



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

Contact Information
Email: icdsis@maxims.com.hk
Tel: 2702 0770

Meal Set:
- Main Course (A / B / C / D)

- Cooked Veg

P1 - P4: \$32.5
\$32.5 x 13 days = \$422.5

Due Date: 29 March 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 other personal reasons for cancellation of enrolled lunches will not be accepted.

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

Monday	Tuesday	Wednesday	Thursday	Friday
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
A 咕嚕魚柳配飯 Fish Fillet in Sweet and Sour Sauce with Rice	豉油皇鸡翅配飯 Chicken Wings in Soy Sauce with Rice	印度烤鸡配意粉 Indian Tandoori Chicken with Spaghetti	Staff Development Day 2 (No lessons for all students)	Ching Ming Festival (Public Holiday)
B 洋葱烟肉忌廉长通粉 Penne in Bacon, Onion and Cream Sauce	日式姜汁豚肉饭 Japanese Style Pork and Ginger with Rice	日式蟹柳蒸蛋配飯 Steamed Eggs and Japanese Imitation Crab Stick with Rice		
C 咖喱杂菜饭 Vegetables in Curry with Rice	芝士通心粉 Macaroni and Cheese	素香茄子(不辣)配飯 Vegetarian Fish and Eggplant with Rice (Non-Spicy)		
D 北菇蒸鸡配飯 Steamed Chicken and Mushrooms with Rice	麻婆豆腐(不辣)配飯 Ma Po Tofu with Rice (Non-Spicy)	椰菜花炒肉片配飯 Sautéed Pork and Cauliflower with Rice		
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
A 甜咖喱鸡配飯 Chicken in Sweet Curry Sauce with Rice	烧汁煎猪汉堡配意粉 Pan-Fried Pork Burger in Gravy with Spaghetti	蜜汁叉烧配飯 BBQ Pork with Rice	香茅猪扒配飯 Lemongrass Pork Chop with Rice	鲜茄肉酱意粉 Spaghetti Bolognese
B 台式肉燥饭 Taiwanese Minced Pork with Rice	忌廉汁煎鱼柳配飯 Pan-Fried Fish Fillet in Cream Sauce with Rice	法式焗鸡皇饭 Chicken A La King with Rice	茄汁吞拿鱼长通粉 Tuna in Tomato Sauce with Penne	扬州炒饭 Yangzhou Fried Rice
C 茄汁蘑菇意粉 Mushrooms Pasta with Tomato Sauce	豉油王炒面 Stir-Fried Noodle with Soy Sauce	蕃茄意粉 Spaghetti Pomodoro	素干煸四季豆饭 Vegetarian Dry-Fried Green Beans with Rice	罗汉斋配飯 Lo Hon Style Braised Vegetables with Rice
D 姜葱蒸鱼配飯 Steamed Fish Fillet, Spring Onion and Ginger with Rice	双花炒牛肉配飯 Sautéed Beef, Broccoli and Cauliflower with Rice	鱼香茄子(不辣)配飯 Fish and Eggplant with Rice (Non-Spicy)	肉碎炒蛋配飯 Scrambled Eggs, Minced Pork with Rice	南瓜蒸鸡配飯 Steamed Chicken and Pumpkins with Rice
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
A 香煎鸡扒蕃茄汁饭 Pan Fried Chicken with Tomato Sauce on Rice	咕嚕魚柳配飯 Fish Fillet in Sweet and Sour Sauce with Rice	海南鸡配油饭 Hainan Chicken with Rice	Swim Meet (P3-P6 only) (No School for P1 & P2)	Easter Break
B 卡邦尼意粉 Spaghetti Carbonara	蒜茸猪扒意粉 Pork in Garlic Sauce with Spaghetti	日式蟹柳蒸蛋配飯 Steamed Eggs and Japanese Imitation Crab Stick with Rice		
C 南瓜什蔬配薯蓉 Mixed Vegetables and Pumpkins with Mashed Potatoes	什菜薄餅 Vegetables Pizza	忌廉蘑菇意粉 Mushroom Spaghetti with Cream Sauce		
D 姜葱蒸鱼配飯 Steamed Fish Fillet, Spring Onion and Ginger with Rice	北菇蒸鸡配飯 Steamed Chicken and Mushrooms with Rice	粟米肉粒饭 Diced Pork and Sweet Corn with Rice		
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
A	Easter Break			
B				
C				
D				
29-Apr	30-Apr			
A 甜咖喱猪扒配飯 Pork Chop in Sweet Curry Sauce with Rice	肉碎蒸蛋配飯 Steamed Eggs and Minced Pork with Rice			
B 韩式炸鸡饭 Korean Style Fried Chicken with Rice	鲜虾炒银针粉 Fried Silver Needle Noodle with Shrimp			
C 青瓜云耳炒豆干配飯 Sautéed Cucumbers, Black Fungus and Bean Curd with Rice	素拿破仑意粉 Vegetarian Neapolitan Spaghetti			
D 杂锦海鲜炒乌冬 Stir-Fried Udon with Mixed Seafood	新奥尔良鸡扒配飯 New Orleans Style Cajun Chicken 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 April	1	2	3	8	9	10	11	12	15	16	17	29	30						
Meal Choice																			
Student Name (Full Name):												Class:		Student Card No: T					
Parent Name:						Contact No:					Cheque No:		Date:						

