



**MAKE YOUR VOICE HEARD**  
Every voice matters

**GIVE YOUR FEEDBACK TO US**



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**MENU MECHANISM**

All our meals are **Nuts Free**  
All our eggs are **Cage Free**  
Discover **Locally Made** products  
Savor **Low Carbon** footprint produce  
Ingredients good for **Planet & Health**

**GO & ENJOY**  
**OK BUT THINK**  
**BE CAUTIOUS**

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**



**A Healthy and Balanced Diet Every Day!**

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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.

	MONDAY 4 <sup>th</sup>	TUESDAY 5 <sup>th</sup>	WEDNESDAY 6 <sup>th</sup>	THURSDAY 7 <sup>th</sup>	FRIDAY 8 <sup>th</sup>
<b>Asian Main</b>	<b>Steamed Chicken with Black Fungi on Rice</b> 雲耳蒸鸡配白饭 	<b>Pork and Zucchini Braised Rice</b> 節瓜豬肉焗飯 	<b>Three Cups Chicken with Rice</b> 三杯鸡配白饭 	<b>Vietnam Salt and Pepper Pork Chop Rice</b> 越南椒鹽豬扒飯 	
<b>Western Main</b>	<b>Pasta Bolognese</b> 肉醬意粉 	<b>Creamy Chicken Supreme Rice</b> 白汁鸡皇飯 	<b>Roasted Pork Loin with Mashed Potatoes</b> 烤豬里脊配土豆泥 	<b>Tuna Pasta with White Sauce</b> 白汁吞拿魚意粉 	
<b>Daily Special Menu</b>	<b>Grilled Porkchop with Onion Sauce with Red Rice</b> 煎豬扒洋蔥汁紅米飯 	<b>Baked Fish Fillet with Miso &amp; Seaweed, with Rice</b> 味噌海苔烤鱼柳配白飯 	<b>Braised Beef with Gravy &amp; Potato</b> 燴牛肉配薯仔 	<b>Chicken Kebabs with Roasted Vegetables &amp; Pita Bread</b> 烤蔬菜鸡肉配皮塔餅 	
<b>Vegetarian</b>	<b>Korean Styled Rice Cake</b> 韓式年糕 	<b>Braised Tofu with Mushroom Sauce on Rice</b> 紅燒豆腐配蘑菇汁配白飯 	<b>Mushroom and Chive E-Fu Noodles</b> 香菇韭菜伊面 	<b>Vietnam Fried Rice with Vegetarian Corn, and Mixed Beans</b> 越南炒飯配玉米和雜豆 	
<b>Dessert/ Fruit</b>	<b>Orange</b> 橙 	<b>Red Bean Pudding</b> 紅豆糕 	<b>Cantaloupe</b> 哈密瓜 	<b>Sponge Cake with Chocolate Sauce</b> 朱古力海棉蛋糕 	

