



MAKE YOUR VOICE HEARD
Every voice matters

GIVE YOUR FEEDBACK TO US



SCAN THIS QR CODE | SPEAK TO A STAFF MEMBER

sodexo MENU MECHANISM

NUTS FREE
All our meals are Nuts Free

CAGE FREE
All our eggs are Cage Free

MADE IN HONG KONG
Discover Locally Made products

GROWN LOCALLY
Savor Low Carbon footprint produce

50 FUTURE FOOD
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 | VE VEGETARIAN | VEG VEGAN | MILD SPICY | ALLERGEN SHELLFISH

A Healthy and Balanced Diet Every Day!

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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.

Nov 2 - 6

LUNCH MENU FOR SECONDARY



	MONDAY 2 nd	TUESDAY 3 rd	WEDNESDAY 4 th	THURSDAY 5 th	FRIDAY 6 th
Asian Main	Stir-fried Long Beans & Minced Pork Brown Rice 肉碎炒四季豆糙米饭  	Grilled Pork Fillet in Teriyaki Sauce with Seaweed Rice 照烧猪柳配海苔饭  	Salt and Pepper Pork Chop Rice 椒盐猪扒配白饭  	Three-Cup Chicken with Rice 三杯鸡配白饭  	Steamed Pumpkin with Pork Loin on Rice 南瓜蒸猪里脊配白饭  
Western Main	Lemon Herb Chicken with Rice 香草柠檬烤鸡配白饭  	Garlic Chicken with Roasted Potatoes 蒜蓉鸡扒烤土豆泥  	Tuna Pasta with White Sauce 白汁吞拿鱼意大利面    	Roasted Pork Loin with Mashed Potatoes 烤猪里脊配土豆泥  	Roasted Chicken with Roasted Potatoes & Onion Sauce 烤鸡配洋葱烤土豆泥  
Daily Special Menu	Carbonara Pasta 卡邦尼意大利面   	Steamed Herb Fish Fillet with Cream Sauce on Rice 白汁香草鱼柳配白饭    	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 烤鱼柳配番茄汁配白饭    	Ham & Sausage Pizza 火腿肠仔披萨    
Vegetarian	Vegetables Fried Rice Noodles 素菜炒河粉   	Singapore Stir-fried Noodles 星洲炒米粉   	Mushroom and Chive E-Fu Noodles 香菇韭菜伊面   	Fukien Fried Rice with Corn and Mixed Beans 福建炒饭配玉米和杂豆   	Shanghai Thick Noodles 上海粗炒   
Dessert/ Fruit	Apple 蘋果   	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



Nov 9 - 13

LUNCH MENU FOR SECONDARY



	MONDAY 9 th	TUESDAY 10 th	WEDNESDAY 11 th	THURSDAY 12 th	FRIDAY 13 th
Asian Main	Eggplant & Minced Pork with Rice 茄子肉碎配白饭 	Stir-fried Chicken Fillet & Celery with Rice 西芹鸡柳配白饭 	Korean Fried Chicken with Roasted Potato Cubes 韩式炸鸡配烤薯粒 	Sweet and Sour Fish Fillet with Rice 咕嚕鱼塊配白饭 	Mapo Tofu with Minced Pork on Rice 麻婆豆腐配白饭
Western Main	Beef Lasagna 牛肉千层面 	German Sausage with Mashed Potatoes 德国香肠配土豆泥 	Cajun Pork Loin with Gravy & Mashed Potatoes 豬里脊配肉汁土豆泥 	Pan-Fried Pork Loin with Pasta 煎豬里脊配意大利面 	Fish Piccata with Pasta 意式香煎鱼柳配意大利面
Daily Special Menu	Japanese Curry Chicken with Rice 日式咖喱鸡配白饭 	Malaysian Curry Chicken with Rice 马拉咖喱鸡配白饭 	Fried Rice with Minced Beef 生炒牛肉饭 	Hainanese Chicken with Lemongrass Rice 海南鸡配香茅饭 	Classic Hot Dog with Roasted Potatoes 经典熱狗配烤土豆
Vegetarian	Stir-Fried Mixed Vegetables with Udon 杂菜炒乌冬 	Vegetable Macaroni Cheese with French Baguette 蔬菜芝士通心粉配法式面包 	Korean Style Mushroom Japchae 韩式香菇炒粉丝 	Stir-Fried Short Rice Noodles with Vegetables 蔬菜炒銀針粉 	Char Kway Teow (Stir-Fried Rice Noodles) 炒貴刁
Dessert/ Fruit	Apple 蘋果	Cream Puff 奶油泡芙 	Watermelon 西瓜	Chocolate Brownie 巧克力布朗尼 	Cantaloupe 哈密瓜



