



**MAKE YOUR VOICE HEARD**  
Every voice matters

**GIVE YOUR FEEDBACK TO US**



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**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.

Mar 2<sup>nd</sup> to 6<sup>th</sup>

# LUNCH MENU FOR SECONDARY



	MONDAY 2 <sup>nd</sup>	TUESDAY 3 <sup>rd</sup>	WEDNESDAY 4 <sup>th</sup>	THURSDAY 5 <sup>th</sup>	FRIDAY 6 <sup>th</sup>
<b>Asian Main</b>	<b>Japanese Curry Beef Cube with Seaweed Rice</b> 日式咖喱牛肉粒配海苔饭 	<b>Lychee Sweet &amp; Sour Pork with Rice</b> 荔枝咕嚕肉配白饭 	<b>Shanghai Style Braised Meat Ball with Rice</b> 上海红烧獅子球配白饭 	<b>Hainanese Chicken Rice</b> 海南鸡配白饭 	<b>Vietnamese Garlic Butter Chicken with Vietnam Vermicelli</b> 越式牛油鸡配越式捞檬粉 
<b>Western Main</b>	<b>Cajun Pork Lion with Gravy and Mashed Potato</b> 猪里脊配肉汁和土豆泥 	<b>Thai Roasted Chicken Drumstick with Stir-fried Shredded Potato and Onion</b> 泰式燒鸡腿配洋葱炒薯絲 	<b>Grilled Duck Breast with Orange Sauce and Sautéed Potatoes</b> 橙汁烤鴨胸配炒土豆 	<b>Beef Biryani</b> 印度牛肉香飯 	<b>Beef Stew with Mushroom and Garlic Toast</b> 蘑菇炖牛肉配蒜蓉多士 
<b>Daily Special Menu</b>	<b>BBQ Chicken Roulade with Cheese Rosemary Potato</b> 芝士烤鸡卷配迷迭香土豆 	<b>Beef Moussaka</b> 希臘茄子肉醬千層派 	<b>Nyonya Chicken with Rice</b> 娘惹咖喱鸡配印度香飯 	<b>Mediterranean Baked Fish with Greek Salad and Boiled Potato</b> 地中海烤鱼柳配希腊沙拉和煮土豆 	<b>Taiwanese Crispy Pork with Cabbage Rice</b> 台式小蘇肉配菜飯 
<b>Vegetarian</b>	<b>Creamy Mushroom Risotto with Black Truffle and Vegetables</b> 黑松露奶油蘑菇烩饭 	<b>Vegetables Curry with Naan Bread</b> 蔬菜咖喱配烤餅 	<b>Pasta with Cherry Tomato and Spinach</b> 櫻桃番茄菠菜意面 	<b>Malaysian Fried Noodle with Fried Tofu</b> 马来炒面配炸豆腐 	<b>Braised Tofu with Mushroom Sauce &amp; Steamed Rice</b> 紅燒豆腐·蘑菇汁配白飯 
<b>Dessert/ Fruit</b>	<b>Apple</b> 苹果 	<b>Jelly Candy</b> 啫喱糖 	<b>Orange</b> 橙	<b>Cream Puff</b> 忌廉泡芙 	<b>Cantaloupe</b> 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