Singapore International School (Hong Kong)

April Menu Nutrition – Primary

	1/4				2/4				3/4				4/4	5/4
A	咕嚕鱼柳配饭 Fish Fillet in Sweet and Sour Sauce with Rice				豉油皇鸡翅腩配饭 Chicken Wings in Soy Sauce with Rice				印度烤鸡配意粉 Indian Tandoori Chicken with Spaghetti					
B	洋葱烟肉忌廉长通粉 Penne in Bacon, Onion and Cream Sauce				日式姜汁豚肉饭 Japanese Style Pork and Ginger with Rice				日式蟹柳蒸蛋配饭 Steamed Eggs and Japanese Imitation Crab Stick with Rice				Staff Development Day 2 (No lessons for all students)	Ching Ming Festival (Public Holiday)
C	咖喱杂菜饭 Vegetables in Curry with Rice				芝士通心粉 Macaroni and Cheese				素鱼香茄子(不辣)配饭 Vegetarian Fish and Eggplant with Rice (Non-Spicy)					
D	北菇蒸鸡配饭 Steamed Chicken and Mushrooms with Rice				麻婆豆腐(不辣)配饭 Ma Po Tofu with Rice (Non-Spicy)				椰菜花炒肉片配饭 Sautéed Pork and Cauliflower with Rice					
	A	B	C	D	A	B	C	D	A	B	C	D		
Energy(kcal)	100	101	113	99	126	106	107	107	100	79	112	115		
Protein(g)	8	7	11	7	7	7	4	4	8	6	10	7		
CHO(g)	15	14	14	14	13	14	17	17	15	12	14	15		
Fat(g)	2	1	3	1	3	2	2	2	2	1	2	2		

Singapore International School (Hong Kong)

