	8	4	6
CHO(g)	15	14	17	14	15	15	17	15	13	15	14	13	13	14	20	14	13	15	17	14
Fat(g)	2	1	2	2	1	5	2	2	2	1	2	3	7	2	1	1	2	1	1	1