

















JAN 06<sup>th</sup> to 10<sup>th</sup>

# Secondary School Weekly Menu



	06/01 Monday	07/01 Tuesday	08/01 Wednesday	09/01 Thursday	10/01 Friday
<b>Meal A</b>	 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 w/Mushroom & Vegetable (Vegetarian)
<b>Meal B</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
<b>Carving</b>	Sirloin Steak with Potato	Texas BBQ Pork Ribs	 Spinach & Cheese Stuffed Pork Loin	  Chicken Cordon Bleu	N/A
<b>Chef Special</b>	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
<b>Daily Vegetable</b>	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 13<sup>th</sup> to 17<sup>th</sup>

# Secondary School Weekly Menu



	13/01 Monday	14/01 Tuesday	15/01 Wednesday Spain - Ethnic Gourmet	16/01 Thursday	17/01 Friday
<b>Meal A</b>	 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)
<b>Meal B</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
<b>Carving</b>	Hainanese Chicken with Rice	 Beef & Cheese Wrap	Classic Duck Leg Confit with Potatoes	 Chilli Con Carne Hot Dog	N/A
<b>Chef Special</b>	 Beef Stroganoff with Pasta	Swiss Chicken with Red Rice	Chicken Paella	Pesto Chicken Pasta	Italian Beef Stew with Brown Rice
<b>Daily Vegetable</b>	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Cabbage + Carrot	Zucchini + Corn	Broccoli + Corn



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JAN 20<sup>th</sup> to 24<sup>th</sup>

# Secondary School Weekly Menu



	20/01 Monday	21/01 Tuesday	22/01 Wednesday	23/01 Thursday	24/01 Friday
<b>Meal A</b>	 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)	<b>Noon Dismissal</b>
<b>Meal B</b>	   Spinach & Cheese Omelette with Roasted Potato (Vegetarian)	Orange Teriyaki Pork with Rice	  Meat Lover Pizza (Chicken & Pork)	Honey Glazed BBQ Pork with Rice	
<b>Carving</b>	  Pork Wellington	Roasted Spring Chicken	Baked Salmon with Couscous	Beef & Enoki Mushroom Roll	
<b>Chef Special</b>	Beef stew with Rice	 Baked Cheese Fish with Potato Cubes	Lemon Chicken (Chinese Style) with Rice	Grilled Honey Chicken with Tomato Pasta	
<b>Daily Vegetable</b>	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Cabbage + Carrot	Zucchini + Corn	



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