



MAKE YOUR VOICE HEARD
Every voice matters

GIVE YOUR FEEDBACK TO US



SCAN THIS QR CODE SPEAK TO A STAFF MEMBER

MENU MECHANISM

- NUTS FREE**: All our meals are Nuts Free
- CAGE FREE**: All our eggs are Cage Free
- MADE IN HONG KONG**: Discover Locally Made products
- HK GROWN LOCALITY**: Savor Low Carbon footprint produce
- 50 FUTURE FOOD**: Ingredients good for Planet & Health

GO & ENJOY (Green light)
OK BUT THINK (Yellow light)
BE CAUTIOUS (Red light)

All our menus are reviewed by our nutritionists and tailored to the nutritional requirements of specific age groups.

Our **Food Traffic Light** will guide students in making informed meal choices.

ALLERGEN ALERT & FOOD ICONS

- ALLERGEN DAIRY
- ALLERGEN EGG
- ALLERGEN GLUTEN
- VE VEGETARIAN
- VE VEGAN
- MILD SPICY
- ALLERGEN SHELLFISH

A Healthy and Balanced Diet Every Day!

Sign up for our e-Newsletter

Scan QR code to follow & visit us




Sodexo Hong Kong Website Sodexo Instagram

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.

Mar 2nd to 6th

LUNCH MENU FOR PRIMARY



	MONDAY 2 nd	TUESDAY 3 rd	WEDNESDAY 4 th	THURSDAY 5 th	FRIDAY 6 th
Asian Main	Japanese Curry Beef Cube with Seaweed Rice 日式咖喱牛肉粒配海苔饭 	Lychee Sweet & Sour Pork with Rice 荔枝咕嚕肉配白饭 	Shanghai Style Braised Meat Ball with Rice 上海红烧獅子球配白饭 	Hainanese Chicken Rice 海南鸡配白饭 	Vietnamese Garlic Butter Chicken with Vietnam Vermicelli 越式牛油鸡配越式捞檬粉
Western Main	Cajun Pork Lion with Gravy and Mashed Potato 猪里脊配肉汁和土豆泥 	Thai Roasted Chicken Drumstick with Stir-fried Shredded Potato and Onion 泰式燒鸡腿配洋葱炒薯絲 	Grilled Duck Breast with Orange Sauce and Sautéed Potatoes 橙汁烤鴨胸配炒土豆 	Beef Biryani 印度牛肉香饭 	Beef Stew with Mushroom and Garlic Toast 蘑菇炖牛肉配蒜蓉多士
Daily Special Menu	BBQ Chicken Roulade with Cheese Rosemary Potato 芝士烤鸡卷配迷迭香土豆 	Beef Moussaka 希臘茄子肉醬千層派 	Nyonya Chicken with Rice 娘惹咖喱鸡配印度香饭 	Mediterranean Baked Fish with Greek Salad and Boiled Potato 地中海烤鱼柳配希腊沙拉和煮土豆 	Taiwanese Crispy Pork with Cabbage Rice 台式小蘇肉配菜饭
Vegetarian	Creamy Mushroom Risotto with Black Truffle and Vegetables 黑松露奶油蘑菇烩饭 	Vegetables Curry with Naan Bread 蔬菜咖喱配烤饼 	Pasta with Cherry Tomato and Spinach 櫻桃番茄菠菜意面 	Malaysian Fried Noodle with Fried Tofu 马来炒面配炸豆腐 	Braised Tofu with Mushroom Sauce & Steamed Rice 紅燒豆腐·蘑菇汁配白饭
Dessert/ Fruit	Apple 苹果 	Jelly Candy 啫喱糖 	Orange 橙	Cream Puff 忌廉泡芙 	Cantaloupe 哈密瓜