Study Day



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



May 11 - 15

# LUNCH MENU FOR SECONDARY



	MONDAY 11 <sup>th</sup>	TUESDAY 12 <sup>th</sup>	WEDNESDAY 13 <sup>th</sup>	THURSDAY 14 <sup>th</sup>	FRIDAY 15 <sup>th</sup>
<b>Asian Main</b>	<b>Eggplant &amp; Minced Pork with Rice</b> 茄子免治肉碎配白饭 	<b>Chicken Fillet with Celery and Rice</b> 西芹鸡柳配白饭 	<b>Braised Beef Brisket with Radish on Rice</b> 蘿蔔炆牛腩配白饭 	<b>Sweet and Sour Fish Fillet with Rice</b> 咕嚕魚塊配白饭 	<b>Steamed Sliced Pork with Pickled Mustard Tuber with Rice</b> 榨菜蒸肉片配白饭 
<b>Western Main</b>	<b>Baked Fish Fillet with Tomato Sauce on rice</b> 烤魚柳配蕃茄汁配白饭 	<b>German Sausage with Mashed Potatoes</b> 德國香腸配土豆泥 	<b>Roasted Duck Breast with Orange Sauce and Potatoes</b> 橙汁烤鴨胸配土豆 	<b>Pan-Fried Pork Loin &amp; Tomato Sauce with Pasta</b> 香煎豬里脊配蕃茄醬意面 	<b>Fish Piccata With Pasta</b> 意式香煎魚柳配意大利面 
<b>Daily Special Menu</b>	<b>Japanese Curry Chicken with Rice</b> 日式咖喱鸡配白饭 	<b>Grilled Beef Corn and Bean Quesadilla</b> 香烤牛肉, 玉米和豆墨西哥餡餅 	<b>Malaysian Curry Chicken with Rice</b> 馬拉咖喱鸡配白饭 	<b>Hainanese Chicken with Lemongrass Rice</b> 海南鸡配香茅饭 	<b>Classic Hot Dog with Roasted Potatoes</b> 經典熱狗配烤土豆 
<b>Vegetarian</b>	<b>Stir-Fried Mixed Vegetables with Udon</b> 雜菜炒烏冬 	<b>Vegetable Macaroni Cheese with French Baguette</b> 蔬菜芝士通粉配法式面包 	<b>Indonesian Stir-Fried Noodles with Vegetables</b> 蔬菜印尼炒面 	<b>Stir-Fried Short Rice Noodles with Vegetables</b> 蔬菜炒銀針粉 	<b>Char Kway Teow (Stir-Fried Rice Noodles)</b> 炒貴刁 
<b>Dessert/ Fruit</b>	<b>Apple</b> 蘋果 	<b>Mango Pudding</b> 芒果布丁 	<b>Orange</b> 橙 	<b>Mini Egg Tart</b> 迷你蛋挞 	<b>Cantaloupe</b> 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



## MONDAY 18<sup>th</sup>

## TUESDAY 19<sup>th</sup>

## WEDNESDAY 20<sup>th</sup>

## THURSDAY 21<sup>st</sup>

## FRIDAY 22<sup>nd</sup>

### Asian Main

**Braised Pork with Corn & Egg Sauce and Rice**  
粟米肉粒配白饭



**Yeung Chau Fried Rice with Ham & Chicken**  
扬州炒饭(火腿,鸡肉)



**Steamed Minced Pork with Preserved Vegetables and Rice**  
梅菜蒸肉餅配白饭



### Western Main

**Roasted Chicken Breast with Spinach Cream Sauce & Potato**  
烤鸡胸配菠菜奶油酱和土豆



**Beef Goulash with Red Rice**  
炖牛肉配红米饭



**Baked Pasta with Minced Beef and Vegetables with Brown Sauce**  
碎牛肉时蔬焗意面配酱汁



### Daily Special Menu

**Beef Rendang with Basmati Rice**  
巴東牛肉配印度香饭



**Teriyaki Chicken with Seaweed Rice**  
照烧鸡配海苔饭



**Lemon Chicken with Steamed Rice**  
西檸鸡配白饭



### Vegetarian

**Pasta with Wild Vegetarian Mushroom & Tomato Sauce**  
野菌蕃茄意大利面



**Stir-fried Rice Noodles with Mixed Vegetables**  
三絲炒瀨粉



**Xiamen Fried Rice Noodles**  
廈門炒米粉



### Dessert/ Fruit

**Watermelon**  
西瓜

**Cream Puff**  
忌廉泡芙



**Orange**  
橙

No Lunch Provided

Preparation for WOW & CAS Trips



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May 25 - 29

# LUNCH MENU FOR SECONDARY



MONDAY 25<sup>th</sup>

TUESDAY 26<sup>th</sup>

WEDNESDAY 27<sup>th</sup>

THURSDAY 28<sup>th</sup>

FRIDAY 29<sup>th</sup>

Asian  
Main

Western  
Main

Daily  
Special  
Menu

Vegetarian

Dessert/  
Fruit

The day following the Birthday of the Buddha

S1-S3 WOW Trips; DP1 Trips



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