

Secondary SCHOOL MENU



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

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COMPASS HK GROUP

聲明: 儘管我們已採取一切措施確保廚房內的交叉污染最小化, 但可能會出現我們無法控制的情況, 並可能改變所提供過敏原信息的準確性。因此, 我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。
DISCLAIMER: Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights.

Lunch Menu November 2024






Monday

Tuesday

Wednesday

Thursday

Friday

		01 Nov
<u>Meal</u> A		Yuzu Chicken with Rice 和风柚子鸡扒饭
<u>Meal</u> B		Pork Meatballs in Tomato Sauce Spaghetti 西西里鲜茄肉丸意粉 
<u>Meal</u> C 		Vegetable Lasagne 素菜千层面 
<u>Meal</u> D		Pork Patty Burger with Wedges 猪柳汉堡配薯角 
<u>Meal</u> E		Japanese Style Pork Cartilage in Udon Soup 日式猪软骨汤乌冬 



Eat More
适宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



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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	Tuesday 05 Nov	Wednesday 06 Nov	Thursday 07 Nov	Friday 08 Nov
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 烧烤酱鸡腩肉配饭  	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    	Baked Sole Fillet & Corn with Macaroni in Creamy Sauce 白汁芝士玉米鱼柳焗通粉     	Baked Spinach Mushroom & Smoked Duck Penne in White Sauce 焗白汁菠菜鸭胸长通粉  	Baked Fish & Rice in Black Pepper Sauce 焗黑椒鱼柳饭    	New York Hotdog (with Onion) with Roasted Potato Wedges 纽约热狗(洋葱)配烤薯角    
Meal E	Vietnamese Style Pork Neck with Rice Noodle 越式猪颈肉河粉     	BBQ Pork Noodle Soup 叉烧汤面    	Fish Ball & Tofu Puff Noodle in Curry Soup (with coconut) 鱼片豆卜咖喱面(含椰子)       	Oden Udon 关东煮乌冬     	Scallop Tempura in Udon Soup 吉列炸带子乌冬      



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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 Veggies 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   	Baked Macaroni with Sweet Corn & Tuna 粟米吞拿鱼芝士焗通粉    	Peruvian Spiced Grilled Chicken Burger with French Fries 秘鲁红椒鸡扒汉堡配薯条  
Meal E	Grilled Pork Chop Vermicelli 香烤猪排檬粉   	Shredded Pork with Vegetable Rice Vermicelli Soup 时菜肉丝汤米粉  	Japanese Pork Curry Udon Soup 日式咖喱猪肉汤乌冬   	Duck Breast and Macaroni in Tomato Soup 烟鸭胸罗宋汤通心粉  	Beef Balls & Fish Balls in Rice Vermicelli Soup 牛丸鱼丸汤米粉   



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	Monday 18 Nov	Tuesday 19 Nov	Wednesday 20 Nov	Thursday 21 Nov	Friday 22 Nov
<u>Meal</u> 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   	E-Learning Day
<u>Meal</u> 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  	
<u>Meal</u> 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 	
<u>Meal</u> D	Baked Napoleon Spaghetti 焗拿破仑意粉   	Baked Seafood with Rice in Cream Sauce 焗白汁海鲜饭     	Baked Rice & Pork Chop with Onion Gravy 焗洋葱猪排饭    	Duck Breast Cucumber Croissant with Sweet Corn 鸭胸牛角包配玉米粒    	
<u>Meal</u> E	Crab Stick & Fish Cake in Garlic Soup 蟹柳鱼饼蒜香拉面    	Spicy Pork in Korean Style Soup 韩式辣猪肉汤面  	Roasted Beef Rice Noodles 越式烧牛肉汤河      	Beef Brisket with Rice Vermicelli Soup 牛腩汤米粉   	



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	Monday 25 Nov	Tuesday 26 Nov	Wednesday 27 Nov	Thursday 28 Nov	Friday 29 Nov
Meal A	<p>Sweet and Sour Fish with Rice 糖醋鱼柳配饭</p> 	<p>Fried Rice Vermicelli in Singapore Style (no seafood) (Less Oil) 星洲炒米 (不含海鲜) (少油)</p> 	<p>Hainanese Chicken with Rice 海南鸡配饭</p> 	<p>Sautéed Zucchini and Chicken with Rice 翠肉瓜炒鸡柳配饭</p> 	<p>Yeung Chow Fried Rice (No Seafood) 扬州炒饭 (不含海鲜)</p> 
Meal B	<p>Baked Italian Tomato Chicken with Spaghetti 焗意式番茄鸡肉配意粉</p> 	<p>Pork Sausage and Mashed Potato 烤猪肉肠配薯蓉</p> 	<p>Beef Chilli Con Carne with Rice (no spicy) 墨西哥肉酱配饭 (不辣)</p> 	<p>Tandoori Fish with Rice 天多利鱼块配饭</p> 	<p>Baked Sole Fillet Rice with Tomato Sauce 焗鲜茄鱼柳饭</p> 
Meal C	<p>Tofu Burger with Roasted Potato Cubes 豆腐汉堡配烤薯粒</p> 	<p>Mushroom Stroganoff with Rice 俄式蘑菇汁配饭</p> 	<p>Indian Sweet Potato Curry with Rice 印度咖哩甜薯配饭</p> 	<p>Braised E-Fu Noodle with Mushroom 干烧伊面</p> 	<p>Tomato & Kidney Beans Stew with Pasta 意式蕃茄红腰豆意粉</p> 
Meal D	<p>Salmon with Cherry Tomato with Spaghetti 三文鱼车厘茄炒意粉</p> 	<p>Baked Pumpkin & Chicken with Penne 焗南瓜鸡肉长通粉</p> 	<p>Baked Tuna Macaroni and Cheese 芝士焗吞拿鱼通粉</p> 	<p>Baked Hungarian Beef with Rice 焗匈牙利牛肉饭</p> 	<p>BBQ Chicken Pizza & French Fries 烤鸡薄饼配薯条</p> 
Meal E	<p>Fish Bean Roll in Rice Vermicelli Soup 鱼肉春卷汤米粉</p> 	<p>Japanese Style Beef in Udon Soup 日式牛肉汤乌冬</p> 	<p>Veg & Pork Dumplings with Noodle in Soup 菜肉饺汤面</p> 	<p>Japanese BBQ Pork in Soup Ramen 日式义烧汤拉面</p> 	<p>Scallop Tempura in Udon Soup 吉列炸带子乌冬</p> 



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