April Menu Nutrition – Primary

	8/4				9/4				10/4				11/4				12/4			
A	甜咖喱鸡扒配饭 Chicken in Sweet Curry Sauce with Rice				烧汁煎猪汉堡配意粉 Pan-Fried Pork Burger in Gravy with Spaghetti				蜜汁叉烧配饭 BBQ Pork with Rice				香茅猪扒配饭 Lemongrass Pork Chop with Rice				鲜茄肉酱意粉 Spaghetti Bolognese			
B	台式肉燥饭 Taiwanese Minced Pork with Rice				忌廉汁煎鱼柳配饭 Pan-Fried Fish Fillet in Cream Sauce with Rice				法式烩鸡皇饭 Chicken A La King with Rice				茄汁吞拿鱼长通粉 Tuna in Tomato Sauce with Penne				扬州炒饭 Yangzhou Fried Rice			
C	茄汁蘑菇意粉 Mushrooms Pasta with Tomato Sauce				豉油王炒面 Stir-Fried Noodle with Soy Sauce				蕃茄意粉 Spaghetti Pomodoro				素干编四季豆饭 Vegetarian Dry-Fried Green Beans with Rice				罗汉斋配饭 Lo Hon Style Braised Vegetables with Rice			
D	姜葱蒸鱼配饭 Steamed Fish Fillet, Spring Onion and Ginger with Rice				双花炒牛肉配饭 Sautéed Beef, Broccoli and Cauliflower with Rice				鱼香茄子(不辣)配饭 Fish and Eggplant with Rice (Non-Spicy)				肉崧炒蛋配饭 Scrambled Eggs, Minced Pork with Rice				南瓜蒸鸡配饭 Steamed Chicken and Pumpkins with Rice			
	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D
Energy(kcal)	120	106	113	100	92	87	105	112	123	121	94	102	105	101	107	129	131	114	113	128
Protein(g)	7	7	6	8	6	6	7	10	10	8	5	6	5	7	4	9	8	9	6	10
CHO(g)	16	14	13	15	13	14	14	14	13	17	15	14	14	14	17	15	18	13	13	14
Fat(g)	3	2	3	1	2	1	2	2	3	2	2	2	3	1	2	5	2	2	3	3

Singapore International School (Hong Kong)

April Menu Nutrition – Primary

	15/4				16/4				17/4				18/4	19/4
A	香煎鸡扒蕃茄汁饭 Pan Fried Chicken with Tomato Sauce on Rice				咕嚕鱼柳配饭 Fish Fillet in Sweet and Sour Sauce with Rice				海南鸡配油饭 Hainan Chicken with Rice					
B	卡邦尼意粉 Spaghetti Carbonara				蒜茸猪扒意粉 Pork in Garlic Sauce with Spaghetti				日式蟹柳蒸蛋配饭 Steamed Eggs and Japanese Imitation Crab Stick with Rice				Swim Meet (P3 – P6 Only) (No School for P1 & P2)	Easter Break
C	南瓜什菜配薯蓉 Mixed Vegetables and Pumpkins with Mashed Potatoes				什菜薄餅 Vegetables Pizza				忌廉蘑菇意粉 Mushroom Spaghetti with Cream Sauce					
D	姜葱蒸鱼配饭 Steamed Fish Fillet, Spring Onion and Ginger with Rice				北菇蒸鸡配饭 Steamed Chicken and Mushrooms with Rice				粟米肉粒饭 Diced Pork and Sweet Corn with Rice					
	A	B	C	D	A	B	C	D	A	B	C	D		
Energy(kcal)	122	135	113	87	104	126	105	99	146	79	107	127		
Protein(g)	10	8	6	6	8	10	5	7	7	6	4	10		
CHO(g)	14	17	13	14	15	14	18	14	13	12	17	15		
Fat(g)	3	3	3	1	2	3	1	1	7	1	2	3		



Singapore International School (Hong Kong) April Menu Nutrition – Primary

	22/4	23/4	24/4	25/4	26/4
A	Easter Break				
B					
C					
D					
Energy(kcal)					
Protein(g)					
CHO(g)					
Fat(g)					

Singapore International School (Hong Kong)

April Menu Nutrition – Primary

	29/4				30/4				
A	甜咖喱猪扒配饭 Pork Chop in Sweet Curry Sauce with Rice				肉崧蒸蛋配饭 Steamed Eggs and Minced Pork with Rice				
B	韩式炸鸡饭 Korean Style Fried Chicken with Rice				鲜虾炒银针粉 Fried Silver Needle Noodle with Shrimp				
C	青瓜云耳炒豆干配饭 Sautéed Cucumbers, Black Fungus and Bean Curd with Rice				素拿破仑意粉 Vegetarian Neapolitan Spaghetti				
D	杂锦海鲜炒乌冬 Stir-Fried Udon with Mixed Seafood				新奥尔良鸡扒配饭 New Orlean Style Cajun Chicken with Rice				
	A	B	C	D	A	B	C	D	
Energy(kcal)	120	122	102	105	129	105	94	122	
Protein(g)	7	8	6	7	9	7	5	10	
CHO(g)	16	14	14	14	15	14	15	14	
Fat(g)	3	2	2	2	5	2	2	3	