



MAKE YOUR VOICE HEARD
Every voice matters

GIVE YOUR FEEDBACK TO US



SCAN THIS QR CODE SPEAK TO A STAFF MEMBER

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
- HK GROWN LOCALITY**: Savor Low Carbon footprint produce
- 50 FUTURE FOOD**: Ingredients good for Planet & Health

GO & ENJOY (Green light)
OK BUT THINK (Yellow light)
BE CAUTIOUS (Red light)

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
- VE 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.

June 1st to 5th

LUNCH MENU FOR SECONDARY



| | MONDAY 1 st | TUESDAY 2 nd | WEDNESDAY 3 rd | THURSDAY 4 th | FRIDAY 5 th |
|---------------------------|---|--|--|--|---|
| Asian Main | | Steamed Fish with Pork & Shiitake Mushroom Steamed Rice 香菇肉絲蒸魚配白飯    | Stir-fried Noodles with Shredded Pork and Yellow Chives 韭黃什菜肉絲炒面    | Sweet and Sour Deep-Fried Fish with Steamed Rice 菠蘿咕嚕魚配白飯    |   BBQ Pork Scrambled Egg with Steamed Rice 叉燒炒蛋配白飯    |
| Western Main | | Balsamic Pork Loin with Roasted Potatoes 香醋豬里脊配烤土豆   | Thai 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   | Turkish Kofte with Steamed Rice 土耳其肉丸配白飯  |
| Daily Special Menu | Marking Day for EOY Exams | | | | |
| Vegetarian | Grilled Chicken with Honey Mustard Sauce with Roasted Potatoes 烤鸡配蜂蜜芥末醬和烤土豆  | Beef Chilli Corn Carne With Rice (Non-spicy) 椒香牛肉配白飯 (不辣)   | Char Siu Sauce Chicken With Rice 叉燒醬雞配白飯   | Turkish Style Chicken with Steamed Rice 土耳其雞肉配白飯  | |
| | Buddha's Delight and Steamed Rice 羅漢齋配白飯    | Pasta with Pumpkin and Broccoli 南瓜西兰花意大利面    | Vegetable Mee Goreng 蔬菜印尼炒麵     | Stir Fried Vermicelli Xiamen Style 雜菜廈門炒米粉    | |
| Dessert/ Fruit | Sponge Cake 海棉蛋糕    | Watermelon 西瓜 | Jelly Candy 啫喱糖  | Cantaloupe 哈密瓜 | |



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



Jun 8th to 12th

LUNCH MENU FOR SECONDARY



Asian Main

MONDAY 8th

Five Willow Fish Fillets with Steamed Rice
五柳魚块配白饭



TUESDAY 9th

Kung Pao Chicken with Rice
宮保雞丁配白饭



WEDNESDAY 10th

Pork with Scrambled Eggs on Rice
滑蛋肉片饭



THURSDAY 11th

Hainanese Chicken Rice
海南鸡饭



FRIDAY 12th

Mapo Tofu with Rice
麻婆豆腐配白饭



Western Main

Pork Stroganoff with Rice
俄式烩猪肉配白饭



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



Chicken Fricassee with French Bread
法式烩雞配法包



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



Mediterranean baked Fish and Steamed Rice
地中海烤鱼配白饭



Daily Special Menu

Korean Honey Roasted Chicken With Rice
韩式蜜糖烤雞配白饭



Baked Fish With Tomato & Cheese, Steamed Rice
番茄芝士烤鱼配白饭



Smoked Duck Breast With Balsamic and Honey, Steamed Rice
煙鴨胸配白饭



Soy Ginger Glazed Fish With Steamed Rice
醬油薑汁魚柳配白饭



Teriyaki Chicken Burger with Roasted Potatoes
板燒雞漢堡配烤土豆



Vegetarian

Spaghetti with mixed Vegetables and Lentil Bolognese
杂菜肉醬意大利面



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



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



Char Kway Teow (Stir-Fried Rice with Mixed Vegetables Noodles)
杂菜炒青刁



Stir Fried Vermicelli With Vegetables in Singaporean Style
杂菜星洲炒米粉



Dessert/ Fruit

Apple
苹果

Osmanthus Cake
桂花糕



Watermelon
西瓜

Mini Egg Tart
迷你蛋挞



Cantaloupe
哈密瓜



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Jun 15th to 17th

LUNCH MENU FOR SECONDARY



MONDAY 15th

Cream Corn with Pork & Rice
粟米肉粒饭



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



Fish Curry with Potatoes & Carrots with Steamed Rice
咖喱魚甘筍配白饭



Shanghai-style Stir-Fired Thick Noodles
上海粗炒



Apple
苹果

TUESDAY 16th

Fried Tofu Puffs & Black fungus with Steamed Chicken Rice
豆卜雲耳蒸雞配白饭



Oat-Crusted Fried Fish with Tartar Sauce, Pasta Aglio e Olio
燕麥脆炸魚柳配他他醬和意大利面



Vietnamese Lemongrass Pork Chop With Rice
越式豬扒饭



Mixed Vegetables and Fried Rice
杂菜粒炒饭



Chocolate Sponge Cake
朱古力海棉蛋糕



WEDNESDAY 17th

Steamed Egg with Minced Beef and Mushrooms with Rice
香菇碎牛肉蒸蛋配白饭



Herb-Roasted Chicken with Mashed Potatoes
烤雞肉配烤土豆泥



Mexican Pork Stew with Rice
墨西哥燉豬肉配白饭



Vegetables Korean Stir-Fried Glass Noodles
杂菜炒韓式粉絲



Cantaloupe
哈密瓜

THURSDAY 18th

FRIDAY 19th

Summer Break

Asian Main

Western Main

Daily Special Menu

Vegetarian

Dessert/ Fruit



GO & ENJOY

OK BUT THINK

BE CAUTIOUS



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