DISCLAIMER:

Our kitchen handles common allergens like gluten, soy, milk, eggs, fish, and seafood.
While we take every precaution to minimize cross-contamination within our kitchens, it may arise due to factors beyond our control and could alter the accuracy of allergen information provided.

Dec 1st to 5th

LUNCH MENU FOR PRIMARY

sodexo

	MONDAY 1st	TUESDAY 2nd	WEDNESDAY 3rd	THURSDAY 4th	FRIDAY 5th
Asian Main	Braised Pork Sweet Corn Sauce with Steamed Rice 玉米焖猪肉配饭	Fried Noodles with Beef In Black Bean Garlic Sauce 蒜香豉汁牛肉炒面	Beef Fried Rice with Lettuce and Samosa 生菜牛肉炒饭配咖喱角	Chicken Pad Thai 泰式雞肉炒金邊粉	Scallion Oil Chicken with Vegetable Rice 葱油鸡配蔬菜饭
Western Main	Roasted Chicken with Roasted Potato, Onion Sauce 烤鸡配洋葱酱和烤土豆	Roasted Pork Loin with Roasted Potatoes, Apple Sauce 苹果酱烤猪里脊配烤土豆	Stew Chicken in Mushroom Cream Sauce with Boiled Potatoes 奶油蘑菇炖鸡肉配水煮土豆	Beef Bolognese with Pasta and Garlic toast 牛肉肉酱意面配蒜香吐司	Balsamic Pork Loin with Roasted Potatoes 香醋猪里脊配烤土豆
Daily Special Menu	Beef Rendang with Basmati Rice 巴東牛肉配印度香饭	Nyonya Chicken with Steamed Rice 娘惹鸡配白饭	Deep Fried Pork Chop with Japan Style Curry Sauce and Steamed Rice 日式咖喱炸猪排配白饭	Roasted Fish Fillet with Sweet Corn Tomato Salsa and Mashed Potatoes 玉米番茄莎莎烤鱼柳配土豆泥	Classic Hot Dog with French Fries 经典热狗配薯条
Vegetarian	Pasta with Wild Mushroom & Tomato Sauce 野菌番茄意大利面	Stir-Fried Vegetarian Singapore Rice Noodles & Spring Roll 素星洲炒米配春卷	Braised Tofu, Mushroom and Steamed Rice 香菇红烧豆腐配白饭	Malaysian Fried Noodle with Fried Tofu 马来炒面配炸豆腐	E-fu Noodles with Mushroom and Chive 香菇韭菜伊府面
Dessert/ Fruit	Apple 苹果	Chocolate Brownie 巧克力布朗尼	Orange 橙	Lime Cheesecake 青柠芝士蛋糕	Cantaloupe 哈密瓜

Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices

DAIRY · EGG · GLUTEN · VEGETARIAN · VEGAN · MILD SPICY · SHELLFISH

From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus

50 FUTURE FOOD · CAGE FREE · HK GROWN LOCALLY

SINGAPORE INTERNATIONAL SCHOOL (HONG KONG) 新加坡国际学校(香港)

Dec 8th to 12nd

LUNCH MENU FOR PRIMARY

sodexo

	MONDAY 8th	TUESDAY 9th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
Asian Main	Day after Election (No classes for all)	Taiwanese Braised Pork Rice with Mushrooms 台式香菇滷肉飯	BBQ Pork Scrambled Egg with Steamed Rice 叉燒炒蛋配白饭	Stir-fried Rice Cake with Shredded Pork & Chinese Cabbage, served w/Mushrooms & Choi Sum 大白菜肉丝炒年糕 配双菇菜心	Sweet & Sour Pork with Steamed Rice 咕嚕肉配白饭
Western Main		Braised Duck Breast in Soy Sauce with Cabbage Rice 台式滷水鴨胸配菜飯	Cajun Chicken with Roasted Potatoes 卡真鸡肉配烤土豆	Pepperoni Pizza with Honey Roasted Carrot 意大利辣肉肠披萨配蜂蜜烤胡萝卜	Goulash Beef with Crushed Potatoes 匈牙利炖牛肉配碎土豆
Daily Special Menu		Pingtung Stir-fried Chicken & Dried Tofu with Pearl Rice 屏東豆乾炒雞丁配珍珠飯	Beef Burrito with Mexican Braised Vegetables and Red Kidney Beans 墨西哥炖蔬菜红腰豆牛肉卷饼	Dry-Braised Fish Balls with Marinated Wheat Gluten with Black Fungus w/Steamed Rice 干烧鱼球配四喜烤麸配白饭	Hainanese Chicken with Lemon Grass Rice 海南鸡配香茅饭
Vegetarian		Vegetable Mee Goreng 蔬菜印尼炒麵	Vegetables Curry with Naan Bread 蔬菜咖喱配烤饼	Vegetables Mac & Cheese with French Bread 蔬菜芝士通心粉配法式面包	Pasta with Cherry Tomatoes Sauce 車厘番茄酱意面
Dessert/ Fruit		Cream Puff 忌廉泡芙	Cantaloupe 哈密瓜	Orange 橙	Carrot Cake 胡萝卜蛋糕

