

SCHOOL MENU









聲明: 儘管我們已採取一切措施確保廚房內的交叉污染最小化,但可能會出現我們無法控制的情況,並可能改變所提供過敏原信息的準確性。因此,我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。

DISCLAIMER: Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do
not rely solely on this information. This does not affect your statutory rights.

Lunch Menu July/Aug 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	28 July	29 July	30 July	31 July	01 Aug
<u>Meal</u> A	(India) Butter Chicken	Honey Mustard Roast Chicken Steak	Meat Lover Pizza	Pork Chop with Mustard Gravy	(UK) Fish & Chips POP
<u>Meal</u> B	Honey Glazed BBQ Pork	(Japan) Yaki Udon with Beef ③30	Sustainable Dish Fish Fillet in Sweet Corn Sauce	HK Style Stir-fried Tomato with Sliced Pork and Egg	Japanese Style Chicken Curry
<u>Meal</u> C ✓	Braised Teriyaki Eggplant & Tofu	Ratatouille & Kidney Beans <mark>Ø</mark> ()	(Malaysia) Malaysian Curry with Veggies & Chickpeas	(Russia) Mushroom Stroganoff	Broccoli & Cheddar Frittata
<u>Carbohydrates</u>	Naan bread 💯 Mixed Grain Rice	White Rice	Roasted Potato Red Rice	Mashed Potato 📵 Mixed Grain Rice	Chips Corn Rice
		Seasonal Ved	getables Served Daily		







Sustainable Dish

Vegetarian 素食









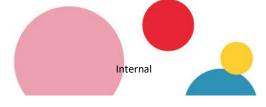
















Made using Sustainable seafood, cage-free eggs, seasonal vegetables or plant-forward ingredients

	MONDAY	Tuesday	Wednesday	Thursday	Friday
	04 Aug	05 Aug	06 Aug	07 Aug	08 Aug
<u>Meal</u> A	Sustainable Dish Italian Bean Casserole V 2010	Baked Tuna Pasta in Tomato Sauce	(USA) Pepperoni Pizza	(Italy) Beef Bolognaise	Chicken A La King
<u>Meal</u> B	Braised E-Fu Noodles	(Signature) Sweet & Sour Pork	Beef Brisket and Turnip in Chu Hau Sauce	Steamed Egg with Sweet Corn & Diced Chicken	(Singapore) Singaporean Style Stir-fried Rice Vermicelli with Shrimp
<u>Meal</u> <u>C</u> ♂	(Japan) Japanese Curry with Veggies & Tofu	(Mexico) Vegetarian Chili Con Carne (Little Spicy)	Cheese Baked Pasta with Broccoli	Sweet Potato Mac & Cheese	Vegetable Tagine
<u>Carbohydrates</u>	Mixed Grain Rice	Carrot Rice	Sweet Corn Rice	Brown Rice Macaroni 🕖	Corn Rice
		Seasonal Ve	getables Served Daily		



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Vegetarian 素食



Green











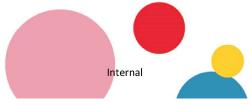
















	Monday	Tuesday	Wednesday	Thursday	Friday	
	11 Aug	12 Aug	13 Aug	14 Aug	15 Aug	
<u>Meal</u> A	Sustainable Dish Pan-fried Fish Fillet in Tomato Sauce	(France) Chicken Casserole	(Italy) PorkRagu <mark>②</mark> ()	Roasted Chicken with Mushroom Sauce	(Hungary) Hungarian Beef Stew (Beef Goulash)	
<u>Meal</u> B	(Japan) Japanese Fried Udon with Chicken & Narutomaki	Stir-Fried Long Beans & Minced Pork	Stir-Fried Beef, Broccoli & Cauliflower	Sautéed Zucchini with Pork	Steamed Chicken and Mushroom	
<u>Meal</u> <u>C</u> √	Italian Tuscan Bean Stew	Ratatouille <mark>20</mark>	Veggie Curry Pizza	(Kazakhstan) Kazakhstan Eggplant (with Yogurt & Spices)	Stir-Fried Noodles with Baby Corn, Cabbage & Dried Bean Curd	
<u>Carbohydrates</u>	Rice	Pasta V Mixed Grain Rice	Rice Roasted Potato	Pasta V Brown Rice	Rice	
	Seasonal Vegetables Served Daily					

