

NOV 1st to 1st

Primary School Weekly Menu



	Monday	Tuesday	Wednesday	Thursday	01/11 Friday India – Ethnic Gourmet
Meal A					 Chole Curry with Pasta (Vegetarian)
Meal B					 Tandoori Fish with Potatoes
Meal C					 Chicken Makhani with Rice
Chef Special					Biryani
Daily Vegetable					Broccoli + Carrot



- GO & ENJOY**
- OK BUT THINK**
- BE CAUTIOUS**














Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices



NOV 04th to 08th

Primary School Weekly Menu



	04/11 Monday	05/11 Tuesday	06/11 Wednesday	07/11 Thursday	08/11 Friday
Meal A	 Vegetable Roll in Tomato Sauce w/Rice (Vegan)	 Country Style Braised Tofu with Rice (Vegetarian)	  Onion & Spinach Frittata w/ Roasted Potatoes (Vegetarian)	 Chunky Vegetable & Red Kidney Bean with Rice (Vegan)	<p>Primary 3WC</p> <p>&</p> <p>Secondary EOTC</p> <p><u>Lunch for Staff only</u></p> <p>A: Braised Tofu with Rice (V)</p> <p>B: Thai Style curry Chicken with Rice</p>
Meal B	  Broccoli & Cheese Courgettes with Pasta (Vegetarian)	 Garlic Chicken with Mashed Potato	  La Reine Pizza (Ham, Mozzarella & Mushroom)	 Chicken Arrabiata with Pasta	
Meal C	Lemon Rosemary Chicken with Roasted Potato	 Thai Steamed Fish with Rice	Grilled Chicken in Tomato Sauce with Brown Rice	Roasted Pork Loin with Onion Gravy & Sweet Potato	
Chef Special	 Scramble Egg with Tomato & Beef with Brown Rice	Grilled Pork Chop with Black Pepper Sauce with Rice	Pork Chop with Black Vinegar Sauce With Rice	Tandoori Chicken with Brown Rice	
Daily Vegetable	Cabbage + Corn	Cauliflower + Corn	Peking Cabbage + Green Beans	Zucchini + Shiitake Mushroom	



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NOV 11th to 15th

Primary School Weekly Menu



	11/11 Monday	12/11 Tuesday	13/11 Wednesday	14/11 Thursday	15/11 Friday
Meal A	 Moroccan Chickpea Stew with Couscous (Vegan)	  Veggie Moussaka (Vegetarian)	  Steamed Egg & Mushroom with Rice (Vegetarian)	 Taiwanese Vegetarian Mince & Eggplant with Rice (Vegan)	 Ma-Po Tofu with Brown Rice (Vegetarian)
Meal B	  Steamed Egg & Mushroom with Brown Rice (Vegetarian)	Tandoori Chicken with Brown Rice	  Mushroom & Ham Pizza	Garlic Chicken with Herb Potatoes	Tomato Basil Chicken with Pasta
Meal C	Pork Goulash with Pasta	Stir Fried Long Beans & Minced Pork with Rice	Chicken Kebab with Turmeric Rice	 Chinese Steamed Fish with Black Bean Sauce & Rice	Sweet & Sour Pork with Brown Rice
Chef Special	 Panang Chicken Curry with Rice	 Nasi Goreng	 Pork Stroganoff with Mash	Stir Fried Pork Loin with Zucchini & Fungus with Rice	Mediterranean Beef Fusilli
Daily Vegetable	Cabbage + Corn	Cauliflower + Corn	Peking Cabbage + Green Beans	Zucchini + Shiitake Mushroom	Broccoli + Carrot



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NOV 18th to 22nd

Primary School Weekly Menu



	18/11 Monday	19/11 Tuesday	20/11 Wednesday Sichuan – Taste Of China	21/11 Thursday	22/11 Friday
Meal A	 Garlic Herb Broccoli Zucchini Pasta (Vegan)	  Mushroom & Onion Frittata with Pasta (Vegetarian)	   Neapolitan Margherita Pizza (Vegetarian)	 Vegetable Roll in Fresh Tomato Sauce with Pasta (Vegan)	  Braised Glass Noodles with Egg & Assorted Veg with Rice (Vegetarian)
Meal B	  Vegetarian Enchiladas with Herb Potatoes (Vegetarian)	Japanese Curry Chicken with Brown Rice	Chicken Cacciatore with Brown Rice	Honey Glazed BBQ Pork with Rice	 Pan Fried Fish with Herbed Crust & Steamed Parsley Potatoes
Meal C	Chicken Chop Suey with Brown Rice	 Baked Fish with Tomato Salsa with Potato	 Apple Sage Pork Loin with Roasted Potato	Braised Beef Brisket & Radish with Rice	Pork Chop with Black Vinegar Sauce With Rice
Chef Special	 Beef Stroganoff Pasta	Salt & Pepper Pork Chop with Rice	Sichuan Twice-cooked Pork Sliced with Rice (Spicy)	Orange Teriyaki Pork with Rice	Duck Breast a L'Orange with Oven Roasted Potatoes
Daily Vegetable	Cabbage + Corn	Cauliflower + Corn	Peking Cabbage + Green Beans	Zucchini + Shiitake Mushroom	Broccoli + Carrot



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NOV 25th to 29th

Primary School Weekly Menu



	25/11 Monday	26/11 Tuesday	27/11 Wednesday	28/11 Thursday	29/11 Friday
Meal A	 Cauliflowers & Beans Curry with Rice (Vegan)	 Lo Hon Vegetables with Brown Rice (Vegetarian)	 Teriyaki Tofu with Brown Rice (Vegetarian)	 Green Bean Cassorle with Pasta (Vegan)	 Braised Tofu & Mushroom with Vegetable Rice (Vegetarian)
Meal B	  Spinach & Cheese Omelette with Roasted Potatoes (Vegetarian)	 Taiwanese Braised Minced Pork & Egg with Rice	  BBQ Chicken Pizza	Pork & Pumpkin Stew with Rice	 Sweet and Sour Fish with Corn Rice
Meal C	Vietnamese Lemongrass Pork Chop with Rice	Rosemary & Garlic Chicken Potato	 Mushroom & Onion Frittata with French Fries	Grilled Thyme Chicken with Rice	Butter Chicken with Roasted Potatoes
Chef Special	 Beef Lasagna	 Fish Paella	Banger & Mash	 Beef Shepherd's Pie	Mushroom Chicken Spaghetti Carbonara
Daily Vegetable	Cabbage + Corn	Cauliflower + Corn	Peking Cabbage + Green Beans	Zucchini + Shiitake Mushroom	Broccoli + Carrot



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