GO & ENJOY
OK BUT THINK
BE CAUTIOUS

Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices

DAIRY · EGG · GLUTEN · VEGETARIAN · VEGAN · MILD SPICY · SHELLFISH

From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus

50 FUTURE FOOD · CAGE FREE · HK GROWN LOCALLY

SINGAPORE INTERNATIONAL SCHOOL (HONG KONG) 新加坡国际学校(香港)

Dec 15th to 19th

LUNCH MENU FOR PRIMARY

sodexo

	MONDAY 15th	TUESDAY 16th	WEDNESDAY 17th	THURSDAY 18th	FRIDAY 19th
Asian Main	Mixed Vegetable and Roast Pork Fried Rice 雜菜叉燒粒炒飯	Braised Beef Brisket & Turnip with Steamed Rice 萝卜牛腩配白饭	Fried Chicken with Lemon Sauce and Steamed Rice 西檸鸡配白饭	Five Willow Fish Fillets with Steamed Rice 甜酸五柳魚塊配白饭	Christmas Turkey with Cranberry Sauce & Sweet Potatoes 燒聖誕火雞配蔓越莓醬和甜薯
Western Main	Roasted Chicken Steak with Onion Gravy and Sauteed Potatoes 烤鸡排配洋葱汁和炒土豆	Pasta with Chicken Sausage & Pomodoro Sauce 鮮茄鸡肉香肠意面	Goulash Beef with Crushed Potatoes 匈牙利炖牛肉配碎土豆	Herbs Meat Ball with Tomatoes Sauce and Pasta 香草肉丸配番茄酱 意大利面	Beef Bourguignon with Mashed Potato 燒汁雜菜燴牛肉配土豆泥
Daily Special Menu	Mexican Beef Burrito with Corn Salsa 墨西哥牛肉卷饼 配玉米莎莎酱	Japanese Braised Pork & Onion with Seaweed Rice 日式义燒配海苔饭	Char Kway Teow(Chicken) 鸡肉炒粿条	Japanese Beef Curry with Rice 日式咖喱牛肉配白飯	Fish Burger with French fries 魚柳汉堡配薯条
Vegetarian	Rajma Masala with Papadum 印度雜菜豆咖喱配印度薄脆餅	Vegetable Pad Thai 泰式素炒金邊粉	Pasta with Spinach and Cherry Tomatoes Sauce 菠菜車厘番茄酱意面	Pickle Vegetables & Tofu Fried Rice Noodle 雪菜豆干絲炆米	Pasta with Vegetables & Bell Peppers 蔬菜彩椒炒意大利麵
Dessert/ Fruit	Apple 苹果	Chocolate Brownie 巧克力布朗尼	Orange 橙	Carrot Cake 胡萝卜蛋糕	Christmas Chocolate Cookies 聖誕朱古力曲奇

Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices

DAIRY · EGG · GLUTEN · VE VEGETARIAN · VG VEGAN · MILD SPICY · SHELLFISH

From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus

50 FUTURE FOOD · CAGE FREE · HK GROWN LOCALLY

SINGAPORE INTERNATIONAL SCHOOL (HONG KONG) 新加坡国际学校(香港)