

		Monday			Tuesday			Wednesday			Thursday			Friday
		4-Sep		5-Sep		6-Sep		7-Sep		8-Sep		1-Sep		
												A		Chicken with Onion Sauce with Penne
												B		Beef in Cantonese Style with Rice
												C		Greek Salad
		Monday			Tuesday			Wednesday			Thursday			Friday
		4-Sep		5-Sep		6-Sep		7-Sep		8-Sep		15-Sep		
A		Sweet and Sour Pork with Rice	A		Pork Loin with Garlic Gravy with Rice	A		Roasted Chicken "Mexican Style" with Rice	A		Sauteed Vegetables with Sliced Pork Meat with Rice	A		Sauteed Beef with Vegetable with Rice
B		BBQ Chicken Breasts Bun with Mashed Potato	B		Spaghetti Bolognaise	B		Sauteed Eggplant with Beef with Penne	B		Fish Fillet Bun with Mashed Potato	B		Pork Loin with Sweet Corn Cream Sauce with Spaghetti
C		Avocado, Lettuce and Tomato Sandwich	C		Potato and Egg Salad	C		Roasted Veggie Sandwich	C		Chef's Garden Salad	C		Egg Mayo Sandwich
		Monday			Tuesday			Wednesday			Thursday			Friday
		11-Sep		12-Sep		13-Sep		14-Sep		15-Sep		15-Sep		
A		Sauteed Tomato with Beef with Rice	A		Bacardi Pork Loin with Spaghetti	A		Teriyaki Chicken with Rice	A		Thai Potato Curry (not spicy) with Penne	A		Sauteed Vegetables with Beef with Spaghetti
B		Penne Napoleon	B		Chicken Fillet with Honey Glazed Sauce with Rice	B		Spaghetti Bolognaise	B		Fisherman's Pie with Broccoli	B		Chicken a la King Au Gratin with Rice
C		Ham and Orange Salad	C		Avocado and Cheese Sandwich	C		Veggie Salad	C		Chicken Sandwich	C		Avocado & Sweet Corn Salad
		Monday			Tuesday			Wednesday			Thursday			Friday
		18-Sep		19-Sep		20-Sep		21-Sep		22-Sep		22-Sep		
A		Roasted Chicken "Mexican Style" with Rice	A		Sardin Pork Loin with Rice	A		Ham and Pork in Cream Sauce with Penne	A		Sweetcorn Macaroni Cheese	A		Honey Glazed Pork Loin with Spaghetti
B		Vegetables Lassagna	B		Spaghetti Bolognaise	B		Chicken with BBQ Sauce with Rice	B		Scrambled Egg with BBQ Pork with Rice	B		Stew Turnip with Beef with Rice
C		Roasted Beef Sandwich	C		Greek Salad	C		Egg Mayo Sandwich	C		Roasted Beef Salad	C		Avocado, Lettuce and Tomato Sandwich
		Monday			Tuesday			Wednesday			Thursday			Friday
		25-Sep		26-Sep		27-Sep		28-Sep		29-Sep		29-Sep		
A		Chicken Curry (not spicy) with Rice	A		Scrambled Egg with Ham with Rice	A		Teriyaki Fish with Penne	A		Pork Loin with Garlic Gravy with Rice	A		Sauteed Beef with Vegetable with Rice
B		Sauteed Eggplant with Beef with Penne	B		Spaghetti Bolognaise	B		Chicken Steak with Tomato Sauce with Rice	B		Chicken with Onion Sauce with Penne	B		Sweetcorn Macaroni Cheese
C		Veggie Salad	C		Tomato and Cheese Sandwich	C		Potato and Egg Salad	C		Roasted Veggie Sandwich	C		Chicken 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 31 August 2017) / \$35 (Received payment after 31 August 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 : _____