



MAKE YOUR VOICE HEARD
Every voice matters

GIVE YOUR FEEDBACK TO US



 **SCAN THIS QR CODE**  **SPEAK TO A STAFF MEMBER**

sodexo **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!

sodexo at SCHOOL

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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.

Sep 1st to 4th

LUNCH MENU FOR PRIMARY



		TUESDAY 1 st	WEDNESDAY 2 nd	THURSDAY 3 rd	FRIDAY 4 th
Asian Main		Steamed Fish with Pork & Shiitake Mushroom on Rice 香菇肉絲蒸魚飯 	Stir-Fried Noodles with Shredded Pork and Yellow Chives 韭黃什菜肉絲炒面 	Sweet & Sour Deep-Fried Fish with Pineapple on Rice 菠蘿咕嚕魚配飯 	BBQ Pork and Scrambled Eggs with Rice 叉燒炒蛋配飯
Western Main		Balsamic Pork Loin with Roasted Potatoes 香醋豬柳配烤土豆 	Thai-Style Roasted Chicken Drumstick with Potatoes 泰式燒鸡腿配土豆 	Grilled Pork Chop with Garlic Gravy Mashed Potatoes 香蒜肉汁烤豬排配土豆泥 	Teriyaki Chicken Steak with Rice 照燒鸡扒配飯
Daily Special Menu		Grilled Chicken with Honey Mustard Sauce with Roasted Potatoes 烤鸡配蜂蜜芥末醬和烤土豆 	Grilled Duck Breast with Orange Sauce and Sauteed Potatoes 橙汁烤鴨胸配炒土豆 	Chicken Alfredo with Rice 意式奶油鸡配飯 	Spaghetti Bolognese 肉醬意粉
Vegetarian		Buddha's Delight and Rice 羅漢齋配飯 	Pasta with Pumpkin and Broccoli 南瓜西兰花意大利面 	Vegetable Mee Goreng 蔬菜印尼炒面 	Xiamen-Style Stir-Fried Vermicelli with Vegetables 厦門雜菜炒米粉
Dessert/ Fruit		Sponge Cake 海棉蛋糕 	Watermelon 西瓜 	Jelly Candy 啫喱糖 	Cantaloupe 哈密瓜



