



**Singapore International School (Hong Kong)  
Primary Menu - Sep 2020**

Contact Information  
Email: [icdsis@maxims.com.hk](mailto:icdsis@maxims.com.hk)  
Tel: 2702 0770

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

- Cooked Veg

**P1 - P4: \$33.5**  
**\$33.5 x 22 days = \$737**

Due Date: 31 August 2020

Cheque should be 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
	<b>1-Sep</b>	<b>2-Sep</b>	<b>3-Sep</b>	<b>4-Sep</b>
A	日式照烧牛肉饭 Japanese Style Teriyaki Beef with Rice	西西里肉丸意粉 Sicilian Meatballs with Pasta	日式咖喱猪柳配饭 Pork Fillet in Japanese Curry Sauce with Rice	香茅猪扒配饭 Lemongrass Pork Chop with Rice
B	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	鲜茄吞拿鱼配意粉 Tuna in Tomato Sauce with Spaghetti	虾仁炒蛋配饭 Scrambled Eggs and Prawns with Rice
C	香蒜蘑菇意粉 Mushroom Pasta with Garlic	炒杂菜米粉 Stir-Fried Vegetable Vermicelli	冬瓜豆卜配红米饭 Stewed Winter Melon and Bean Curd with Red Rice	素拿破仑意粉 Vegetarian Neapolitan Spaghetti
D	海鲜蒸蛋配饭 Steamed Eggs and Seafood with Rice	麻婆豆腐(不辣)配饭 Ma Po Tofu with Rice (Non-Spicy)	西兰花炒鸡柳配饭 Sautéed Chicken and Broccoli with Rice	金针云耳蒸鸡配红米饭 Steamed Chicken, Black Fungus with Red Rice
<b>7-Sep</b>	<b>8-Sep</b>	<b>9-Sep</b>	<b>10-Sep</b>	<b>11-Sep</b>
A	法式焗鸡皇配饭 Chicken A La King with Rice	忌廉煎鱼柳配意粉 Pan-Fried Fish Fillet in Low Fat Cream Sauce with Spaghetti	海南鸡配油饭 Hainan Chicken with Rice	姜葱蒸鱼饭 Steamed Fish in Ginger Spring Onion w/ Rice
B	椰菜花炒肉片配糙米饭 Sautéed Pork and Cauliflower with Brown Rice	新奥尔良鸡扒配饭 New Orleans Style Cajun Chicken with Rice	豉汁蒸排骨饭 Steamed Pork Ribs in Black Bean Sauce with Rice	意大利香草鸡三色焗丝粉 Italian Tri-colors Fusilli with Herbed Chicken
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	鲜菇粟米粒豆腐配菜饭 Braised Tofu, Mushroom and Sweet Corn with Veg Rice	娃娃菜鲜菇豆腐菜饭 Braised Tofu, Mushrooms & Baby Cabbage w/ Vegetable Rice(y)
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	蕃茄炒牛肉配饭 Sautéed Beef and Tomatoes with Rice	苹果薯猪扒配香蒜薯蓉 Sticky Calvados Pork Chop w/ Apple & Chive Mashed Potato
<b>14-Sep</b>	<b>15-Sep</b>	<b>16-Sep</b>	<b>17-Sep</b>	<b>18-Sep</b>
A	香茅猪扒配粟米饭 Lemongrass Pork Chop with Corn Rice	香烤露丝玛利鸡扒配饭 Grilled Chicken in Rosemary with Rice	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
B	姜葱蒸鱼配饭 Steamed Fish Fillet, Spring Onion and Ginger with Rice	鲜茄吞拿鱼意粉 Tuna and Spaghetti in Tomato Sauce	意大利煎鸡扒配饭 Pan-Fried Chicken in Italian Tomato Sauce with Rice	淡青咖喱鸡配糙米饭 Chicken in Green Curry Sauce with Brown Rice
C	素干煸四季豆饭 Vegetarian Dry-Fried Green Beans with Rice	娃娃菜粟鸡配菜饭 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
D	蒜茸鸡扒意粉 Chicken in Garlic Sauce with Spaghetti	双花炒肉松配饭 Sautéed Minced Pork, Broccoli and Cauliflower with Rice	豉汁蒸排骨饭 Steamed Pork Chop in Black Bean Sauce with Rice	海鲜蒸蛋配糙米饭 Steamed Eggs and Seafood with Brown Rice
<b>21-Sep</b>	<b>22-Sep</b>	<b>23-Sep</b>	<b>24-Sep</b>	<b>25-Sep</b>
A	冬瓜鸡柳饭 Chicken and Winter Melon with Rice	日式照烧牛肉饭 Teriyaki Beef with Rice	烧汁煎猪汉堡配意粉 Pan-Fried Pork Burger in Gracy with Spaghetti	海南鸡配油饭 Hainan Chicken with Rice
B	咕嚕鱼柳饭 Sweet & Sour Fish Fillet with Rice	肉松蒸蛋配饭 Steamed Eggs and Minced Pork with Rice	鲜虾炒银针粉 Fried Silver Needle Noodle with Shrimp	鲜茄蘑菇猪扒配饭 Pork Chop in Tomato and Mushroom Sauce with Rice
C	什菇炒面筋菜饭 Stir-Fried Mushroom and Wheat Gluten with Veg Rice	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	豉油王炒面 Stir-Fried Noodle with Soy Sauce
D	蘑菇汁猪扒意粉 Pork Chop in Mushrooms Sauce Spaghetti	茄汁鸡柳意粉 Chicken in Tomato Sauce with Spaghetti	甜咖喱鸡配饭 Chicken in Sweet Curry Sauce with Rice	忌廉汁海鲜大会配意粉 Seafood Spaghetti in Cream Sauce
<b>28-Sep</b>	<b>29-Sep</b>	<b>30-Sep</b>		
A	豉油皇鸡亦配饭 Chicken Wings in Soy Sauce with Rice	金菇牛柳配粟米饭 Beef Slices and Shitake Mushrooms with Sweet Corn Rice	台式肉燥饭 Taiwanese Minced Pork with Rice	
B	日式蟹柳粉丝蒸蛋配饭 Steamed Eggs, Japanese Imitated Crab Stick and Vermicelli with Rice	香草白汁鸡丝配饭 Baked Shredded Chicken in Low Fat Herbed Cream Sauce with Rice	香草烧鸡扒拼芙蓉 Herb Chicken with Mashed Potato	
C	炒杂菜米粉 Stir-Fried Vegetable Vermicelli	蘑菇腰豆青瓜意粉 Mushrooms, Beans and Zucchini with Spaghetti	鲜枝竹罗汉斋饭 Mixed Mushrooms, Vegetables and Fresh Bean Curd with Rice	
D	烧汁猪柳配意粉 Pork Fillet in Gravy with Spaghetti	肉松豆角炒豆配饭 Minced Pork and Green Beans in Eggs with Rice	韩式牛柳丝红米饭 Korean Style Beef with Red 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: Vegetarian; Seafood; Egg; Milk.