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Nov 16 - 20

LUNCH MENU FOR SECONDARY



	MONDAY 16 th	TUESDAY 17 th	WEDNESDAY 18 th	THURSDAY 19 th	FRIDAY 20 th
Asian Main	Stir-fired Shredded Chicken & Dried Tofu with Celery on Rice 西芹豆干炒鸡丝配白饭 	Stir-fried Beef, Onion & Tomato with Rice 鲜茄洋葱牛肉片配白饭 	Braised Potato & Chicken with Rice 土豆炖鸡配白饭 	Yeung Chow Fried Rice (No Seafood) (Less Oil) 扬州炒饭 (不含海鲜) 	Stir-fried Pork Slice and Scrambled Egg with Red Rice 滑蛋肉片配红米饭
Western Main	Baked Fish Fillet with Miso & Seaweed with Rice 味噌海苔配烤鱼柳配白饭 	Thai Roasted Chicken Drumstick with Potatoes 泰式烧鸡腿配土豆 	Roasted Duck Breast with Orange Sauce and Roasted Potatoes 橙汁烤鸭胸配烤土豆 	Chicken Fricassee with French Bread 法式烩鸡配法包 	Mediterranean Baked Fish with Steamed Rice 地中海烤鱼配白饭
Daily Special Menu	Beef Rendang with Basmati Rice 巴东牛肉配印度香饭 	Steamed Fish Fillet with Ham and Mushroom on Rice 火腿香菇蒸鱼配白饭 	Roasted Fish Fillet with Sweet Corn, Tomato Salsa & Mashed Potatoes 玉米番茄莎莎烤鱼柳配土豆泥 	Baked Fish Fillet with Creamy Spinach & Mashed Potatoes 奶油菠菜鱼配土豆泥 	Char Siu Sauce Chicken With Steamed Rice 叉烧酱鸡配白饭
Vegetarian	Vegetarian Bolognese Pasta 素肉酱意大利面 	Vegetable Curry with Naan Bread 蔬菜咖喱配烤饼 	Indonesian Stir-Fried Noodles with Vegetables 蔬菜印尼炒面 	Stir-fried Vermicelli with Vegetables in Xiamen Style 杂菜厦门炒米粉 	Soy Fried Rice Noodle Roll and Vegetables 豉油皇杂菜炒肠粉
Dessert/ Fruit	Apple 蘋果 	Waffie 	Watermelon 西瓜	Sponge Cake 海绵蛋糕 	Cantaloupe 哈密瓜



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Nov 23 - 27

LUNCH MENU FOR SECONDARY



MONDAY 23rd

Asian Main

Stir-Fried Noodles with Shredded Pork and Yellow Chives
韭黄杂菜肉丝炒面



Western Main

Herb Fish Fillet in Cream Sauce with Rice
白汁香草鱼柳配白饭



Daily Special Menu

Deep-fried Lemon Chicken with Steamed Rice
西柠鸡配白饭



Vegetarian

Mac and Cheese with Mixed Vegetables
芝士通心粉配混合蔬菜



Dessert/ Fruit

Apple
蘋果

TUESDAY 24th

Taiwanese Minced Pork and Mushroom with Rice
台式肉燥配白饭



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



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



Stir-fried Rice Noodles with Mixed Vegetables
三丝炒麵粉



Sponge Cake
海棉蛋糕



WEDNESDAY 25th

Staff Professional Development Day / e-Learning Day

THURSDAY 26th

Peking Pork Chop with Steamed Rice
京都排骨配白饭



Spaghetti Bolognese
肉酱意大利面



Thai-Style Grilled Duck with Roasted Potatoes
泰式烤鸭胸配烤土豆



Stir-fried Rice Noodles with Pickled Vegetables & Tofu
雪菜豆干炒米粉



Jelly Candy
啫喱糖



FRIDAY 27th

Steamed Chicken with Black Fungus & Dried Lily Buds on Rice
金针云耳蒸鸡配白饭



Roasted Pork Loin with Roasted Potatoes
烧猪里脊配烤土豆



Beef Burger with Baked Potatoes
牛肉汉堡包配烤土豆



Scrambled Egg with Tomato on Red Rice
番茄炒蛋配红米饭



Cantaloupe
哈密瓜



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Nov 30

LUNCH MENU FOR SECONDARY



MONDAY 30th

Asian
Main

Thai Basil Minced Beef
with Rice
泰式牛肉碎配白饭



Western
Main

Roasted Chicken with
Onion Sauce & Roasted
Potatoes
烤鸡配洋葱烤土豆



Daily
Special
Menu

Stir-fired Sliced Pork with
Lotus Root & Black
Fungus on Rice
莲藕云耳炒猪肉片配白饭



Vegetarian

Wild Mushroom & Tomato
Sauce Pasta
野菌番茄意大利面



Dessert/
Fruit

Apple
蘋果



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