

Nord Anglia International School Hong Kong

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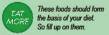


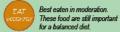
Lunch Menu June 2021

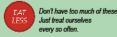
Share Your Thoughts

	Monday	Tuesday	Wednesday	Thursday	Friday
	31 May	01 Jun	02 Jun	03 Jun	04 Jun
<u>Meal</u> A		Stir Fried Pepperoni with Olive Oil & Spaghetti	Coq Au Vin with Mash	Chili Con Carne with Rice	Grilled Pork Burger with Roasted Potato Cube
<u>Meal</u> B		Steamed Fish Fillet with Pumpkin & Black Bean & Rice	Stir Fried Pork & Leek with Rice	Stir Fried Sundried Tomato & Mushroom Penne in Garlic Basil Sauce	Stir Fried Chicken & Snow Peas with Miso Curry & Rice
Sandwich C		Tomato & Cheese Sandwich	Grilled Eggplant Sandwich	Ham & Cheese Sandwich	Grilled Mixed Vegetables & Cheese Sandwich
Vegetables		Green Beans & Sweet Corn	Broccoli	Garlic Cabbage	Chinese Zucchini
Dessert		Fresh Fruit	Fresh Fruit	Mango Pudding	Fresh Fruit

	07 Jun	08 Jun	09 Jun	10 Jun	11 Jun
<u>Meal</u> A	Jamaican Brown Stew Chicken with Rice	Sole Meuniere with Lemon Butter Sauce & Mash	Pomelo Fish Fillet with Rice	Tuna and Sweet Corn Pizza with Roasted Potatoes	Fried Fish in Sweet Corn Sauce with Rice
<u>Meal</u> B	Pork Chop in Black Vinegar Sauce with Rice	Vegetarian Shanghai Style Fried Noodle	Assorted Vegetable with Portuguese Sauce with Rice	Mushroom Stroganoff with Rice	Green Bean and Preserved Olive Leaves with Rice
Sandwich C	Egg Mayo Sandwich	BBQ Chicken Sandwich	Ham & Cheese Sandwich	Chicken Pesto Sandwich	Roasted Vegetable Sandwich
Vegetables	Garlic Cabbage	Asia Green	Roasted Carrot with Honey	Garlic Green	Cauliflower & Carrot
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Strawberry Cake	Fresh Fruit





















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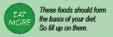


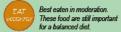
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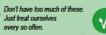
	Monday	Tuesday	Wednesday	Thursday	Friday
	14 Jun	15 Jun	16 Jun	18 Jun	19 Jun
<u>Meal</u> A	Tuen Ng Festival	Chicken A La King with Rice	Beef Cottage Pie with Mixed Garlic Vegetables	Pepperoni Pizza with Roasted Potato Cubes	Miso-Caramel Glazed Sole with Rice
<u>Meal</u> B		Yangzhou FriedRice	Braised Shredded Pork with Eggplant with Rice	Lentil, Mac & Cheese Bake	HK Style Chicken in Swiss Sauce with Rice
Sandwich C		Tomato & Cheese Sandwich	Grilled Mixed Vegetables & Cheese Sandwich	Tuna Mayo Sandwich	Mixed Mushroom Sandwich
Vegetables		Buttered Carrot	Roasted Vegetable	Sweet Corn & Onion	Cauliflower
Dessert		Fresh Fruit	Fresh Fruit	Chocolate Mousse	Fresh Fruit

	21 Jun	22 Jun	23 Jun	24 Jun	25 Jun
<u>Meal</u> A	Chicken Francaise with Mash	Taiwanese Braised Minced Pork & Tofu with Vegetable Rice	Grilled Pork Chop with Fennel Gravy with Mash	Hot Dog with Potato Cube	Pan-fried Fish Fillet with Creamy Scallions Sauce & Mash
<u>Meal</u> B	Salted Eggs and Preserved Eggs Seasonal Vegetable with Rice	Steamed Fish & Preserved Veg with Rice	Sweet & Sour Pork with Rice	Creamy Pumpkin Sauce with Penne	Stir-fried Shredded Pork, Garlic & Chinese Zucchini with Rice
Sandwich C	BLT Sandwich	Grilled Mixed Vegetables & Cheese Sandwich	Tomato & Cheese Sandwich	Chicken Pesto Sandwich	Egg Mayo Sandwich
Vegetables	White Radish & Carrot	Green Beans & Sweet Corn	Asian Greens	Broccoli	Chinese Zucchini
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Banana Cake	Fresh Fruit



























Traffic Light Guide that helps you make heathy choices easy!

WHAT'S OUR GRADING CRITERIA FOR ALL LUNCH MEALS? WHAT DOES THE COLOUR REPRESENT? LET'S TAKE A BRIEF LOOK!









Want to know more?

Scan this QR code for our reference document from the Centre for Health Protection or simply visit the EatSmart Website https://school.eatsmart.gov.ht/ for more information

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