



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



ALLERGEN DAIRY



ALLERGEN EGG



ALLERGEN GLUTEN



VEGETARIAN



VEGAN



MILD SPICY



ALLERGEN SHELLFISH

A Healthy and Balanced Diet Every Day!

sodexo at SCHOOL

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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.

Aug 18th to 21st

LUNCH MENU FOR SECONDARY



		TUESDAY 18 th	WEDNESDAY 19 th	THURSDAY 20 th	FRIDAY 21 st
Asian Main		Grilled Pork Fillet in Teriyaki Sauce with Seaweed Rice 照烧猪柳配海苔饭	Salt and Pepper Pork Chops with Rice 椒盐猪扒配饭	Three Cups Chicken with Rice 三杯鸡饭	Steamed Pumpkin with Pork Loin on Rice 南瓜蒸猪柳配饭
Western Main		Garlic Chicken with Roasted Potatoes 蒜蓉鸡扒配烤土豆	Tuna Pasta with White Sauce 白汁吞拿鱼意面	Roasted Pork Loin with Mashed Potatoes 烤猪柳配土豆泥	Roasted Duck Breast with Orange Sauce and Roasted Potatoes 橙汁烤鸭胸配烤土豆
Daily Special Menu		Steamed Herb Fish Fillet with Cream Sauce on Rice 白汁香草鱼柳配饭	Roasted Chicken with Onion Sauce and Baked Potatoes 洋葱汁烤鸡配烤土豆	Baked Fish Fillet with Tomato Sauce on Rice 番茄汁烤鱼柳配白饭	Fish and Chips with Tartar Sauce 炸鱼薯条配塔塔酱
Vegetarian		Singapore-Style Stir-Fried Rice Noodles 星洲炒米粉	Mushroom and Chive E-Fu Noodles 香菇韭黄伊府面	Fukien Fried Rice with Corn, and Mixed Beans 福建炒饭配玉米和雜豆	Shanghai Thick Noodles 上海粗炒
Dessert/ Fruit		Sponge Cake 海绵蛋糕	Cantaloupe 哈密瓜	Jelly Candy 啫喱糖	Watermelon 西瓜



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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



Aug 24th to 28th

LUNCH MENU FOR SECONDARY



MONDAY 24th

TUESDAY 25th

WEDNESDAY 26th

THURSDAY 27th

FRIDAY 28th

Asian Main

Eggplant & Minced Pork
on Rice
茄子肉碎配飯



Teriyaki Chicken Fillet
on Rice
照燒雞柳飯



Braised Beef Brisket
with Radish on Rice
萝卜焖牛腩飯



Sweet and Sour Fish
Fillet on Rice
咕嚕魚块飯



BBQ Pork and Scrambled
Eggs with Rice
叉燒炒蛋配白飯



Western Main

Japanese Curry Chicken
with Rice
日式咖喱雞配飯



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



Baked Fish with Corn
Tomato Salsa &
Potatoes
粟米蕃茄沙沙烤魚配土豆



Pan-Fried Pork Loin
with Pasta
煎豬柳配意面



Fish Piccata with Pasta
意式香煎魚柳配意大利面



Daily Special Menu

Pasta with Bacon, Cherry
Tomatoes, and Spinach
煙肉菠菜車厘茄意面



Fried Rice with
Minced Beef
生炒牛肉飯



Malaysian-Style Curry
Chicken with Rice
马来咖喱雞配飯



Hainanese Chicken with
Lemongrass Rice
海南雞配香茅飯



Classic Hot Dog
with Roasted Potatoes
经典热狗配烤土豆



Vegetarian

Stir-Fried Mixed
Vegetables with Udon
雜菜炒烏冬



Vegetable Macaroni Cheese
with French Baguette
雜菜芝士通粉配法式麵包



Indonesian Stir-Fried
Noodles with Vegetables
雜菜印尼炒麵



Stir-Fried Short Rice
Noodles with Vegetables
雜菜炒銀針粉



Char Kway Teow
(Stir-Fried Rice Noodles)
炒貴刁



Dessert/ Fruit

Apple
蘋果

Cream Puff
奶油泡芙



Orange
橙

Chocolate Brownie
巧克力布朗尼



Cantaloupe
哈密瓜



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Aug 31st

LUNCH MENU FOR SECONDARY



MONDAY 31st

Asian
Main

Creamy Corn & Diced Pork
on Rice
粟米肉粒飯



Western
Main

Roasted Chicken &
Potatoes with
Onion Sauce
洋葱汁烤鸡配土豆



Daily
Special
Menu

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



Vegetarian

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



Dessert/
Fruit

Watermelon
西瓜



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