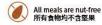


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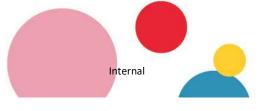
















	Monday	Tuesday	Wednesday	Thursday	Eats
	18 Aug	19 Aug	20 Aug	21 Aug	22 Aug
<u>Meal</u> A	Pasta Carbonara	Chicken Tikka Masala	Thousand Island Chicken Pizza	Baked Fish with Low Fat White Sauce	Korean Fried Chicken
<u>Meal</u> B	Braised Potato and Chicken Stew	(Japan) Haogayaki (Japanese Ginger Pork)	Beef Slices and Turnip in Chu Hau Sauce	(Thai) Thai Chicken & Pineapple Fried Rice	Korean Style Stir-fried Vermicelli with Beef
<u>Meal</u> <u>C</u> ♂	Sustainable Dish Shitake Lentil Bolognese	Cheese Baked Pasta with Broccoli	(India) Sweet Potato Curry	Corn & Cheddar Frittata	Vegetarian Bibimbap
<u>Carbohydrates</u>	Rice Pasta 🕖	Rice	Mixed Grain Rice	Rice Pasta 🕖	Corn Rice
		Seasonal Veo	getables Served Daily		



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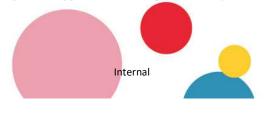
















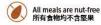
	Monday	Tuesday	Wednesday	Thursday	Friday
	25 Aug	26 Aug	27 Aug	28 Aug	29 Aug
<u>Meal</u> A	Pesto Chicken with Roasted Vegetables	Smokey Chicken Pasta Sauce	(USA) Newyorker Hotdog	Pasta with Pork Meatballs in Tomato Sauce	(UK) Fish and Chips
<u>Meal</u> B	(Signature) Sweet & Sour Fish	Ma Po Tofu with Minced Pork OBU	Minced Pork & Mushroom in Steam Egg	(Singapore) Hainan Chicken (Boneless)	Teriyaki Chicken
<u>Meal</u> <u>C</u> ▼	(Japan) Japanese Curry with Veggies & Tofu	(Hungary) Hungarian Mushroom & Bean Stew	Wac & Cheese	Sustainable Dish HK Style Stir-fried Tomato and Egg	Spinach & Chickpeas Curry
<u>Carbohydrates</u>	Rice	Roasted Potato Rice	Sweet Corn	Mixed Grain Rice Pasta 🕖	Rice Chips
Seasonal Vegetables Served Daily					



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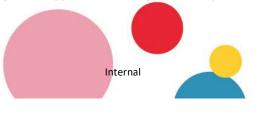
















	Green MONDAY	Tuesday	Wednesday	Thursday	Friday
	01 Sept	02 Sept	03 Sept	04 Sept	05 Sept
<u>Meal</u> A	Sustainable Dish Sweet & Sour Veggie Meatball O 3 11	Baked Fish in Low-fat White Sauce	Balsamic Roasted Pork Loin	(India) Butter Chicken	(Italy) Chicken, Mushroom & Pea Risotto
<u>Meal</u> B	Stir Fried Rice Noodles with Mixed Vegetables & Shredded Eggs	Stir-Fried Oyster Mushroom, Green Beans & Sliced Beef	Yeung Chow Fried Rice with Shrimp	Pork Chop in Onion Sauce	Stir-Fried Long Beans & Minced Pork
<u>Meal</u> <u>C</u> ▼	(Jamaica) Caribbean Chickpeas Curry	(Thai) Vegetarian Pad Thai	(Mexico) Vegetarian Chili Con Carne	Broccoli Frittata	Tofu in Silky Egg Sweet Corn Sauce
<u>Carbohydrates</u>	Mixed Grain Rice	Mixed Grain Rice	Pasta 💯	Mixed Grain Rice Naan Bread 💯	Rice
		Seasonal Veg	getables Served Daily		



