

Monday		Tuesday		Wednesday		Thursday		Friday	
2-Dec		3-Dec		4-Dec		5-Dec		6-Dec	
A	Stir-fried Sweet and Sour Vegetarian Meat with Pineapple with Wild Rice	A	Braised Hungarian Beef Goulash with Rice	A	Chicken Curry with Corn Rice (Not Spicy)	A	Sweet and Sour Pork with Rice	A	Braised Chicken Wings in Soya Sauce with Wild Rice
B	Macaroni Napoleon	B	Spaghetti with Meatballs in Tomato Sauce	B	Stir- fried Udon with Vegetables	B	Sweet Corn Macaroni and Cheese	B	Pan-fried Sole Fillet with Gravy with Spaghetti
C	Tomato and Cheese Sandwich	C	Greek Salad with Italian Herb Dressing	C	Roasted Beef Sandwich	C	Chicken Salad with Italian Herb Dressing	C	Avocado, Lettuce and Tomato Sandwich
Monday		Tuesday		Wednesday		Thursday		Friday	
9-Dec		10-Dec		11-Dec		12-Dec		13-Dec	
A	Coconut Portuguese Assorted Vegetables with Wild Rice	A	Pan-fried Chicken Fillet and Sausage with Gravy with Rice	A	Chicken A La King with Corn Rice	A	Pan-fried Pork Chop in Onion Sauce with Rice	A	Braised Beef Steak with Onion with Wild Rice
B	Baked Vegetables Lasagna	B	Spaghetti Bolognese	B	Macaroni with Seafood in Cream Cheese Sauce	B	Spaghetti with Deep-fried Chicken in Creamy Mushroom Sauce	B	Sauteed Assorted Vegetables with Macaroni
C	Chef's Garden Salad with Italian Herb Dressing	C	Egg Mayo Sandwich	C	Mixed Beans Salad with Italian Herb Dressing	C	Veggie Sandwich	C	Ham and Sweet Corn Salad with Italian Herb Dressing
Monday		Tuesday		Wednesday		Thursday		Friday	
16-Dec		17-Dec		18-Dec		19-Dec		20-Dec	
SCHOOL HOLIDAY									
Monday		Tuesday		Wednesday		Thursday		Friday	
23-Dec		24-Dec		25-Dec		26-Dec		27-Dec	
SCHOOL HOLIDAY									
Monday		Tuesday		Wednesday		Thursday		Friday	
30-Dec		31-Dec							
SCHOOL HOLIDAY									

**Please note :**

- Please choose (tick) ONE lunch option "A", "B" or "C" for each day.
- The price for each lunch option is **\$37 (Received payment on or before 25 November 2019) / \$39 (Received payment after 25 November 2019)**

**Payment Details :**

- Please make a crossed cheque payable to : **Sodexo (HK) Ltd**
- 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.

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

Student Name : \_\_\_\_\_

Class : \_\_\_\_\_

Contact Number : \_\_\_\_\_

Contact Email : \_\_\_\_\_

Cheque Number : \_\_\_\_\_