
















JAN 06th to 10th

Primary School Weekly Menu



	06/01 Monday	07/01 Tuesday	08/01 Wednesday	09/01 Thursday	10/01 Friday
Meal A	 Taiwanese Shallot Oil Mixed Noodles with Vegetable (Vegan)	 Chunky Vegetables & Red Kidney Beans with Pasta (Vegetarian)	  Margherita Pizza (Vegetarian) 	 Olive, Caper and Tomato Pasta (Vegan)	  E-fu Noodle with Mushroom & Vegetable (Vegetarian)
Meal B	  Stir-fried Tomato & Scrambled Egg with Rice (Vegetarian)	 Macau Style Portuguese Chicken with Rice	Grilled Pork Chop with Gravy & Potatoes	Soy Sauce Chicken with Red Rice	Honey Glazed BBQ Pork with Brown Rice
Meal C	Lemon Rosemary Chicken with Roasted Potato	 Fish Paella	Braised Beef Brisket & Radish with Rice	 Orange & Fennel Roasted Fish Fillet with Potatoes	Grilled Tuscan Rosemary Lemon Chicken with Baked Potatoes
Chef Special	Stir-fried Kimchi & Pork with Brown Rice (Spicy)	 Beef Lasagna	 Braised Chicken, Onion & Mushroom with Fusilli	Ginger Pork Sautee with Red Rice	Japanese Pork Curry with Rice
Daily Vegetable	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Cabbage + Carrot	Zucchini + Corn	Broccoli + Corn



- GO & ENJOY
- OK BUT THINK
- BE CAUTIOUS



















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



JAN 13th to 17th

Primary School Weekly Menu



	13/01 Monday	14/01 Tuesday	15/01 Wednesday Spain - Ethnic Gourmet	16/01 Thursday	17/01 Friday
Meal A	 Stewed Pumpkin Beans and Herbs with Potato (Vegan)	  Mixed Mushroom & Creamy Sauce with Pasta (Vegetarian)	   Tortilla De Potatoes (Vegetarian)	 Shanghai Style Fried Noodle with Dried Bean Curd & Vegetables (Vegan)	  Aubergine Parmigiana (Vegetarian)
Meal B	  Broccoli & Onion Quiche (Vegetarian)	 Italian Style Fish Fillet with Tomato Sauce & Olives with Potatoes	  Chorizo Mozzarella Cheese Pizza	Beef Stifado with Rice	  Pan Fried Fish Fillet with Pasta in Pumpkin Sauce
Meal C	Italian Chicken Cacciatore with Potatoes	Pork in Black Vinegar with Rice	Spanish Pork Meatball Stew with Rice	 Chicken Schnitzel with French Fries	Garlic Chicken with Rice
Chef Special	 Beef Stroganoff with Pasta	Swiss Chicken with Red Rice	Chicken Paella	Pesto Chicken Pasta	Italian Beef Stew with Brown Rice
Daily Vegetable	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Cabbage + Carrot	Zucchini + Corn	Broccoli + Corn



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JAN 20th to 24th

Primary School Weekly Menu



	20/01 Monday	21/01 Tuesday	22/01 Wednesday	23/01 Thursday	24/01 Friday
Meal A	 Braised Glass Noodles with Assorted Vegetables (Vegan)	  Thai Style Lentil Curry with Brown Rice (Vegetarian)	  Baked Pumpkin with Breadcrumbs with Rice (Vegetarian)	 Tomato & Basil Pasta with Green Beans (Vegan)	Noon Dismissal
Meal B	   Spinach & Cheese Omelette with Roasted Potato (Vegetarian)	Orange Teriyaki Pork with Rice	  Meat Lover Pizza (Chicken & Pork)	Honey Glazed BBQ Pork with Rice	
Meal C	Braised Chicken & Potato with Rice	 Fricassee Chicken with Champignon & Shallots with Pasta	Stir-fried Beef & Ho Fan Noodles	Vietnamese Lemongrass Pork Chop with Roasted Potatoes	
Chef Special	Beef stew with Rice	 Baked Cheese Fish with Potato Cubes	Lemon Chicken (Chinese Style) with Rice	Grilled Honey Chicken with Tomato Pasta	
Daily Vegetable	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Cabbage + Carrot	Zucchini + Corn	



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