










# RCHK Primary Monthly Menu - Oct 2024



	01/10 Tuesday	02/10 Wednesday	03/10 Thursday	04/10 Friday
<b>Main Course A</b>		 Vegetables Enchiladas	 Vegetable Udon w/ Vegetable Dumpling	 Braised Tofu w/ Shanghai Cabbage & Mushroom, Red Rice
<b>Main Course B</b>		 Scrambled Egg with Tomato Beef w/ Rice	Braised Beef Brisket & Radish with Rice	Stir-fried Beef Noodles, Hong Kong Style
<b>Main Course C</b>		Grilled Pork Chop w/Mushroom Gravy, Sauteed Potato and Onion	 Fish Florentine with Mashed Potatoes	 BBQ Chicken w/ Sweet Potato Mash
<b>Special</b>		Japanese Chicken Curry with Rice	 Nasi Goreng	  Fish Pie
<b>Side Vegetables</b>		Zucchini + Corn	Broccoli + Carrot	Peking Cabbage + Shiitake Mushroom



Vegetarian



Vegan



Egg





















Dairy

Allergens & food traffic light icons are display on daily menu dish tags

# RCHK Primary Monthly Menu - Oct 2024



	14/10 Monday	15/10 Tuesday	16/10 Wednesday	17/10 Thursday	18/10 Friday
<b>Main Course A</b>	 Ratatouille with Penne	 Olive, Caper and Tomato Pasta	 Pesto Roasted Veggie with Tomato Couscous	 Shitake Lentil Bolognese w/ Rice	 Taiwanese Style Braised Tofu with Rice
<b>Main Course B</b>	   Mushroom & Onion Frittata w/ Roasted Potatoes	Steamed Black Fungus & Chicken w/ Rice	King Dou Pork Chop w/ Rice	Chinese Style BBQ Pork w/ Rice	Chicken Cacciatore w/ Penne
<b>Main Course C</b>	 Sweet & Sour Pork w/ Rice	 Pork Schnitzel w/ Rice	 Grilled Thyme & Lemon Duck Breast w/ Garlic Butter Potatoes	 Chicken à la King w/ Rice	  Malaysian Fish Curry w/ Rice
<b>Special</b>	Beef Teriyaki w/ Rice	 BBQ Chicken Pizza	 Macau Style Portuguese Chicken w/ Rice	 Pan-fried Fish Fillet, Pumpkin Sauce w/Pasta	 Pork and Paprika Stew w/ Mashed Potato
<b>Side Vegetables</b>	Cabbage + Carrot	Zucchini + Corn	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot



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Vegan



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# RCHK Primary Monthly Menu - Oct 2024



	21/10 Monday	22/10 Tuesday	23/10 Wednesday Germany - Ethnic Gourmet	24/10 Thursday	25/10 Friday
<b>Main Course A</b>	 Braised Vegetables Lo Hon Style w/ Rice	  Broccoli & Cauliflower Cheese Bake w/ Rice	 Ratatouille with Farmer's Bread	 Olive, Caper and Tomato Pasta	 Marinated Tofu, Mushroom & Egg w/ Rice
<b>Main Course B</b>	   Vegetable Lasagna	  Carbonara Pasta	 Germany Sausage with Mash Potato & Sauerkraut	Braised Pork with Pumpkin w/ Rice	 Thai Style Chicken Curry w/ Rice
<b>Main Course C</b>	Honey Soy Chicken w/ Rice	Steamed Fish w/ Ginger & Spring Onion w/ Rice	 Sauerbraten with Pasta	 Roasted Chicken w/ Honey Mustard Sauce, Mashed Potato	Grilled Pork Chop with Onion Sauce & Roasted Potatoes
<b>Special</b>	Fish & Chip	Teriyaki Chicken w/ Rice	Roasted Lemon Thyme Chicken w/ Pasta	 Italian Style Fish Filet with Tomato Sauce & Olives w/ Rice	 Mac & Cheese
<b>Side Vegetables</b>	Zucchini + Corn	Broccoli + Carrot	Peking Cabbage + Shiitake Mushroom	Cabbage + Carrot	Cauliflower + Green Beans



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# RCHK Primary Monthly Menu - Oct 2024



	28/10 Monday	29/10 Tuesday	30/10 Wednesday	31/10 Thursday	
<b>Main Course A</b>	 Chickpea & Tomato Tagine w/Rice	 Stir-fried Udon with Mixed Vegetables & Tofu	  Steamed Egg & Mushroom w/Rice	 Garlic Herb Broccoli & Zucchini w/Pasta	
<b>Main Course B</b>	  Spinach Frittata w/ Couscous	Baked Fish Fillet & Parsley Crust w/ Pasta	Pork and Paprika Stew w/ Roasted Potatoes	 Fried Rice with Beef and Lettuce	
<b>Main Course C</b>	Stir Fried Chicken & Celery w/Rice	 Singapore Rice Noodles	Curry Beef w/ Rice, Japanese Style	Pineapple Roasted Pork Loin w/ Roasted Potatoes	
<b>Special</b>	Penne Bolognese	Beef Burgundy w/Mashed Potato	 Orange & Fennel Roasted Fish Fillet w/Rice	Roasted Chicken with Bell Pepper Sauce & Rice	
<b>Side Vegetables</b>	Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot	Zucchini + Corn	Cabbage + Carrot	



Vegetarian



Vegan



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