Date of Sep	1	2	3	4	7	8	9	10	11	14	15	16	17	18	21	22	23	24	25	28	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) September Menu Nutrition – Primary

		1/9				2/9				3/9				4/9			
A		日式照烧汁牛肉饭 Japanese Style Teriyaki Beef with Rice				西西里肉丸意粉 Sicilian Meatballs with Pasta				日式咖喱猪柳配饭 Pork Fillet in Japanese Curry Sauce with Rice				香茅猪扒配饭 Lemongrass Pork Chop with Rice			
B		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				鲜茄吞拿鱼配意粉 Tuna in Tomato Sauce with Spaghetti				虾仁炒蛋配饭 Scrambled Eggs and Prawn with Rice			
C		香蒜蘑菇意粉 Mushroom Pasta with Garlic				炒杂菜米粉 Stir Fried Vegetable Vermicelli				冬瓜豆卜配红米饭 Stewed Winter Melon and Bean Curd with Red Rice				素拿破仑意粉 Vegetarian Neapolitan Spaghetti			
D		海鲜蒸蛋配饭 Steamed Eggs and Seafood with Rice				麻婆豆腐(不辣)配饭 Ma Po Tofu with Rice (Non-Spicy)				西兰花炒鸡柳配饭 Sautéed Chicken and Broccoli with Rice				金针云耳蒸鸡配红米饭 Steamed Chicken, Black Fungus with Red Rice			
		A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D
Energy(kcal)		106	127	107	115	122	99	108	107	101	101	98	79	119	105	107	105
Protein(g)		7	10	4	7	8	7	4	4	7	7	5	6	9	5	4	7
CHO(g)		14	15	17	15	15	14	17	17	15	14	15	12	15	14	17	14
Fat(g)		2	3	2	2	2	1	1	2	2	1	2	1	2	3	2	2

# Singapore International School (Hong Kong)

## September Menu Nutrition – Primary

	7/9				8/9				9/9				10/9				11/9			
A	法式烩鸡皇配饭 Chicken A La King with Rice				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				姜葱蒸鱼饭 Steamed Fish in Ginger Spring Onion w/ Rice			
B	椰菜花炒肉片配糙米饭 Sautéed Pork and Cauliflower with Brown Rice				新奥尔良鸡扒配饭 New Orlean Style Cajun Chicken with Rice				菠萝鸡粒炒饭 Fried Rice with Chicken and Pineapple				豉汁蒸排骨饭 Steamed Pork Ribs in Black Bean Sauce with Rice				意大利香草鸡三色螺丝粉 Italian Tri-colors Fusilli with Herbed Chicken			
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				娃娃菜鲜菇豆腐菜饭 Braised Tofu, Mushrooms & Baby Cabbage w/ Vegetable Rice(v)			
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				蕃茄炒牛肉配饭 Sautéed Beef and Tomatoes with Rice				卡邦尼意粉 Spaghetti Carbonara				苹果蓉猪扒配香草薯蓉 Sticky Calvados Pork Chop w/ Apple & Chive Mashed Potato			
	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	114	80	87	146	123	113	135	92	101	112	115
Protein(g)	8	6	6	9	6	10	11	10	8	9	3	6	7	10	6	8	6	7	10	7
CHO(g)	17	14	13	15	14	14	14	14	18	13	15	14	13	13	13	17	13	14	14	15
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)

