














RCHK Secondary Monthly Menu - Sep 2024



	02/09 Monday	03/09 Tuesday	04/09 Wednesday	05/09 Thursday	06/09 Friday
Main Course A	 Korean Stir-fried Glass Noodles w/ Vegetable	  Thai OmniMeat Fried Rice with Pineapple	  Scrambled Eggs with Tomato with Rice	 Mexican Rolex (Lentil Wrap)	  Margherita Pizza
Main Course B	  Mac & Cheese w/ Vegetables	Braised Pork with Spaghetti Napolitan	 Chicken Piccata w/ Butter Boiled Potatoes	Soy Sauce Chicken with Red Rice	Grilled Thyme Chicken with Spaghetti
Carving Station	Roasted Pork Loin w/Chimichurri Sauce	Texas Roasted Beef w/Coleslaw	BBQ Pork Spare Ribs	Roasted Curried Lamb Shoulder w/Pita	
Special	 White Curry Chicken with Rice	 BBQ Chicken Burger with Roasted Sweet Potato	Penne Bolognese	 Nasi Goreng	Stir-fried Beef with Rice, Korean Style
Side Vegetables	Cabbage + Carrot	Zucchini + Corn	Cauliflower + Green Beans	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 - Sep 2024



	09/09 Monday	10/09 Tuesday	11/09 Wednesday Greece - Ethnic Gourmet	12/09 Thursday	13/09 Friday
Main Course A	 Shiitake Lentil Bolognese w/ Rice	  Mushroom and Pumpkin Risotto	  Vegetable Moussaka	 Olive, Caper and Tomato Pasta	  Egg Tofu & Minced Omni Pork with Red Rice
Main Course B	  Omni Meat Fried Rice with Pineapple	Peking Pork Chop with Rice	 Gyros Pita (Chicken) with French Fries	 Yangzhou Fried Rice (Pork, Shrimp, Egg)	Stir-fried Beef Udon with Vegetables
Carving Station	Roasted Cumin Chicken	Roasted Beef w/ Gravy	Baked Salmon w/ Couscous	Roasted Spring Chicken	
Special	Grilled Pork Chop w/Mushroom Gravy, Sauteed Potato with Onion	BBQ Chicken w/ Roasted Sweet Potato	 Pork Cutlet with Japanese Curry and Rice	 Nacho Cheese Beef Wrap	 Portuguese Coconut Chicken with Macaroni
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 – Sep 2024



	16/09 Monday	17/09 Tuesday	18/09 Wednesday	19/09 Thursday	20/09 Friday
Main Course A	 Vegetable Dumpling w/ Fried Rice, Japanese Style	  Lentil Shepherd's Pie		 Vegetable Pad Thai	  Margherita Pizza
Main Course B	  Spinach Frittata with Mixed Salad	Teriyaki Chicken w/ Rice		 Slow Cook Pork Stew w/ Mashed Potato	Beef & Vegetable Stir-fry w/ Red Rice
Carving Station	Herb Roasted Pork Belly	Roasted Beef Sirloin		Lemon Grass Roasted Chicken w/ Turmeric Rice	
Special	 Braised Chicken, Onion & Mushroom with Fusilli	  Fish & Cheeseburger w/ Fries		 Smoked Salmon Spaghetti Carbonara	Duck Breast a L'Orange with Oven Roasted Potatoes
Side Vegetables	Cabbage + Carrot	Zucchini + Corn		Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot



Vegetarian



Vegan



Egg


















Dairy

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RCHK Secondary Monthly Menu – Sep 2024



	23/09 Monday	24/09 Tuesday	25/09 Wednesday	26/09 Thursday	27/09 Friday
Main Course A	 Taiwanese Shallot Oil Mixed Noodles with Vegetable	 Braised Tofu & Mushroom with Vegetable Rice	  Caesar Salad Wrap	 Japanese Curry Vegetable with Rice	   Italian Vegetable Lasagne
Main Course B	  Pasta alla Norma (Eggplant Pasta)	 Irish Beef Stew with Fusilli	Chicken & Vegetable Fried Rice, Japanese Style	Neapolitan Pork Steak w/ Pasta	 Taiwanese Braised Minced Pork & Egg with Rice
Carving Station	Roasted Beef w/ Gravy	Garlic Rosemary Roasted Pork Loin	Slow Roast Shoulder of Lamb	Baked Salmon w/ Couscous	
Special	 Lemon Roasted Chicken & Potato	Fish & Chips	 Banger & Mash	 Butter Chicken with Rice	Garlic Chicken Cassoulet w/ Herbs Roasted 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 – Sep 2024



	30/09 Monday	Tuesday	Wednesday	Thursday	Friday
Main Course A	 Lentil & Vegetable Curry w/ Rice				
Main Course B	  E-fu Noodle w/Mushroom & Vegetable				
Carving Station	Roasted Beef w/Gravy				
Special	Chicken Teriyaki w/ Rice				
Side Vegetables	Cabbage + Carrot				



Vegetarian



Vegan



Egg



Dairy

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