Mar 9<sup>th</sup> to 13<sup>th</sup>

# LUNCH MENU FOR SECONDARY



**MONDAY 9<sup>th</sup>**

**TUESDAY 10<sup>th</sup>**

**WEDNESDAY 11<sup>th</sup>**

**THURSDAY 12<sup>th</sup>**

**FRIDAY 13<sup>th</sup>**

**Asian Main**

**Thai Basil Minced Beef with Rice**  
泰式香叶牛肉碎配白饭



**Beef with Scrambled Eggs with Rice**  
滑蛋牛肉饭



**Vietnamese Lemongrass Pork Chop with Vegetable Rice**  
越式香茅猪扒配菜饭



**Diced Beef with Fried Rice**  
薯仔牛肉粒配蛋炒饭



**Western Main**

**German Sausage with Mashed Potatoes**  
德国香肠配土豆泥



**Moroccan Grilled Chicken Drumstick with Sauteed Potatoes**  
摩洛哥烤鸡腿配炒薯粒



**Beef Fricassee (Beef & Vegetable Stew with Cream Sauce, Mashed Potato)**  
法式杂菜焗牛配土豆泥



**Chicken, Mushroom & Leek Casserole with Potato**  
砂锅蘑菇韭菜鸡肉配土豆



**Daily Special Menu**

**Mixed Vegetables and BBQ Pork Fried Rice**  
杂菜叉烧粒炒饭



**Baked Creamy Spinach Fish Fillet with Hasselback Potato**  
焗忌廉菠菜鱼柳配风琴薯



**Spaghetti with Meatballs**  
意大利肉丸意粉



**Deep Fried Pork Chop with Japan Style Curry Sauce and Steamed Rice**  
日式咖喱炸猪排配白饭



**Vegetarian**

**Vegetables Yakisoba with Spring Roll**  
日式蔬菜炒面配春卷



**Vegetarian Bolognese Pasta**  
素肉酱意粉



**Stir Fried Vermicelli in Singapore Style with Samosa**  
星洲炒米粉配咖喱角



**Pipa Tofu with Choy Sum and Steamed Rice**  
琵琶豆腐配菜心和白饭



**Dessert/ Fruit**

**Apple**  
苹果

**Panna Cotta**  
意大利奶冻



**Fruit Salad**  
雜果沙律

**Chocolate Sponge Cake**  
巧克力海绵蛋糕



**E-Learning Day for S1-S3 & DP1; Marking Day for S4 & DP2**



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Mar 16<sup>th</sup> to 20<sup>th</sup>

# LUNCH MENU FOR SECONDARY



	MONDAY 16 <sup>th</sup>	TUESDAY 17 <sup>th</sup>	WEDNESDAY 18 <sup>th</sup>	THURSDAY 19 <sup>th</sup>	FRIDAY 20 <sup>th</sup>
<b>Asian Main</b>		<b>Peking Pork Chop with Steamed Rice</b> 京都肉排配白饭	<b>Baked Pork Chop in Tomato Sauce with Fried Rice</b> 港式焗豬扒配蛋炒饭	<b>Stir-fried Noodles with Shredded Pork and Yellow Chives</b> 韭黃肉絲炒麵	<b>Sweet and Sour Fish with Steamed Rice</b> 菠蘿咕嚕魚配白飯
<b>Western Main</b>		<b>Pasta with Bell Pepper Tomato Sauce and Fish Fillet</b> 甜椒番茄醬魚柳意面	<b>Beef &amp; Onion with BBQ Sauce &amp; Fries</b> 洋葱牛肉配燒烤醬和薯條	<b>Chicken Parmigiana with Potato Gratin</b> 帕瑪森芝士雞排配忌廉焗薯	<b>Grilled Pork Chop with Mushroom Gravy Mashed Potato</b> 蘑菇肉汁烤豬排配土豆泥
<b>Sports Day</b>					
<b>Daily Special Menu</b>		<b>Beef Lasagna</b> 牛肉千層面	<b>Chicken Tikka Masala with Indian Rice</b> 馬薩拉咖哩雞配印度香飯	<b>Taiwanese Braised Duck with Tofu in Soy Sauce with Steamed Rice</b> 台式滷水鴨配滷水豆腐和白飯	<b>Pepperoni Pizza with Fries</b> 辣肉腸薄餅配薯條
<b>Vegetarian</b>		<b>Vegetables Yakisoba with Spring Roll</b> 日式蔬菜炒面配春卷	<b>Mac and Cheese with Mix Vegetables</b> 芝士通心粉配雜菜	<b>Vegetables Moussaka</b> 茄子馬鈴薯批	<b>Pasta with Wild Mushroom &amp; Tomato Sauce</b> 野菌番茄意大利面
<b>Dessert/ Fruit</b>		<b>Red Bean Mochi</b> 紅豆麻糬	<b>Orange</b> 橙	<b>Mini Egg Tart</b> 迷你蛋撻	<b>Cantaloupe</b> 哈密瓜



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Mar 23<sup>rd</sup> to 27<sup>th</sup>

