



Singapore International School(Hong Kong)
Primary Menu - August 2020

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: \$33.5
\$33.5 x 9 days = 301.5

Due Date: 18 Aug 2020

Cheque should made payable to
Maxim's Caterers Ltd.

Please submit or post the hard copies of the enrolment form with a crossed cheque to the Catering Manager, Maxim's Caterers Ltd., School Canteen, c/o General Office, Singapore International School (Hong Kong), Plaza Level, 23 Nam Long Shan Road, Aberdeen, Hong Kong 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
A					
B					
C					
D					
A					
B					
C					
D					
			19-Aug	20-Aug	21-Aug
A			豉油皇鸡亦配饭 Chicken Wings in Soy Sauce with Rice	扬州炒饭 Yangzhou Fried Rice	蜜汁叉烧配饭 BBQ Pork with Rice
B			台式肉燥饭 Taiwanese Minced Pork with Rice	姜葱蒸鱼配饭 Steamed Fish Fillet, Spring Onion and Ginger with Rice	葡式鸡球配意粉 Portuguese Chicken with Spaghetti
C			素食球心意粉 Vegetarian Neapolitan Spaghetti	芝士通心粉 Macaroni and Cheese	焗忌廉蟹仔 Baked Potatoes in Cream Sauce
D			彩椒炒牛柳丝配红米饭 Sautéed Sliced Beef and Mixed Pepper with Red Rice	香烤露丝玛利鸡扒配饭 Grilled Chicken in Rosemary with Rice	海鲜蒸豆配糙米饭 Steamed Eggs and Seafood with Brown Rice
	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug
A	咕嚕鸡球配饭 Chicken in Sweet and Sour Sauce with Rice	萝卜双牛肉饭 Stewed Beef and Turnip with Rice	海南鸡配油饭 Hainan Chicken with Rice	甜咖喱猪扒配饭 Pork Chop in Sweet Curry Sauce with Rice	韩式炸鸡饭 Korean Style Fried Chicken with Rice
B	卡邦尼意粉 Spaghetti Carbonara	洋葱焗肉忌廉长通粉 Penne in Bacon, Onion and Cream Sauce	肉焗蒸豆配饭 Steamed Eggs and Minced Pork with Rice	生炒牛肉饭 Fried Rice with Beef and Vegetables	日式姜汁豚肉饭 Japanese Style Pork and Ginger with Rice
C	青瓜云耳炒豆干配饭 Sautéed Cucumbers, Black Fungus and Bean Curd with Rice	咖喱甘笋薯仔饭 Potatoes and Carrot in Curry with Rice	鲜茄什蔬配螺丝粉 Fusilli and Mixed Mushrooms in Tomato Sauce	茄汁蘑菇意粉 Mushrooms Pasta with Tomato Sauce	炒杂菜米粉 Stir-Fried Vegetable Vermicelli
D	豉汁蒸排骨饭 Steamed Pork Chop in Black Bean Sauce with Rice	蘑菇粟米蒸滑鸡配糙米饭 Steamed Chicken, Mushroom and Sweet Corn with Brown Rice	白汁煎鱼柳配饭 Pan Fried Fish Filled in Cream Sauce with Rice	金针云耳蒸鸡配饭 Steamed Chicken, Black Fungus with Rice	鱼香茄子(不辣)配饭 Fish and Eggplant with Rice (Non-Spicy)
	31-Aug				
A	豉汁蒸排骨饭 Steamed Spare Ribs in Black Bean Sauce with Rice				
B	西兰花炒鸡肉饭 Stir Fried Broccoli with Chicken on Rice				
C	菠菜咖喱薯仔意粉 Saag Aloo - Spinach Curry potato Spaghetti				
D	鲜虾炒银针粉 Fried Silver Needle Noodle with Shrimp				

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.
Colors: Green - Encouraged Food Items; Yellow - Limited Food Items; Red - Strongly Discouraged Food Items
Legends: 🥬 Green Vegetables; 🐟 Seafood; 🌱 Low Carbon; 🌶️ Spicy; 🍳 Egg; 🥛 Milk.

