

SCHOOL MENU









	Monday	Tuesday	Wednesday	Thursday	Friday
	03 Nov	04 NoV	05 Nov	DG NOV	07 Nov
<u>Meal</u> A √	Japanese Curry with Veggies & Tofu with Rice 日式咖哩雜菜豆腐配飯	Weggie Egg Fu Yong with Rice 素芙蓉蛋配飯	Malaysian Curry with Veggies & Chickpeas with Rice 馬來西亞淡咖哩 鷹嘴豆雜菜配飯	Shiitake & Lentil Bolognese with Rice 香菇蘭度豆醬配飯	20 Anniversary Picnic Day
<u>Meal</u> B	Sustainable Dish Yeung Chow Fried Rice 揚州炒飯	Western Fried Rice (Less Oil) 西炒飯 (少油)	Low fat Sweetcorn & Diced Pork with Rice 低脂忌廉粟米肉粒飯	Char Siu Sauce Chicken with Rice 叉燒醬雞肉配飯	
<u>Meal</u> C	Japanese Yuzu Roasted Chicken with Rice 和風柚子雞肉飯	Stir-fried Teriyaki Pork with Spaghetti 照燒豚肉片炒意粉	Smoky Chicken w/ Mac in Tomato Sauce 茄汁香熏雞肉配通粉	Pork Patty Burger with French Fries 豬柳漢堡配薯條	
<u>Meal</u> D	Baked Tuna Macaroni and Cheese (Served with Sweet Corn) 芝士白汁焗吞拿魚通粉 (配粟米粒)	Steamed Shitake Mushroom & Chicken with Rice 原盅蒸冬菇滑雞飯	Baked Pasta Carbonara (Served with Sweet Corn) 焗卡邦尼意粉 (配粟米粒)	Red Curry Seafood with Fried Spaghetti (Spicy) 紅咖喱海鮮炒意粉 (辣)	
© Meal E Soup Noodle	Scallop Tempura in Udon Soup 吉列炸帶子湯烏冬	Crab Stick & Fish Cake in Garlic Ramen Soup 蟹柳魚餅蒜香拉麵	Duck Breast and Macaroni in Tomato Soup 煙鴨胸羅宋湯通心粉	Tomato Beef in Soup Noodle 番茄牛肉湯麵	

Meal E Soup noodles will be available at the Tuck Shop during lunchtime only.

E 餐湯麵只在午餐時段在小食部提供.







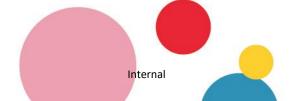
















	Monday	Tuesday	Wednesday	Thursday	Friday
	10 Nov	11 Nov	12 Nov	13 Nov	14 Nov
<u>Meal</u> A ✓	Sustainable Green Bean Omelette with Rice 豆角煎蛋配飯	Pesto Avocado, Carrot & Chickpea Fusilli 香草醬牛油果甘筍 鷹嘴豆螺絲粉	Mushroom & Pea Risotto 野菌青豆意大利飯	Sustainable Sweet & Sour Veggie Meat Ball with Brown Rice 甜酸咕嚕素肉丸配糙米飯	Hungarian Vegetable Stew with Rice 匈牙利燴雜菜配飯
<u>Meal</u> B	Nasi Goreng (Less Oil) 印尼炒飯(少油)	Swiss Chicken with Rice 瑞士汁雞肉配飯	Lemon Chicken with Rice 西檸雞球配飯	Fried Pasta with Shredded Beef and Black Pepper 黑椒牛柳絲炒意粉	Stir-fried Rice Noodles with Mixed Pepper & Chicken (Less Oil) 雜椒雞絲炒河粉(少油)
<u>Meal</u> C	Meatballs in Tomato Sauce Fusilli 西西里汁鲜肉丸螺絲粉	Thai Beef and Coconut Mild Curry with Rice 泰式椰汁淡咖喱 配牛肉配飯	Cottage Pie (Minced Beef & Mashed Potato) 農舍批(牛肉醬薯蓉)	Hot Dog with Roasted Potato Wedges 熱狗配烤薯角	Sustainable Dish Baked Fish Fillet in Sweet Corn Cream Sauce with Pasta 白汁粟米焗魚柳意粉
<u>Meal</u> D	Baked Orange Pumpkin & Chicken with Penne 焗香橙南瓜雞肉長通粉	Pork Stroganoff & Mushroom with Rice 焗忌廉蘑菇豬肉配飯	Stir-fried Thai Tom Yum Seafood Linguine (Spicy) 泰式冬蔭功海鮮扁意粉 (辣)	Baked Chicken with Rice 焗蕃茄雞肉配飯	Steamed Rice with Pork Patty and Preserved Mustard Tuber 原盅蒸炸菜肉餅飯
₩eal E Soup Noodle	Fish Balls & Sliced Fish in Oil Noodles Soup 魚丸鱼片湯油麵	Tomato & Minced Pork in Rice Vermicelli Soup 蕃茄肉碎汤米粉	Hong Kong Style Wonton Noodle Soup 鮮蝦雲吞麵	Pho Tom Yum Shrimp Rice Noodle Soup (coconut milk) 泰式冬蔭功蝦湯粉(椰奶)	Japanese Style Beef in Udon Soup 日式牛肉湯烏冬