# LUNCH MENU FOR SECONDARY



	MONDAY 23 <sup>rd</sup>	TUESDAY 24 <sup>th</sup>	WEDNESDAY 25 <sup>th</sup>	THURSDAY 26 <sup>th</sup>	FRIDAY 27 <sup>th</sup>
<b>Asian Main</b>	<b>Kung Pao Chicken with Rice</b> 宮保鸡丁配白饭 	<b>Fish with Sweet Corn Sauce Steamed Rice</b> 玉米鱼柳配白饭 	<b>Beef Brisket with Turnip and Carrot Steamed Rice</b> 萝卜牛腩配白饭 	<b>Pineapple Sweet &amp; Sour Pork with Rice</b> 菠萝咕嚕肉配白饭 	<b>Lemon Chicken with Steamed Rice</b> 西檸鸡球配白饭 
<b>Western Main</b>	<b>Honey Mustard Pork Loin with Roasted Potato</b> 蜂蜜芥末猪里脊配烤土豆 	<b>Coq au Vin with Stir-fried Shredded Potato and Onion</b> 法式杂菜焗配洋葱炒薯絲 	<b>Tomato Bacon and Sausage Pasta</b> 鮮茄培根香肠意大利面 	<b>Beef Bourguignon with Potato Gratin</b> 法式焗牛肉配忌廉焗薯 	<b>Italian Meat Ball with Mashed Potato</b> 意大利肉丸配土豆泥 
<b>Daily Special Menu</b>	<b>Beef Rendang with Steamed Rice</b> 巴東牛肉配白饭 	<b>Beef Gyudon</b> 牛肉丼饭 	<b>Sambal Chicken with Vegetable Medley with Diced Potatoes</b> 叁巴醬配鸡杂菜炒薯粒 	<b>Chicken Paella</b> 西班牙鸡肉炒饭 	<b>Beef Burger with Diced Potatoes</b> 牛肉汉堡配炒薯粒 
<b>Vegetarian</b>	<b>Vegetables Mee Goreng</b> 蔬菜印尼炒面 	<b>Yaki Udon</b> 日式炒烏冬 	<b>Classic Vegetables Lasagna with Garlic Bread</b> 经典蔬菜千层面 配蒜蓉法式面包 	<b>E-fu Noodles with Mushroom and Chive</b> 香菇韭菜伊府面 	<b>Pumpkin Risotto with Mushroom and Mix Vegetables</b> 南瓜意大利烩饭 配蘑菇和杂菜 
<b>Dessert/ Fruit</b>	<b>Apple</b> 苹果 	<b>Osmanthus Jelly</b> 桂花糕 	<b>Orange</b> 橙 	<b>Jelly Candy</b> 啫喱糖 	<b>Fruit Salad</b> 雜果沙律 



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Mar 30<sup>th</sup> to 31<sup>st</sup>

# LUNCH MENU FOR SECONDARY



	MONDAY 30 <sup>th</sup>	TUESDAY 31 <sup>st</sup>	WEDNESDAY 1 <sup>st</sup>	THURSDAY 2 <sup>nd</sup>	FRIDAY 3 <sup>rd</sup>
<b>Asian Main</b>	<p><b>Fried Noodles with Beef in Black Bean Garlic Sauce</b> 蒜蓉酱汁牛肉炒面</p>	<p><b>Vietnamese Lemongrass Pork Chop with Vegetable Rice</b> 越式香茅猪扒配菜饭</p>			
<b>Western Main</b>	<p><b>Pork Souvlaki with Grilled Vegetables w/Rice</b> 希腊式烤猪肉串配烤时蔬配饭</p>	<p><b>Turkish Roasted Chicken Drumstick with Stir-fried Shredded Potatoes</b> 土耳其烤鸡腿配炒薯丝</p>			
<b>Daily Special Menu</b>	<p><b>Chicken Gyros Rosemary Potato</b> 迷迭香烤鸡配土豆和比得包</p>	<p><b>Fish Florentine with Mashed Potato</b> 佛罗伦萨鱼柳配土豆泥</p>			
<b>Vegetarian</b>	<p><b>Vegetables Curry with Rice</b> 蔬菜咖喱配白饭</p>	<p><b>Braised Tomato with Scrambled Egg and Red Rice</b> 番茄炒蛋配红米饭</p>			
<b>Dessert/ Fruit</b>	<p><b>Apple</b> 苹果</p>	<p><b>Panna Cotta</b> 意大利奶冻</p>			



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