











Feb 5th to 7th

Secondary School Weekly Menu



	03/02 Monday	04/02 Tuesday	05/02 Wednesday	06/02 Thursday	07/02 Friday
Meal A			 Vegetable Napoleon with Pasta (Vegetarian)	 Braised Vegetable Lo Hon Style with Rice (Vegan)	  Vegetable Lasagna (Vegetarian)
Meal B			Steamed Chicken and Mushroom with Rice	Pork and Paprika Stew with Rice	King Dou Pork Chop with Rice
Carving			 Texas Roasted Beef with Coleslaw	  Baked Seafood Rice with cream Sauce	N/A
Chef Special			  Fish Pie	 Yeung Chow Fried Rice	Spaghetti Bolognese
Daily Vegetable			Zucchini + Carrot	Choi Sum + Shitake Mushroom	Peking Cabbage + 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



Feb 10th to 14th

Secondary School Weekly Menu



	10/02 Monday	11/02 Tuesday Korea – Ethnic Gourmet	12/02 Wednesday	13/02 Thursday	14/02 Friday
Meal A	 Ratatouille with Pasta (Vegan)	 Olive, Caper and Tomato Pasta (Vegetarian)	  Mac & Cheese (Vegetarian)	 E-Fu Noodle with Mixed Mushroom (Vegan)	  Veggie Lovers Pizza (Vegetarian) 
Meal B	   Spinach Frittata with Herbed Potatoes (Vegetarian)	 Steamed Fish, Black Bean Sauce with Rice	Sweet Soy Sauce Chicken with Rice	 Chinese Style BBQ Pork with Rice	Chicken Cacciatore with Pasta
Carving	 Cheese & Beef Wrap with Potato Wedges	Korea Style Roasted Spring Chicken with Herbed Potatoes	 Fish & Chips	 Cheese Beef Burger with Fries	N/A
Chef Special	Beef Teriyaki with Rice	 Korean Kimchi Pork Belly Fried Rice	 Bangers and Mash	  Fish & Chorizo Paella	Pork Goulash Pasta
Daily Vegetable	Green Cabbage + Shitake Mushroom	Zucchini + Carrot	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot



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Feb 17th to 21st

Secondary School Weekly Menu



	17/02 Monday	18/02 Tuesday	19/02 Wednesday	20/02 Thursday	21/02 Friday
Meal A	 Shitake Lentil Bolognese with Pasta (Vegan)	 Taiwanese Stir-Fried Rice Noodle (Vegetarian)	 Grilled Vegetable with couscous (Vegetarian)	 Braised Enoki Mushroom & Tofu with Rice (Vegan)	  Braised Tomato and Scrambled egg with Rice (Vegetarian)
Meal B	  Pumpkin Risotto (Vegetarian)	Roasted Cajun Chicken with Rice	 Carbonara Pasta	Lemon Pork Chop with Rice	 Hawaiian Pizza 
Carving	 Herb Roasted Pork Belly Roll with Potatoes	  Baked Salmon with Mashed Potato	Beef Baguette with Fries	Hainanese Chicken with Turmeric Rice	N/A
Chef Special	 Hokkien Fried Rice	 Chicken Enchiladas	  Fish Burger with Fries	  Sweet & Sour Fish with Rice	Roasted Lemongrass Pork Jowl with Rice
Daily Vegetable	Zucchini + Corn	Broccoli + Carrot	Choi Sum+ Shiitake Mushroom	Cabbage + Carrot	Cauliflower + Green Beans



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Feb 24th to 28th

Secondary School Weekly Menu



	24/02 Monday	25/02 Tuesday	26/02 Wednesday	27/02 Thursday	28/02 Friday
Meal A	 Chickpea & Tomato Tagine with Rice (Vegan)	 Stir-fried Udon with Mixed Vegetables & Tofu (Vegetarian)	  Steamed Egg & Mushroom with Rice (Vegetarian)	 Garlic Herb Broccoli & Zucchini with Pasta (Vegan)	  Vegetable Enchiladas (Vegetarian)
Meal B	  Spinach Frittata with French Fries (Vegetarian)	 Baked Fish Fillet & Parsley Crust with Pasta	Pork and Paprika Stew with Roasted Potatoes	 Fried Rice with Beef and Lettuce	Chicken Teriyaki with Rice
Carving	Chilli Con Carne Hot Dog with Potato	Roasted Lamb Shoulder with Pita Bread	 Shepherd Pie	 Jambo Cheese Chicken Burger with Fries	N/A
Chef Special	Penne Bolognese	 Beef Burgundy with Mashed Potato	 Orange & Fennel Roasted Fish Fillet with Rice	Roasted Chicken with Bell Pepper Sauce & Rice	 Nasi Goreng (Indonesian Fried Rice)
Daily Vegetable	Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot	Zucchini + Corn	Cabbage + Carrot	Choi Sum+ Shiitake Mushroom



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