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



Sep 7th to 11th

LUNCH MENU FOR PRIMARY



MONDAY 7th

Asian
Main

Five Willow Fish Fillets
with Rice
五柳鱼块配饭



Western
Main

Char Siu Sauce Chicken
with Rice
叉烧酱雞配饭



Daily
Special
Menu

Pork Stroganoff
with Rice
奶油蘑菇猪肉配饭



Vegetarian

Spaghetti with Mixed
Vegetables and Lentil
Bolognese
雜菜扁豆醬意粉



Dessert/
Fruit

Apple
苹果

TUESDAY 8th

Kung Pao Chicken with Rice
宮保雞丁配饭



Honey Mustard
Pork Loin with
Roasted Potatoes
蜂蜜芥末猪里脊配烤土豆



Baked Fish with Tomato &
Cheese on Rice
番茄芝士烤鱼配饭



Soy Sauce Fried Rice Noodle
Roll and Vegetables
豉油王杂菜炒腸粉



Osmanthus Jelly
桂花糕



WEDNESDAY 9th

Pork with Scrambled Eggs
on Rice
滑蛋肉片饭



Chicken Fricassee with
French Bread
法式燴雞配法包



Smoked Duck Breast with
Balsamic Honey Sauce
on Rice
蜜汁黑醋烟鸭胸配饭



Mac and Cheese
with Mixed Vegetables
芝士通心粉配杂菜



Watermelon
西瓜

THURSDAY 10th

Hainanese Chicken Rice
海南鸡饭



German Sausage with
Mashed Potatoes
德國香腸配土豆泥



Soy Ginger Glazed Fish
With Rice
酱油姜汁鱼柳配饭



Char Kway Teow
(Stir-Fried Rice Noodles
with Mixed Vegetables)
杂菜炒贵刁



Chocolate Brownie
巧克力布朗尼



FRIDAY 11th

Mapo Tofu with Pork
on Rice
麻婆豆腐饭



Mediterranean-Style
Baked Fish with Rice
地中海烤鱼配饭



Teriyaki Chicken Burger
with Roasted Potatoes
板烧鸡汉堡配烤土豆



Singapore-Style Stir-Fried
Vermicelli with
Vegetables
杂菜星洲炒米粉



Cantaloupe
哈密瓜



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Sep 14th to 18th

LUNCH MENU FOR PRIMARY

sodexo

MONDAY 14th

TUESDAY 15th

WEDNESDAY 16th

THURSDAY 17th

FRIDAY 18th

Asian
Main

Creamy Corn and Diced
Pork with Rice
粟米肉粒饭



Steamed Chicken with
Fried Tofu Puffs & Black
Fungus with Rice
豆卜云耳蒸鸡饭



Japanese Curry Beef
with Seaweed Rice
日本咖喱牛肉配海苔饭



Soft-Scrambled Eggs
with Ham & Corn on
Rice
玉米火腿滑蛋饭



Western
Main

Rosemary & Garlic
Chicken Breast with
Potatoes
香草蒜蓉雞胸配土豆



Oat-Crusted Fried Fish
with Tartar Sauce over
Pasta
燕麦炸鱼配他他酱意粉



Herb-Roasted Chicken
with Mashed Potatoes
烤鸡肉配烤土豆泥



Cajun Pork Lion with
Gravy & Mashed
Potatoes
猪里脊配肉汁土豆泥



Daily
Special
Menu

Fish Curry with Potato &
Carrot on Rice
咖喱鱼土豆甘笋配饭



Vietnamese Lemongrass
Pork Chop With Rice
越式猪扒饭



Mexican Pork Stew
with Rice
墨西哥炖猪肉配饭



Roasted Fish Fillet with
Sweetcorn-Tomato Salsa &
Mashed Potatoes
玉米番茄莎莎烤鱼柳配土豆泥



Vegetarian

Shanghai Thick Noodles
上海粗炒



Mixed Vegetables and Fried
Rice
杂菜粒炒饭



Korean-Style Glass
Noodles with Mixed
Vegetables
杂菜韩式粉丝



Fried Vegetables with
Rice Noodles
素菜炒米粉



Dessert/
Fruit

Apple
苹果

Chocolate Sponge Cake
巧克力海绵蛋糕



Cantaloupe
哈密瓜

Cream Puff
奶油泡芙



Home-based
Learning Day



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Sep 21st to 25th

LUNCH MENU FOR PRIMARY



MONDAY 21st

TUESDAY 22nd

WEDNESDAY 23rd

THURSDAY 24th

FRIDAY 25th

Asian Main

Taiwanese Braised Pork
Rice with Egg
台式肉燥卤蛋饭



Baked Pork Chop with
Tomato and Red Rice
鲜茄猪扒配红米饭



Spicy Sliced Pork
on Rice (Mild Spicy)
辣猪肉片配饭 (微辣)



Grilled Pork Fillet in
Teriyaki Sauce with
Seaweed Rice
照烧猪柳配海苔饭



Mapo Tofu with Pork
on Rice
麻婆豆腐饭



Western Main

Cajun Chicken with
Roasted Potatoes
卡真鸡肉配烤土豆



Hungarian Shredded
Chicken Pasta
匈牙利鸡丝烩意面



Carbonara Pasta
卡邦尼意粉



Garlic Chicken with
Roasted Potatoes
蒜蓉鸡扒配烤土豆



Peking Pork Chop
with Rice
京都肉排配饭



Daily Special Menu

Pan-seared Herb Fish
with Herbs & Pumpkin
Puree
香草煎鱼柳配南瓜蓉



Fried Fish Fillet with
Sweetcorn Sauce on Rice
玉米汁煎鱼柳饭



Malaysian Curry Chicken
with Rice
马来咖喱鸡配饭



Herb Fish Fillet with
Cream Sauce on Rice
白汁香草鱼柳配饭



Beef Burger
with French Fries
牛肉汉堡配薯条



Vegetarian

Mixed Vegetables
Fried Short Rice Noodles
杂菜炒银针粉



Mixed Vegetables & Cheese
with Macaroni & French
Bread
蔬菜芝士通粉配法包



Vegetable Mee Goreng
蔬菜印尼炒面



Singapore Stir-Fried
Rice Noodles
星洲炒米粉



E-fu Noodles with
Mushroom & Chive
韭黄香菇炒伊府面



Dessert/ Fruit

Apple
苹果

Mini Donut
迷你甜甜圈



Cantaloupe
哈密瓜



Mini Tart
迷你蛋挞

Watermelon
西瓜



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Sep 28th to 30th

LUNCH MENU FOR PRIMARY



MONDAY 28th

Asian Main

Beef Fried Rice with Lettuce
生菜牛肉炒饭



Western Main

Piccata Pork Loin with Rice
意式酱香煎猪柳配饭



Daily Special Menu

Fish Curry with Potato & Carrot and Rice
咖喱鱼土豆甘筍配饭



Vegetarian

Shanghai Thick Noodles
上海粗炒



Dessert/ Fruit

Apple
苹果

TUESDAY 29th

Steamed Pork Patty with Corn on Rice
玉米蒸猪肉饼配饭



Rosemary & Garlic Chicken Breast with Potatoes
香草蒜蓉雞胸配土豆



Nyonya Chicken with Rice
娘惹鸡配饭



Yaki Udon
日式炒乌冬



Chocolate Sponge Cake
巧克力海棉蛋糕



WEDNESDAY 30th

Minced Beef and Mushroom in Steamed Eggs with Rice
香菇碎牛肉蒸蛋配饭



Tomato Bacon & Sausage Pasta
鲜茄培根香肠意大利面



Deep-Fried Lemon Chicken with Rice
西柠鸡配饭



Char Kway Teow (Stir-Fried Rice Noodles)
炒贵刁



Cantaloupe
哈密瓜



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