

## Nord Anglia International School - November 2017



		Monday			Tuesday			Wednesday			Thursday			Friday
								1-Nov			2-Nov			3-Nov
						A	٩	BBQ Chicken Breasts with Bacon Bits Mashed Potato & Vegetables	Α	( · ·	Meatballs with Tomato Sauce and Spaghetti	A	<b>(4)</b>	Fried Ramen with Seafood
						В	M	Potato and Beef Curry with Rice (not spicy)	В	<b>\$</b>	Teriyaki Fish with Rice	В	٩	Roasted Chicken 'Mexican Style' with Rice
						С		Greek Salad	С	*	Egg Mayo Sandwich	С		Chef's Garden Salad
		Monday			Tuesday			Wednesday			Thursday			Friday
		6-Nov			7-Nov			8-Nov			9-Nov			10-Nov
Α	Ħ	Eggplant with Beef with Rice	Α	P.	Sauteed Beef and Vegetables with Rice	A	Ħ	Beef Curry with Rice (not spicy)	A		Sweet and Sour Pork with Rice			
В	٩	Fried Noodles with Shredded Chicken	В	***	Penne Napoleon	В	٩	Chicken Cabonara with Penne	В	<b>F</b>	Spaghetti Bolognaise			CPD Day
С	*	Veggie Sandwich	С	٩	Chicken Salad	С	•	Avocado,Lettuce and Tomato Sandwich	С	87	Potato Salad			
		Monday			Tuesday			Wednesday			Thursday			Friday
		13-Nov			14-Nov			15-Nov			16-Nov			17-Nov
A	Ħ	Sauteed Beef with Cabbage with Rice	A	٩	Lemon Chicken Steak with Rice	A	M	Sauteed Beef with Tomato with Rice	Α		Chicken Curry with Rice (not spicy)	A	٩	Sauteed Vegetables with Chicken Fillet with Rice
В		Pork Loin with Garlic Gravy with Penne	В	M	Spaghetti Bolognaise	В	٩	Chicken Steak with Gravy with Penne	В		Bacardi Pork Loin with Spaghetti	В	<b>(3)</b> (	Fishman's Pie with Broccoli
С	*	Avocado and Cheese Sandwich	С		Veggie Salad	С	*	Egg Mayo Sandwich	С	40	Greek Salad	С	<b>W</b>	Tomato and Cheese Sandwich
		Monday			Tuesday			Wednesday			Thursday			Friday
		20-Nov			21-Nov			22-Nov			23-Nov			24-Nov
A	P	Beef Stroganoff with Rice	Α	<b>Q</b>	Honey Grilled Chicken Fillet with Rice	A	٩	Chicken Steak with Vegetables with Rice	Α	٩	Teriyaki Chicken served with Wild Rice	A		Sweet and Sour Pork with Rice
В		Penne Napoleon	В	A.	Spaghetti Bolognaise	В	F	Sauteed Lotus Roots with Beef with Penne	В	3	Vegetables Curry with Spaghetti (not spicy)	В	M	Sauteed Beef with Vegetables with Penne
С	٩	Turkey Salad	С	*	Avocado,Lettuce and Tomato Sandwich	С	*	Potato and Egg Salad	С	P	Roasted Beef Sandwich	С	*	Chef's Garden Salad
		Monday			Tuesday			Wednesday			Thursday			Friday
		27-Nov			28-Nov			29-Nov			30-Nov			
A	M	Fried Noodles with Shredded Beef	A	<b>(a)</b>	Chicken Tandoori with Rice	Α	M	Beef in Cantonese Style with Rice	Α	٥	Braised Potato and Chicken with Rice			
В	***	Sweetcorn Macaroni Cheese	В		Vegetable Lasagna	В	٩	Fried U-Don with Chicken Fillet and Vegetables	В	F	Vietnamese Style Beef with Penne			
С		Ham and Cheese Sandwich	С	P.	Roasted Beef Salad	С	1	Veggie Sandwich	С	97	Potato Salad			

## Please note :

- 1 Please choose (tick) ONE lunch option "A", "B" or "C" for each day.
- 2 The price for each lunch option is \$33 (Received payment on or before 27 October 2017) / \$35 (Received payment after 27 October 2017)

## Payment Details :

- 1 Please make a crossed cheque payable to : Sodexo (HK) Ltd
- 2 Please write your child's name, class and a contact phone number at the back of the cheque.
- Choose often Contains low levels of fat
  Good Choice Contains moderate amount of fat
  On Occasion Contains high level of fat

\*The above traffic information is provided by nutritionist from Sodexo (HK) Limited. All Information is for reference only.

\*Should the school be closed due to a Typhoon or bad weather, that day's menu will be postponed and served the following day.

The scheduled menu will resume the day after that.

For all enquires, please email : unit.nais.hk@sodexo.com

Student Name :	
Class:	
Contact Number :	
Contact Email :	
Cheque Number :	