



新加坡国际学校(香港)
SINGAPORE INTERNATIONAL SCHOOL (HONG KONG)
ESTD 1991

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COMPASS HK

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COMPASS HK GROUP

Lunch Menu November 2024






Monday

Tuesday

Wednesday

Thursday

Friday

		01 Nov
Meal A		Yuzu Chicken with Rice 和风柚子鸡扒饭
Meal B		Pork Meatballs in Tomato Sauce Spaghetti 西西里鲜茄肉丸意粉 
Meal C 		Vegetable Lasagne 素菜千层面 
Meal D		Pork Patty Burger with Wedges 猪柳汉堡配薯角 
Fresh Fruit/ Dessert		Chocolate Sponge Cake / Fruit 巧克力海绵蛋糕 / 水果 

Remark: Students can request Fresh Fruit instead of Dessert.

备注：学生可要求水果代替甜品。



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



All meals are nut-free
所有食物均不含堅果



Egg Alert
含蛋類



Dairy Alert
含奶類



Soy Alert
含大豆



Fish Alert
含魚類



Shellfish Alert
含貝殼類海鮮



Wheat Alert
含小麥

Lunch Menu November 2024

	Monday 04 Nov (P1- P5 Order Only)	Tuesday 05 Nov (P1- P5 Order Only)	Wednesday 06 Nov (P1- P5 Order Only)	Thursday 07 Nov (P1- P5 Order Only)	Friday 08 Nov (P1- P5 Order Only)
Meal A	HK Style Curry Chicken Red Rice 港式咖喱鸡红米饭 	Stir-fried Long Beans & Minced Pork Brown Rice 肉碎炒四季豆糙米饭 	Egg Foo Young Red Rice 芙蓉蛋红米饭 	Lo Han Vegetables & Tofu with sliced pork Brown Rice 罗汉豆腐肉片糙米饭 	Braised Sliced Beef and Turnip with Rice 萝卜牛肉配饭 
Meal B	Pork Chop in Onion Sauce with Rice 洋葱汁猪扒配饭 	Italian Beef lasagne 意式牛肉千层面 	Spanish Chicken Paella 鸡肉西班牙炖饭	Barbecue Chicken with Rice 烧烤酱鸡脾肉配饭 	Lemon Chicken with Brown Rice 香草柠檬烤鸡配糙米饭 
Meal C	Hungarian Babgulyas Mushroom & Bean Goulash with Spaghetti 匈牙利炖菜配意粉 	Low-Fat Mixed Mushroom Risotto 低脂杂菌意大利饭 	Tomato Cheese Pizza with French Fries 番茄芝士薄饼配薯条 	Broccoli & Cheddar Frittata with Baked Potato 西兰花芝士焗蛋配薯粒 	Scrambled Onion, Green Bean & Egg with Rice 洋葱四季豆炒蛋配饭 
Meal D	Shrimp Spaghetti with Avocado Pesto Sauce 香草酱虾牛油果螺丝粉 	Bacon, Lettuce Tomato Sandwich with Sweet Corn 培根生菜番茄三明治 配玉米沙拉 	Baked Spinach Mushroom & Smoked Duck Penne in White Sauce 焗白汁菠菜鸭胸长通粉 	Ham Salad Roll with Sweet Corn Salad 火腿沙拉卷配玉米沙拉 	New York Hotdog (with Onion) with Roasted Potato Wedges 纽约热狗(洋葱)配烤薯角 
Fresh Fruit/ Dessert	Apple 苹果	Milk Pudding / Fruit 牛奶布丁 / 水果 	Orange 橙	Mixed Fresh Fruit 杂果	Jelly / Fresh Fruit 啫喱  / 水果

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	Monday 11 Nov	Tuesday 12 Nov	Wednesday 13 Nov	Thursday 14 Nov	Friday 15 Nov
Meal A	Steamed Mushroom & Pork Patty with Rice 冬菇蒸肉饼配饭   	Bean Curd, Diced Pork and Corn in Scrambled Egg Sauce with Rice 滑蛋粟米肉粒豆腐配饭  	Stir Fried Beef, Onion & Tomato with Rice 鲜茄洋葱牛肉片饭  	Stir fried Spaghetti with Black Pepper & Beef 港式牛柳炒意粉  	Lettuce & Shredded Beef Fried Rice 生炒牛肉饭   
Meal B	Smoky Chicken with Macaroni 蕃茄香熏鸡肉配通粉  	Shak Shuka Fish Fillet with Rice 番茄蔬菜炖鱼柳配饭   	Korean Fried Chicken with Potato Cube 韩式炸鸡配烤薯粒   	Chicken Biryani 印度鸡肉香饭  	Roasted Pork Chop with Herbs & Rice 意式香草猪扒配饭  
Meal C 	Margarita Pizza with Sweet Corn 玛格丽特薄饼配粟米粒   	Italian Aubergine Parmigiana with Pasta 意式烤千层茄子配意粉   	Mushroom, Pea & Parmesan Risotto 蘑菇青豆芝士意大利饭 	 Sustainable Dish Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕噜素肉丸配糙米饭   	Veggie Egg Fu Yong & Brown Rice 素芙蓉蛋配糙米饭   
Meal D	Stir-fried Beef, Broccoli & Cauliflower with Rice 双花炒牛肉配饭   	Baked Rice & Duck Breast with Tomato Sauce 焗鲜茄鸭胸饭   	Fujian Fried Rice 福建炒饭    	Chicken Sandwich with Sweet Potato Salad 白汁鸡肉三明治配甘薯沙拉   	Peruvian Spiced Grilled Chicken Burger with French Fries 秘鲁红椒鸡扒汉堡配薯条  
Fresh Fruit/ Dessert	Apple 苹果	Egg Tart / Fruit 蛋挞 / 水果    	Cantaloupe 哈密瓜	Orange 橙	Milk Pudding / Fruit 牛奶布丁 / 水果 