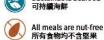
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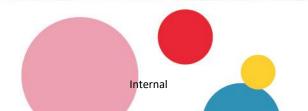




Shellfish Alert 含貝殼類海鮮











	Monday Tuesday Wednesday				Friday
	17 NoV	18 Nov	19 Nov	20 Nov	21 Nov
<u>Meal</u> A ✓	Sweet & Sour Veggie Chicken with Rice 甜酸汁素雞配飯	Sustainable Dish Green Burrito with Sweet Corn 墨西哥捲餅配粟米	Sweet & Sour Cauliflower with Rice 咕嚕椰菜花配飯	S1-S6 Parents Days	
<u>Meal</u> B	Stir Fried Noodle with Bean Sprouts & Sliced Pork in Soy Sauce 豉油皇肉絲銀芽炒麵	Stir fried Beef Udon 牛肉片炒烏冬	Chicken Parmigiana w/ Herbs Roasted Potato 芝士焗雞肉配烤薯粒		
<u>Meal</u> C	Barbecue Chicken With Rice 燒烤醬雞脾肉配飯	Sole Fillet Rice with Italian Tomato Sauce 西西里鮮茄魚柳配飯	Shredded Pork in Portuguese Sauce with Rice 葡汁豬肉絲飯		
<u>Meal</u> D	Steamed Rice with Chicken and Dried Octopus 原盅蒸章魚雞粒飯	Chicken Alfredo with Penne (Served with Sweet Corn) 焗白汁雞肉長通粉 (配粟米粒)	Stir-Fried Eel Peal Rice 蒲燒鰻魚粒炒珍珠飯		
₩eal E Soup Noodle	Soup Noodle with Beef Brisket and Turnip in Chu Hau Sauce 柱侯蘿蔔牛腩麵	Japanese Pork Sukiyaki Ramen 豚肉壽喜燒湯拉麵	Vietnamese Style Pork Neck with Rice Noodle 越式豬頸肉河粉		

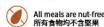
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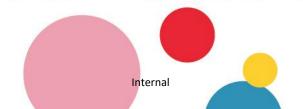
















	Monday	Tuesday	Wednesday	Thursday	Preparation Day for Open Day (Walk in Order Only)
	24 Nov	25 Nov	26 Nov	27 Nov	28 Nov
<u>Meal</u> A √	Broccoli & cheddar frittata with Roasted Potatoes 西蘭花車打芝士焗蛋 伴燒薯角	Mixed Mushroom Risotto 雜菌意大利飯	Vegetarian Ham and Tomato Pasta Bake 素火腿焗番茄長通粉	Cheese Baked Penne with Broccoli 焗芝士西蘭花長通粉	Italian Aubergine Parmigiana with Pasta 意式烤千層茄子配意粉
<u>Meal</u> B	Stir-fried Rice Noodles with Sliced Beef 干炒牛肉片河	Sweet and Sour Fish with Rice 糖醋魚柳配飯	Soy Sauce Chicken with Brown Rice 豉油雞肉配糙米飯	Honey Glazed BBQ Pork with Rice 蜜汁叉燒配飯	Winced Pork & Mushroom in Steam Egg with Rice 肉碎香菇蒸水蛋配飯
<u>Meal</u> C	Hungarian Braised Pork Stew with Rice 匈牙利燴豬肉配飯	Low Fat Chicken Dijonnaise with Spaghetti 低脂法式芥末汁燉雞 配意粉	Pork Sausage and Mashed Potato 烤豬肉腸配薯蓉	Hawaiian Pizza with Roasted Wedges 夏威夷簿餅配烤薯角	Pumpkin Beef Stew Pasta 南瓜燴牛肉意粉
<u>Meal</u> D	Sustainable Dish Fujian Fried Rice 福建炒飯 (1) (2) (1) (3)	Baked Rice & Duck Breast with Tomato Sauce 姆鮮茄鴨胸飯	Steamed Chicken Feet & Pork Ribs with Rice 原盅蒸鳳爪排骨飯	Steamed Egg w/ Sweet Corn & Diced Chicken Rice 粟米雞粒蒸水蛋飯	Baked Pork & Rice in Black Pepper Sauce (Spicy) (Served with Sweet Corn) 焗黑椒豬肉飯(辣) (配粟米粒)
© <u>Meal</u> € Soup Noodle	Japanese Chicken Soup Udon 唐揚雞肉湯烏冬	Malaysian Fried Chicken Wing Oil Noodle Soup 馬來炸雞翼油麵	Tomato Beef in Soup Noodle 番茄牛肉湯麵	Duck Breast and Macaroni in Tomato Soup 煙鴨胸羅宋湯通心粉	Pho Chicken & Viet Pork Sausage 越式扎肉雞肉河

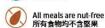
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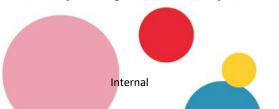
















Friday