

Monday 2-Oct		Tuesday 3-Oct		Wednesday 4-Oct		Thursday 5-Oct		Friday 6-Oct	
Public Holiday		A	Chicken with Tomato Sauce with Penne	A	Vegetables Curry with Rice (not spicy)	Public Holiday		A	Sauteed Beef with Vegetables with Penne
		B	Beef Fried Rice with Vegetables	B	Spaghetti Bolognaise			B	Vegetables Au Gratin served with Mushroom Rice and Vegetables
		C	Avocado, Lettuce and Tomato Sandwich	C	Chicken Salad			C	Tuna Fish Sandwich
Monday 9-Oct		Tuesday 10-Oct		Wednesday 11-Oct		Thursday 12-Oct		Friday 13-Oct	
A	Grilled Chicken with Sweet Corn and Broccoli with Rice	A	Sweet and Sour Pork with Rice	A	Sweet and Sour Fish with Rice	A	Fried Rice with BBQ Pork and Ginger	A	Pork Loin with Garlic Gravy with Rice
B	Fried Ramen with Pork and Vegetables	B	Sweetcorn Macaroni Cheese	B	Spaghetti Bolognaise	B	Vegetable Lasagna	B	Vegetarian Fried Noodles
C	Greek Salad	C	Chicken Sandwich	C	Potato and Egg Salad	C	Roasted Beef Sandwich	C	Turkey Salad
Monday 16-Oct		Tuesday 17-Oct		Wednesday 18-Oct		Thursday 19-Oct		Friday 20-Oct	

School Closed

Monday 23-Oct		Tuesday 24-Oct		Wednesday 25-Oct		Thursday 26-Oct		Friday 27-Oct	
A	Sauteed Eggplant with Beef with Rice	A	Chicken Tandoori with Rice	A	Spinach and Mushroom Quiche with Roasted Vegetable	A	Sweet and Sour Pork with Rice	A	Pork Loin Bun and Cheese with Mashed Potato
B	Grilled Chicken with Sweet Corn and Broccoli with Penne	B	Vegetarian Singapore Noodles	B	Spaghetti Bolognaise	B	Fried Ramen with Shredded Chicken	B	Sweet and Sour Mock Meat with Pineapple with Rice
C	Egg Mayo Sandwich	C	Roasted Beef Salad	C	Ham and Cheese Sandwich	C	Chef's Garden Salad	C	Chicken Sandwich
Monday 30-Oct		Tuesday 31-Oct		Wednesday		Thursday		Friday	
A	Shredded Chicken with Taro and Coconut with Rice	A	Chicken A La King with Rice						
B	Spaghetti Bolognaise	B	Fried Spaghetti with Pork Loin and Garlic						
C	Potato Salad	C	Avocado and Cheese Sandwich						

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 25 September 2017) / \$35 (Received payment after 25 September 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 : _____