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Lunch Menu November 2024

	Monday 18 Nov	Tuesday 19 Nov	Wednesday 20 Nov	Thursday 21 Nov	Friday 22 Nov
Meal A	Honey Glazed BBQ Pork with Rice 蜜汁叉烧配饭  	Stir fried Beef Udon 牛肉片炒乌冬  	Stir-fried Chicken with Leek with Red Rice 京葱鸡肉红米饭   	Vietnamese Lemongrass Porkchop with Red Rice 越式香茅猪扒配红米饭   	3D Conference Day (Primary) / PTC (PY)
Meal B	Spaghetti Bolognese 肉酱意粉  	Miso-Caramel Fish with Rice 味噌焦糖鱼柳配饭    	Fish and Chips 炸鱼薯条   	Butter Chicken and Rice 印度牛油鸡配饭  	
Meal C 	Vegetarian Hachi 素菜芝士焗薯蓉 	Broccoli Mac & Cheese 焗芝士西兰花通粉  	Mixed Mushroom Risotto 杂菌意大利饭 	Scrambled Egg with Mushroom & Rice 蘑菇炒蛋配饭 	
Meal D	Ham & Cheese Sandwich with Pumpkin Salad 芝士火腿三文治 南瓜沙拉    	Egg Salad Sandwich with Sweet Corn Salad 蛋沙拉三文治 配玉米沙拉    	Baked Rice & Pork Chop with Onion Gravy 焗洋葱猪排饭    	Duck Breast Cucumber Croissant with Pumpkin Salad 鸭胸牛角包配南瓜沙拉    	
Fresh Fruit/ Dessert	Apple 苹果	Chocolate Sponge Cake / Fruit 巧克力海绵蛋糕 / 水果    	Orange 橙	Cantaloupe 哈密瓜	

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	Monday 25 Nov	Tuesday 26 Nov	Wednesday 27 Nov	Thursday 28 Nov	Friday 29 Nov
Meal A	Sweet and Sour Fish with Rice 糖醋鱼柳配饭 	Fried Rice Vermicelli in Singapore Style (no seafood) (Less Oil) 星洲炒米 (不含海鲜) (少油) 	Hainanese Chicken with Rice 海南鸡配饭 	Sautéed Zucchini and Chicken with Rice 翠肉瓜炒鸡柳配饭 	Yeung Chow Fried Rice (No Seafood) 扬州炒饭 (不含海鲜) 
Meal B	Baked Italian Tomato Chicken with Spaghetti 焗意式番茄鸡肉配意粉 	Pork Sausage and Mashed Potato 烤猪肉肠配薯蓉 	Beef Chilli Con Carne with Rice (no spicy) 墨西哥肉酱配饭 (不辣) 	Tandoori Fish with Rice 天多利鱼块配饭 	Baked Sole Fillet Rice with Tomato Sauce 焗鲜茄鱼柳饭 
Meal C 	Tofu Burger with Roasted Potato Cubes 豆腐汉堡配烤薯粒 	Mushroom Stroganoff with Rice 俄式蘑菇汁配饭 	Indian Sweet Potato Curry with Rice 印度咖哩甜薯配饭 	Braised E-Fu Noodle with Mushroom 干烧伊面 	Tomato & Kidney Beans Stew with Pasta 意式蕃茄红腰豆意粉 
Meal D	Smoked Chicken Breast and Cucumber Wrap with Sweetcorn Salad 烟鸡胸青瓜卷配玉米沙拉 	Baked Napoleon Spaghetti 焗拿破仑意粉 	Baked Tuna Macaroni and Cheese 芝士焗吞拿鱼通粉 	Smoked Duck Breast with Cherry Tomato with Spaghetti 烟鸭胸车厘茄炒意粉 	BBQ Chicken Pizza & French Fries 烤鸡薄饼配薯条 
Fresh Fruit/ Dessert	Apple 苹果	Blueberry Pastry / Fruit 蓝莓酥 / 水果 	Orange 橙	Mixed Fresh Fruit 杂果	Jelly / Fresh Fruit 啫喱  / 水果

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