

NOV 1st to 1st

Secondary 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 |
| Carving | | | | | N/A |
| 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

Secondary 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 | |
| Carving |  Nacho Cheese Beef Wrap | Chicken Rolls Stuffed with Vegetables | BBQ Pork Ribs with Potatoes |  Chilli Con Carne Hot Dog | |
| 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

Secondary 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 |
| Carving | Roasted Sirloin Steak with Potatoes |  Chicken Cordon Bleu with Mash | Pan Seared Duck Breast with Balsamic Dressing |  Japanese Omelette Rice | N/A |
| 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

Secondary 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 |
| Carving |  Mushroom Cheese Stuffed Pork Belly |  Beef and Potato Pie | Apple Sage Pork Loin with Roasted Potato | Roasted Spring Chicken | N/A |
| 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

Secondary 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 |
| Carving | Hainanese Chicken Rice | Texas Roasted Beef w/Coleslaw | Baked Salmon with Couscous | Slow-roasted Turkey with Potatoes | N/A |
| 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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