

## Nord Anglia International School Hong Kong

Lunch Menu 30 Sep - 30 Oct 2020





Chartwells

Shellfish Alert

	Monday	Tuesday	Wednesday	FUNThursday	Friday
			30 Sep	01 Oct	02.0ct
<u>western</u> A			Italian Vegetarian Meatball with Penne	National Day	The day following the Chinese Mid-Autumn Festival
Asian B			Thai Chicken Curry with Rice (Mild)		
Sandwich C			Bacon, Lettuce, Tomato Sandwich		
Vegetables			Carrot Batons		
Dessert			Fresh Fruit		
	05 Oct	06 Oct	07 Oct	08 Oct	09 Oct
<u>western</u> A	Beef & Mushroom Stew served with Rice	BBQ Pork Loin with Potato Wedges	Vegetarian Paella	Chicken Chasseur with Mash Potato	Ham & Cheese Pasta Bake
Asian B	Cauliflower Korma with Rice	Tandoori Fish with Rice	Taiwanese Minced Pork with Rice	Chap Chae (Korean Vermicelli With Vegetables) served with Rice	Japanese Mild Vegetable Curry served with Rice
<u>Sandwich</u> C	Ham & Cheese Salad Sandwich	Sweet Corn & Egg Salad Sandwich	Korean Chicken Sandwich	Tuna Salad Sandwich	Chicken Pesto Sandwich
Vegetables	Carrot Batons	Roasted Vegetables	Asian Green	Cauliflower & Carrot	Chinese Zucchini
Dessert	Fresh Fruit	Chocolate Pear Cake 🔒 🚺	Fresh Fruit	Rice Cake 🔒 🚺	Fresh Fruit



These foods should form the basis of your diet. So fill up on them. EAT Best eaten in moderation. These food are still important for a balanced diet.

Highlighted in respective color on the menu



Don't have too much of these. Just treat ourselves every so often.





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	Monday	Tuesday	Wednesday	FUNThursday	Friday
	12 Oct	13 Oct	14 Oct	15 Oct	16 Oct
<u>western</u> A	Chicken Milanese with Pasta	Crispy Fish Fillet with Coriander with Barley Pearl	Pork Carnitas with Mexican Rice	Cordon Bleu with French Fries	Creamy Chipotle Chicken with Couscous
Asian B	Thai Pineapple Fried Rice	Chicken Keto with Rice	Vegetarian Singapore Vermicelli (Less Oil)	Chicken Tikka Masala with Mixed Grain Rice	Thai Style Fish with Fresh Herbs & Mixed Brown Rice
Sandwich C	Beef Pastrami Sandwich	Cheese Tomato Sandwich	Tuna Mayo Salad Sandwich	Egg & Cucumber Sandwich	Mediterranean Sandwich
Vegetables	Carrot & Broccoli	Broccoli	Roasted Carrot with Honey	Roasted Vegetables	Cabbage
Dessert	Fresh Fruit	Brownie 📋 🔾	Fresh Fruit	Cheery Pie 👔 🔿	Fresh Fruit
	19 Oct	20 Oct	21 Oct	22.0ct	23 00+

Western

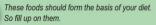
A

Asian B Sandwich

> С Vegetables

> > Dessert

EAT



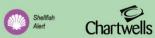




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19 Oct - 23 Oct School Holiday







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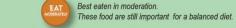




	Monday	Tuesday	Wednesday	FUNThursday	Friday
	26 Oct	27 Oct	28 Oct	29 Oct	30 Oct
<u>western</u> A	The day following Chung Yeung Festival	Chicken Butter Milk with Couscous	Broccolis Stuffed Fish with Steamed Rice	Croque Monsieur with French Fries	Chicken Lombardy with Pasta
Asian B		Teriyaki Fish with Sweet Corn Rice	Stir Fried Mushroom with Silver Needle Noodle (Less Oil)	Vegetable Curry with Rice	Lemongrass Pork Chop with Rice
Sandwich C		Egg & Cucumber Sandwich	Cuban Pork Sandwich	Thai Sweet Chili Chicken Sandwich	Mushroom & Cheese Sandwich
Vegetables		Carrot Batons	Green Beans	Roasted Vegetables	Cabbage
Dessert		Banana Cake 👔 🚺	Fresh Fruit	Apple Cake 🔒	Fresh Fruit



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