







RCHK Secondary Monthly Menu – Oct 2024



	01/10 Tuesday	02/10 Wednesday	03/10 Thursday	04/10 Friday
Main Course A		 Vegetables Enchiladas	 Vegetable Udon w/ Vegetable Dumpling	  Braised Tofu w/ Shanghai Cabbage & Mushroom, Red Rice
Main Course B		 Scrambled Egg with Tomato Beef w/ Rice	Braised Beef Brisket & Radish with Rice	Stir-fried Beef Noodles, Hong Kong Style
Carving Station		Roasted Spring Chicken	Texas BBQ Pork Spare Ribs	
Special		Japanese Chicken Curry with Rice	 Nasi Goreng	Fish Pie
Side Vegetables		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 Secondary Monthly Menu – Oct 2024



	14/10 Monday	15/10 Tuesday	16/10 Wednesday	17/10 Thursday	18/10 Friday
Main Course A	 Ratatouille with Penne	 Olive, Caper and Tomato Pasta	 Pesto Roasted Veggie with Tomato Couscous	 Shiitake Lentil Bolognese w/ Rice	 Taiwanese Style Braised Tofu with Rice
Main Course 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
Carving Station	Lemongrass Roasted Chicken w/ Turmeric Rice	 Baked Salmon w/ Mashed Potato	Roasted Beef Sirloin	Roasted Pork Loin w/Chimichurri	
Special	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
Side Vegetables	Cabbage + Carrot	Zucchini + Corn	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot



Vegetarian



Vegan



Egg


















Dairy

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RCHK Secondary Monthly Menu – Oct 2024



	21/10 Monday	22/10 Tuesday	23/10 Wednesday Germany – Ethnic Gourmet	24/10 Thursday	25/10 Friday
Main Course A	 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
Main Course B	   Vegetable Lasagna	  Carbonara Pasta	 Germany Sausage with Mash Potato & Sauerkraut	Braised Pork with Pumpkin w/ Rice	 Thai Style Chicken Curry w/ Rice
Carving Station	Roasted Beef Sirloin	Roasted Cumin Chicken	Herb Roasted Pork Belly	Roasted Curried Lamb Shoulder w/Pita	
Special	Fish & Chips	Teriyaki Chicken w/ Rice	Roasted Lemon Thyme Chicken w/ Pasta	 Italian Style Fish Filet with Tomato Sauce & Olives w/ Rice	 Mac & Cheese
Side Vegetables	Zucchini + Corn	Broccoli + Carrot	Peking Cabbage + Shiitake Mushroom	Cabbage + Carrot	Cauliflower + Green Beans



Vegetarian



Vegan



Egg












Dairy

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RCHK Secondary Monthly Menu – Oct 2024



	28/10 Monday	29/10 Tuesday	30/10 Wednesday	31/10 Thursday	
Main Course A	 Chickpea & Tomato Tagine w/Rice	 Stir-fried Udon with Mixed Vegetables & Tofu	  Steamed Egg & Mushroom w/Rice	 Garlic Herb Broccoli & Zucchini w/Pasta	
Main Course 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	
Carving Station	 Baked Salmon w/Mashed Potato	Roasted Spring Chicken	Roasted Beef w/Gravy	Texas BBQ Pork Spare Ribs	
Special	Penne Bolognese	Beef Burgundy w/Mashed Potato	 Orange & Fennel Roasted Fish Fillet w/Rice	Roasted Chicken with Bell Pepper Sauce & Rice	
Side Vegetables	Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot	Zucchini + Corn	Cabbage + Carrot	



Vegetarian



Vegan



Egg



Dairy

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