## September Menu Nutrition – Primary

	14/9				15/9				16/9				17/9				18/9			
A	香茅猪扒配粟米饭 Lemongrass Pork Chop with Grilled Chicken in Rosemary Corn Rice				香烤露丝玛利鸡扒配饭 with Rice				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				扬州炒饭 Yangzhou Fried Rice			
B	姜葱蒸鱼配饭 Steamed Fish Fillet, Spring Onion and Ginger with Rice				鲜茄吞拿鱼意粉 Tuna and Spaghetti in Tomato Sauce				意式煎鸡扒配饭 Pan-Fried Chicken in Italian Tomato Sauce with Rice				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				蕃茄炒蛋配饭 Scrambled Eggs and Tomatoes with Rice			
D	蒜茸鸡扒意粉 Chicken in Garlic Sauce with Spaghetti				双花炒肉崧配饭 Sautéed Minced Pork, Broccoli and Cauliflower with Rice				豉汁蒸排骨饭 Steamed Pork Chop in Black Bean Sauce with Rice				海鲜蒸蛋配糙米饭 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	123	123	131	113	129	114	78	85	97
Protein(g)	5	10	4	10	9	7	5	6	8	9	8	10	10	11	6	9	9	5	6	4
CHO(g)	14	13	17	14	15	14	15	14	15	15	15	13	13	14	13	15	13	13	14	18
Fat(g)	3	3	2	3	2	1	2	2	2	2	1	3	3	2	3	5	2	1	1	1

# Singapore International School (Hong Kong)

## September Menu Nutrition – Primary

	21/9				22/9				23/9				24/9				25/9			
A	冬瓜鸡柳饭 Chicken and Winter Melon with Rice				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 Gracy with Spaghetti				海南鸡配油饭 Hainan Chicken with Rice				葡式肉片配饭 Portuguese Pork with Rice			
B	咕嚕鱼柳饭 Sweet & Sour Fish Fillet with Rice				肉崧蒸旦配饭 Steamed Eggs and Minced Pork with Rice				鲜虾炒银针粉 Fried Silver Needle Noodle with Shrimp				鲜茄蘑菇猪扒配饭 Pork Chop in Tomato and Mushroom Sauce with Rice				菠萝鸡粒薄饼 Pineapple and Chicken Pizza			
C	什菇炒面筋菜饭 Stir-Fried Mushroom and Wheat Gluten with Veg Rice				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				豉油王炒面 Stir-Fried Noodle with Soy Sauce				忌廉什菜薯蓉 Mixed Vegetables in Cream Sauce with Mashed Potatoes			
D	蘑菇汁猪扒意粉 Pork Chop in Mushrooms Sauce Spaghetti				茄汁鸡柳意粉 Chicken in Tomato Sauce with Spaghetti				甜咖喱鸡配饭 Chicken in Sweet Curry Sauce with Rice				忌廉汁海鲜大会配意粉 Seafood Spaghetti in Cream Sauce				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	124	92	105	112	123	146	124	105	87	99	105	108	87
Protein(g)	8	7	4	6	7	9	4	7	6	7	10	10	7	7	7	6	8	5	4	6
CHO(g)	15	14	17	14	15	15	17	14	13	14	14	13	13	14	14	14	14	18	17	14
Fat(g)	2	1	2	2	1	5	2	2	2	2	2	3	7	2	2	1	1	1	1	1

# Singapore International School (Hong Kong)

## September Menu Nutrition – Primary

	28/9				29/9				30/9			
A	豉油皇鸡亦配饭 Chicken Wings in Soy Sauce with Rice				金菇牛柳配粟米饭 Beef Slices and Shitake Mushrooms with Sweet Corn Rice				台式肉燥饭 Taiwanese Minced Pork with Rice			
B	日式蟹柳粉丝蒸蛋配饭 Steamed Eggs, Japanese Imitation Crab Stick and Vermicelli with Rice				香草白汁鸡丝配饭 Baked Shredded Chicken in Low Fat Herded Cream Sauce with Rice				香草烧鸡扒拼茨蓉 Herb Chicken with Mashed Potato			
C	炒杂菜米粉 Stir-Fried Vegetable Vermicelli				磨菇腰豆青瓜意粉 Mushrooms, Beans and Zucchini with Spaghetti				鲜枝竹罗汉斋饭 Mixed Mushrooms, Vegetables and Fresh Bean Curd with Rice			
D	烧汁猪柳配意粉 Pork Fillet in Gravy with Spaghetti				肉松豆角炒旦配饭 Minced Pork and Green Beans in Eggs with Rice				韩式牛柳丝红米饭 Korean Style Beef with Red Rice			
	A	B	C	D	A	B	C	D	A	B	C	D
Energy(kcal)	126	79	94	120	121	102	113	129	87	122	139	128
Protein(g)	7	6	5	7	8	6	6	9	6	10	11	10
CHO(g)	13	12	15	16	17	14	13	15	14	14	14	14
Fat(g)	3	1	2	3	2	2	3	3	1	3	3	3