

		Monday			Tuesday			Wednesday			Thursday			Friday
		Monday 3-Jun		Tuesday 4-Jun		Wednesday 5-Jun		Thursday 6-Jun		Friday 7-Jun		SCHOOL HOLIDAY		
A		Vegetables in Portuguese Sauce with Rice	A		Honey Glazed Pork Loin with Wild Rice	A		Beef Curry with Rice (Not Spicy)	A		Teriyaki Fish with Corn Rice			
B		Penne Napoleon	B		Chicken Cabonara with Macaroni	B		Diced Pork with Sweetcorn Sauce with Spaghetti	B		Fried Noodles with Vegetables			
C		Mixed Bean Salad	C		Avocado, Lettuce and Tomato Sandwich	C		Veggie Salad	C		Chicken Sandwich			
		Monday 10-Jun		Tuesday 11-Jun		Wednesday 12-Jun		Thursday 13-Jun		Friday 14-Jun				
A		Potato and Vegetables Curry with Rice (Not Spicy)	A		Char Siu (BBQ Pork) with Scrambled Egg with Wild Rice	A		Pan-fried Sole Fillet with Gravy with Rice	A		Chicken Balls with Garlic in Abalone Sauce with Corn Rice	A		Beef Stroganoff with Rice
B		Vegetables Lasagna	B		Sweet and Sour Fish with Penne	B		Spaghetti Bolognese	B		Sweetcorn Macaroni Cheese	B		Fried Ramen with Vegetables and Shredded Pork
C		Chef's Garden Salad	C		Avocado and Cheese Sandwich	C		Tomato and Mozzarella Cheese Salad	C		Roasted Beef Sandwich	C		Pasta Salad with Bell Pepper in Tomato Sauce
		Monday 17-Jun		Tuesday 18-Jun		Wednesday 19-Jun		Thursday 20-Jun		Friday 21-Jun				
A		Vegetarian Fried Rice	A		Coconut Portuguese Chicken with Wild Rice	A		Beef Steak with Onion with Rice	A		Chicken Curry with Corn Rice (Not Spicy)	A		Sweet and Sour Pork with Rice
B		Fried U-Don with Vegetables	B		Meatballs with Tomato Sauce with Penne	B		Fish Fillet in Cream Sauce with Spaghetti	B		Meat Lasagna	B		Penne Napoleon
C		Tomato and Cheese Sandwich	C		Mixed Bean Salad	C		Egg Mayo Sandwich	C		Veggie Salad	C		Tunafish Sandwich
		Monday 24-Jun		Tuesday 25-Jun		Wednesday 26-Jun		Thursday 27-Jun		Friday 28-Jun				
A		Potato Curry with Rice (Not Spicy)	A		Beef Brisket and Turnip in Chu Hou Sauce with Wild Rice	A		Chicken A La King with Rice	A		Teriyaki Fish with Corn Rice	A		Hungarian Beef Goulash with Rice
B		Sweetcorn Macaroni Cheese	B		Vegetables Lasagna	B		Hungarian Pork Chop with Penne (Boneless)	B		Spaghetti Bolognese	B		Sweet and Sour Chicken with Pineapple with Macaroni
C		Greek Salad	C		Ham and Cheese Sandwich	C		Pasta Salad with Bell Pepper in Tomato Sauce	C		Avocado and Cheese Sandwich	C		Chef's Garden 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 **\$35 (Received payment on or before 27 May 2019) / \$37 (Received payment after 27 May 2019)**

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.

Student Name : _____

Class : _____

Contact Number : _____

Contact Email : _____

Cheque Number : _____