Secondary 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 w/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
Carving	Sirloin Steak with Potato	Texas BBQ Pork Ribs	Spinach & Cheese Stuffed Pork Loin	Chicken Cordon Bleu	N/A
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

































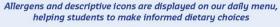


Secondary School Weekly Menu



	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
Carving	Hainanese Chicken with Rice	Beef & Cheese Wrap	Classic Duck Leg Confit with Potatoes	Chilli Con Carne Hot Dog	N/A
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































Secondary 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)	
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	
Carving	Pork Wellington	Roasted Spring Chicken	Baked Salmon with Couscous	Beef & Enoki Mushroom Roll	Noon Dismissal
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	