Date of Aug	19	20	21	24	25	26	27	28	31											
Meal Choice																				
Student Name (Full Name):										Class:										Student Card No: T
Parent Name:					Contact No:					Cheque No:					Date:					

Singapore International School (Hong Kong)

August Menu Nutrition – Primary

	19/8	20/8	19/8				20/8				21/8			
A			豉油皇鸡亦配饭 Chicken Wings in Soy Sauce with Rice				扬州炒饭 Yangzhou Fried Rice				蜜汁叉烧配饭 BBQ Pork with Rice			
B			台式肉燥饭 Taiwanese Minced Pork with Rice				姜葱蒸鱼配饭 Steamed Fish Fillet, Spring Onion and Ginger with Rice				葡式鸡球配意粉 Portuguese Chicken with Spaghetti			
C			素拿破仑意粉 Vegetarian Neapolitan Spaghetti				芝士通心粉 Macaroni and Cheese				焗忌廉薯仔 Baked Potatoes in Cream Sauce			
D			彩椒炒牛柳丝配红米饭 Sautéed Sliced Beef and Mixed Pepper with Red Rice				香烤露丝玛利鸡扒配饭 Grilled Chicken in Rosemary with Rice				海鲜蒸旦配糙米饭 Steamed Eggs and Seafood with Brown Rice			
			A	B	C	D	A	B	C	D	A	B	C	D
Energy(kcal)			114	99	108	79	100	100	113	127	92	99	108	97
Protein(g)			9	8	4	6	8	8	6	10	6	7	4	4
CHO(g)			13	14	17	12	15	15	13	15	13	14	17	18
Fat(g)			2	1	1	1	2	1	3	3	2	1	1	1

Singapore International School (Hong Kong)

August Menu Nutrition – Primary

	24/8				25/8				26/8				27/8				28/8			
A	咕嚕鸡球配饭 Chicken in Sweet and Sour Sauce with Rice				萝卜炆牛肉饭 Stewed Beef and Turnip with Rice				海南鸡配油饭 Hainan Chicken with Rice				甜咖喱猪扒配饭 Pork Chop in Sweet Curry Sauce with Rice				韩式炸鸡饭 Korean Style Fried Chicken with Rice			
B	卡邦尼意粉 Spaghetti Carbonara				洋葱烟肉忌廉长通粉 Penne in Bacon, Onion and Cream Sauce				肉崧蒸旦配饭 Steamed Eggs and Minced Pork with Rice				生炒牛肉饭 Fried Rice with Beef and Vegetables				日式姜汁豚肉饭 Japanese Style Pork and Ginger with Rice			
C	青瓜云耳炒豆干配饭 Sautéed Cucumbers, Black Fungus and Bean Curd with Rice				咖喱甘笋薯仔饭 Potatoes and Carrot in Curry with Rice				鲜茄什菌配螺丝粉 Fusilli and Mixed Mushrooms in Tomato Sauce				茄汁蘑菇意粉 Mushrooms Pasta with Tomato Sauce				炒杂菜米粉 Stir-Fried Vegetable Vermicelli			
D	豉汁蒸排骨饭 Steamed Pork Chop in Black Bean Sauce with Rice				草菇粟米蒸滑鸡配糙米饭 Steamed Chicken, Mushroom and Sweet Corn with Brown Rice				白汁煎鱼柳配饭 Pan Fried Fish Fillet in Cream Sauce with Rice				金针云耳蒸鸡配饭 Steamed Chicken, Black Fungus with Rice				鱼香茄子(不辣)配饭 Fish and Eggplant with Rice (Non-Spicy)			
	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D
Energy(kcal)	104	135	102	100	130	101	139	99	146	129	113	97	131	101	112	87	79	119	107	120
Protein(g)	8	8	6	8	10	7	11	7	7	9	6	6	11	7	10	6	6	9	4	7
CHO(g)	15	17	14	15	14	14	14	14	13	15	13	14	14	14	14	14	12	15	17	16
Fat(g)	2	3	2	1	3	1	3	1	3	5	3	1	2	1	2	1	1	2	2	3

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August Menu Nutrition – Primary

31/8					
A	豉汁蒸排骨饭 Steamed Spare Ribs in Black Bean Sauce with Rice				
B	西兰花炒鸡肉饭 Stir Fried Broccoli with Chicken on Rice				
C	菠菜咖喱薯仔意粉 Saag Aloo – Spinach Curry Potato Spaghetti				
D	鲜虾炒银针粉 Fried Silver Needle Noodle with Shrimp				
		A	B	C	D
Energy(kcal)		110	135	102	100
Protein(g)		8	8	7	8
CHO(g)		15	15	14	15
Fat(g)		2	2	2	1