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



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



Mar 9th to 13th

LUNCH MENU FOR PRIMARY



MONDAY 9th

TUESDAY 10th

WEDNESDAY 11th

THURSDAY 12th

FRIDAY 13th

Asian Main

Thai Basil Minced Beef with Rice
泰式香叶牛肉碎配白饭



Beef with Scrambled Eggs with Rice
滑蛋牛肉饭



Vietnamese Lemongrass Pork Chop with Vegetable Rice
越式香茅猪扒配菜饭



Diced Beef with Fried Rice
薯仔牛肉粒配蛋炒饭



Western Main

German Sausage with Mashed Potatoes
德国香肠配土豆泥



Moroccan Grilled Chicken Drumstick with Sauteed Potatoes
摩洛哥烤鸡腿配炒薯粒



Beef Fricassee (Beef & Vegetable Stew with Cream Sauce, Mashed Potato)
法式杂菜焗牛配土豆泥



Chicken, Mushroom & Leek Casserole with Potato
砂锅蘑菇韭菜鸡肉配土豆



Daily Special Menu

Mixed Vegetables and BBQ Pork Fried Rice
杂菜叉烧粒炒饭



Baked Creamy Spinach Fish Fillet with Hasselback Potato
焗忌廉菠菜鱼柳配风琴薯



Spaghetti with Meatballs
意大利肉丸意粉



Deep Fried Pork Chop with Japan Style Curry Sauce and Steamed Rice
日式咖喱炸猪排配白饭



Vegetarian

Vegetables Yakisoba with Spring Roll
日式蔬菜炒面配春卷



Vegetarian Bolognese Pasta
素肉酱意粉



Stir Fried Vermicelli in Singapore Style with Samosa
星洲炒米粉配咖喱角



Pipa Tofu with Choy Sum and Steamed Rice
琵琶豆腐配菜心和白饭



Dessert/ Fruit

Apple
苹果

Panna Cotta
意大利奶冻



Fruit Salad
雜果沙律

Chocolate Sponge Cake
巧克力海绵蛋糕



Staff PD Day 2 / Home-based Learning Day 2



GO & ENJOY

OK BUT THINK

BE CAUTIOUS

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



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



Mar 16th to 20th

LUNCH MENU FOR PRIMARY



	MONDAY 16 th	TUESDAY 17 th	WEDNESDAY 18 th	THURSDAY 19 th	FRIDAY 20 th
Asian Main	Tandoori Chicken with Paratha 天多利烤鸡配葱油餅 	Peking Pork Chop with Steamed Rice 京都肉排配白飯 	Baked Pork Chop in Tomato Sauce with Fried Rice 港式焗豬扒配蛋炒飯 	Stir-fried Noodles with Shredded Pork and Yellow Chives 韭黃肉絲炒麵 	Sweet and Sour Fish with Steamed Rice 菠蘿咕嚕魚配白飯
Western Main	Creamy Pork Stew with Mushroom and Spinach Rice with Coriander and Herbs 奶油豬肉炖蘑菇 菠菜香草飯 	Pasta with Bell Pepper Tomato Sauce and Fish Fillet 甜椒番茄醬魚柳意面 	Beef & Onion with BBQ Sauce & Fries 洋葱牛肉配燒烤醬和薯條 	Chicken Parmigiana with Potato Gratin 帕瑪森芝士雞排配忌廉焗薯 	Grilled Pork Chop with Mushroom Gravy Mashed Potato 蘑菇肉汁烤豬排配土豆泥
Daily Special Menu	Beef Burrito 墨西哥牛肉卷 	Beef Lasagna 牛肉千層面 	Chicken Tikka Masala with Indian Rice 馬薩拉咖哩雞配印度香飯 	Taiwanese Braised Duck with Tofu in Soy Sauce with Steamed Rice 台式滷水鴨配滷水豆腐 和白飯 	Pepperoni Pizza with Fries 辣肉腸薄餅配薯條
Vegetarian	Red Curry with Pumpkin, Potatoes and Mix Vegetables Steamed Rice 南瓜土豆菜紅咖喱配白飯 	Vegetables Yakisoba with Spring Roll 日式蔬菜炒面配春卷 	Mac and Cheese with Mix Vegetables 芝士通心粉配雜菜 	Vegetables Moussaka 茄子馬鈴薯批 	Pasta with Wild Mushroom & Tomato Sauce 野菌番茄意大利面
Dessert/ Fruit	Watermelon 西瓜	Red Bean Mochi 紅豆麻糬 	Orange 橙	Mini Egg Tart 迷你蛋撻 	Cantaloupe 哈密瓜