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Eat More 適宜







Sustainable Seafood 可持續海鮮













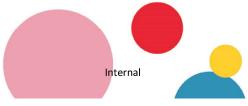
















	Monday	Tuesday	Wednesday	Thursday	Friday
	08 Sept	09 Sept	10 Sept	11 Sept	12 Sept
<u>Meal</u> A	Tuna Pasta in Cream of Spinach Sauce	Roasted Cheezy Pork Loin	Honey Mustard Roast Chicken Steak	Beef Bolognaise	Chicken & Sweetcorn Pie
<u>Meal</u> B	Sautéed Zucchini and Chicken	(Thai) Thai Sweet & Sour Chicken	Sustainable Dish Fish Fillet in Sweet Corn Sauce	Fukien Fried Rice	Kung Bo Chicken (Little Spicy)
<u>Meal</u> <u>C</u> ✓	(Japan) Braised Teriyaki Eggplant & Tofu & V	Baked Vegetarian Ham Pasta	(Italy) Margarita Pizza	(Spain) Spinach & Mushroom Frittata	(France) Ratatouille
<u>Carbohydrates</u>	Corn Rice	Mixed Grain Rice Pasta 🕖	Rice Roasted Potato	Pasta 🕖	Mixed Grain Rice Mashed Potato
		Seasonal Veg	etables Served Daily		



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Eat Moderately

















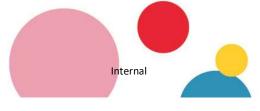
















	Monday	Tuesday	Wednesday	Thursday	Friday
	15 Sept	16 Sept	17 Sept	18 Sept	19 Sept
<u>Meal</u> A	Roasted Chicken with Mushroom Sauce	Bake Smoke Salmon White Sauce Pasta	Korean Chicken Pizza	Hungarian Beef Stew (Beef Goulash)	(Thai) Thai Beef & Coconut Curry
<u>Meal</u> B	(Signature) Sweet & Sour Pork	(Vietnam) Vietnamese Lemongrass Pork Chop	HK Style Stir Fried Pork, Onion & Tomato	HK Style Soy Sauce Chicken	Teriyaki Chicken
<u>Meal</u> <u>C</u> ▼	(USA) Wac & Cheese	Sustainable Dish Ma Po Tofu	(Japan) Braised Teriyaki Eggplant & Tofu & V	(Mexico) Tomato & Mozzarella Quesadilla	Stir-fried Noodles with Cabbage & Bean Sprouts
<u>Carbohydrates</u>	Mixed Grain Rice Pasta 🕖	Rice	Mixed Grain Rice Sweet Corn	Mixed Grain Rice	Corn Rice
		Seasonal Veg	etables Served Daily		



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Eat Less 少量











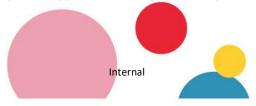
















	Monday	Tuesday	Wednesday	GLOBA	Friday
	22 Sept	23 Sept	24 Sept	25 Sept	26 Sept
<u>Meal</u> A	Chicken A La King	Pork Chop with Mustard Gravy	Beef Bourguignon	Fish & Chips	
<u>Meal</u> B	Honey Glazed BBQ Pork	Sustainable Dish Pan-fried Fish Fillet in Tomato Sauce	(Singapore) Singaporean Style Stirfried Rice Vermicelli with Shrimp	Bangers and Mash	Last Day of School
<u>Meal</u> <u>C</u> ✓	(Italy) Vegetable Bolognaise OBU	(India) Roast Cauliflower & Chickpea Korma	Mushroom & Sweet Corn Pizza	Cauliflower Cheese Bake	
<u>Carbohydrates</u>	Pasta V Rice	Mixed Grain Rice Pasta 🕖	Roasted Potato	Mashed Potato 🖯 Chips	
	'	Seasonal Veg	getables Served Daily		



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