







RCHK Secondary Monthly Menu – Aug 2024



	12/08 Monday	13/08 Tuesday	14/08 Wednesday	15/08 Thursday	16/08 Friday
Main Course A				  Pasta Napoleon w/Vegetable	  Braised Tomato w/ Scrambled Egg and Oat Rice
Main Course B				Sweet Soy Sauce Chicken w/ Rice	 Hokkien Fried Rice
Carving Station				Roasted Curried Lamb Shoulder w/ Pita	
Special				 Bangers and Mash	Pan-fried Duck Breast with Citrus Sauce w/ Roasted Potatoes
Side Vegetables				Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot



Vegetarian



Vegan



Egg




















Dairy

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

RCHK Secondary Monthly Menu - Aug 2024



	19/08 Monday	20/08 Tuesday	21/08 Wednesday	22/08 Thursday	23/08 Friday
Main Course A	  Lentil & Potato Curry w/Rice	  E-fu Noodle w/Mushroom & Vegetable	  Mixed Veggie Pasta w/ Fresh Tomato Sauce	  Vegetable Fried Rice w/ Spring Roll	 Braised Tofu, Shanghai Cabbage and Mushroom w/ Red Rice
Main Course B	  Pumpkin Risotto	 BBQ Chicken w/ Sweet Potato Mash	Sweet & Sour Pork w/ Rice	  Italian Meat Ball w/ Pasta	 Chicken Alfredo
Carving Station	Roasted Cumin Chicken	Roasted Beef w/ Gravy	Roasted Spring Chicken	Baked Salmon w/ Couscous	
Special	Grilled Pork Chop w/Mushroom Gravy, Sauteed Potato with Onion	 Pepperoni Pizza	Mediterranean Baked Fish Fillet w/ Baked Potato	 Mexican Beef Burrito w/ Corn Salsa	Lemongrass Pork Chop w/ Rice
Side Vegetables	Cabbage + Carrot	Zucchini + Corn	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot



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RCHK Secondary Monthly Menu - Aug 2024



	26/08 Monday	27/08 Tuesday	28/08 Wednesday	29/08 Thursday	30/08 Friday
Main Course A	 Vegetable Dumpling w/ Soba Noodles	 Taiwanese Braised Minced OmniPork & Egg with Rice	 Steamed Egg with Glass Noodle and Red Rice	 Stir-fried Flat Noodles & Vegetable with Sweet Soy Sauce	 Japanese Vegetable Fried Rice
Main Course B	 Vegetable Lasagna	 Carbonara Pasta	 Grilled Thyme & Lemon Duck Breast w/ Garlic Butter Potatoes	 Pan-fried Pork Chop w/ Honey Mustard Sauce, Mashed Potato	 Émincé Pork w/ Bacon Roasted Potatoes
Carving Station	Herb Roasted Pork Belly	Lemongrass Roasted Chicken w/ Turmeric Rice	Texas BBQ Pork Spare Ribs	Roasted Beef Sirloin	
Special	Beef Teriyaki w/ Rice	Fish & Chips	Japanese Beef Curry with Rice	 Fish Pie	Chicken & Chorizo Paella
Side Vegetables	Cabbage + Carrot	Zucchini + Corn	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot



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Vegan



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