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

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



Mar 23rd to 27th

LUNCH MENU FOR PRIMARY



	MONDAY 23 rd	TUESDAY 24 th	WEDNESDAY 25 th	THURSDAY 26 th	FRIDAY 27 th
Asian Main	Kung Pao Chicken with Rice 宮保鸡丁配白饭 	Fish with Sweet Corn Sauce Steamed Rice 玉米鱼柳配白饭 	Beef Brisket with Turnip and Carrot Steamed Rice 萝卜牛腩配白饭 	Pineapple Sweet & Sour Pork with Rice 菠萝咕嚕肉配白饭 	Lemon Chicken with Steamed Rice 西檸鸡球配白饭
Western Main	Honey Mustard Pork Loin with Roasted Potato 蜂蜜芥末猪里脊配烤土豆 	Coq au Vin with Stir-fried Shredded Potato and Onion 法式杂菜焗配洋葱炒薯丝 	Tomato Bacon and Sausage Pasta 鲜茄培根香肠意大利面 	Beef Bourguignon with Potato Gratin 法式焗牛肉配忌廉焗薯 	Italian Meat Ball with Mashed Potato 意大利肉丸配土豆泥
Daily Special Menu	Beef Rendang with Steamed Rice 巴東牛肉配白饭 	Beef Gyudon 牛肉丼饭 	Sambal Chicken with Vegetable Medley with Diced Potatoes 叁巴醬鸡配杂菜炒薯粒 	Chicken Paella 西班牙鸡肉炒饭 	Beef Burger with Diced Potatoes 牛肉汉堡配炒薯粒
Vegetarian	Vegetables Mee Goreng 蔬菜印尼炒面 	Yaki Udon 日式炒乌冬 	Classic Vegetables Lasagna with Garlic Bread 经典蔬菜千层面配蒜蓉法式面包 	E-fu Noodles with Mushroom and Chive 香菇韭菜伊府面 	Pumpkin Risotto with Mushroom and Mix Vegetables 南瓜意大利烩饭配蘑菇和杂菜
Dessert/ Fruit	Apple 苹果 	Osmanthus Jelly 桂花糕 	Orange 橙 	Jelly Candy 啫喱糖 	Fruit Salad 雜果沙律



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



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



Mar 30th to 31st

LUNCH MENU FOR PRIMARY



	MONDAY 30 th	TUESDAY 31 st	WEDNESDAY 1 st	THURSDAY 2 nd	FRIDAY 3 rd
Asian Main	<p>Fried Noodles with Beef in Black Bean Garlic Sauce 蒜蓉酱汁牛肉炒面</p>	<p>Vietnamese Lemongrass Pork Chop with Vegetable Rice 越式香茅猪扒配菜饭</p>			
Western Main	<p>Pork Souvlaki with Grilled Vegetables w/Rice 希腊式烤猪肉串配烤时蔬配饭</p>	<p>Turkish Roasted Chicken Drumstick with Stir-fried Shredded Potatoes 土耳其烤鸡腿配炒薯丝</p>			
Daily Special Menu	<p>Chicken Gyros Rosemary Potato 迷迭香烤鸡配土豆和比得包</p>	<p>Fish Florentine with Mashed Potato 佛罗伦萨鱼柳配土豆泥</p>			
Vegetarian	<p>Vegetables Curry with Rice 蔬菜咖喱配白饭</p>	<p>Braised Tomato with Scrambled Egg and Red Rice 番茄炒蛋配红米饭</p>			
Dessert/ Fruit	<p>Apple 苹果</p>	<p>Panna Cotta 意大利奶冻</p>			



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



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

