

		Monday				Tuesday				Wednesday				Thursday				Friday	
		7-Jan				8-Jan				9-Jan				10-Jan				11-Jan	
A		Chicken Curry with Rice (Not Spicy)	A		Teriyaki Fish with Wild Rice	A		Sweet and Sour Pork with Rice	A		Chicken in Creamy Mushroom Sauce with Corn Rice	A		Pan-fried Sole Fillet with Gravy with Rice					
B		Sweetcorn Macaroni Cheese	B		Eggplant with Beef with Penne	B		Fried U-Don with Vegetables	B		Hungarian Pork Chop with Spaghetti (Boneless)	B		Spaghetti Bolognese					
C		Ham and Orange Salad	C		Egg Mayo Sandwich	C		Roasted Beef Salad	C		Avocado and Cheese Sandwich	C		Chef's Garden Salad					
		Monday				Tuesday				Wednesday				Thursday				Friday	
		14-Jan				15-Jan				16-Jan				17-Jan				18-Jan	
A		Chicken A La King with Rice	A		Ham and Shredded Pork in Cream Sauce with Wild Rice	A		Thai Potato Curry with Rice (Not Spicy)	A		Beef Fillet in Cantonese Style with Corn Rice	A		Char Siu (BBQ Pork) with Scrambled Egg with Rice					
B		Vegetable Lasagna	B		Fried Ramen with Seafood	B		Chicken Cabonara with Penne	B		Sweet and Sour Fish with Spaghetti	B		Penne Napoleon					
C		Ham and Cheese Sandwich	C		Veggie Salad	C		Roasted Beef Sandwich	C		Mixed Beans & Avocado Salad	C		Chicken Sandwich					
		Monday				Tuesday				Wednesday				Thursday				Friday	
		21-Jan				22-Jan				23-Jan				24-Jan				25-Jan	
A		Hungarian Beef Goulash with Rice	A		Chicken Balls with Garlic in Abalone Sauce with Wild Rice	A		Yang Zhou Fried Rice	A		Potato and Vegetables Curry with Corn Rice (Not Spicy)	A		Coconut Portuguese Chicken with Rice					
B		Diced Pork with Sweetcorn Sauce with Spaghetti	B		Fish Fillet in Cream Sauce with Penne	B		Spaghetti Bolognese	B		Meat Lasagna	B		Sweetcorn Macaroni Cheese					
C		Pasta Salad with Bell Pepper in Tomato Sauce	C		Avocado, Lettuce and Tomato Sandwich	C		Greek Salad	C		Tuna Fish Sandwich	C		Ham and Cheese Sandwich					
		Monday				Tuesday				Wednesday				Thursday				Friday	
		28-Jan				29-Jan				30-Jan				31-Jan					
A		Beef Stroganoff with Rice	A		Honey Glazed Pork Loin with Wild Rice	A		Beef Curry with Rice (Not Spicy)	A		Thai Potato Curry with Corn Rice (Not Spicy)								
B		Vegetable Lasagna	B		Fried Noodles with Vegetables and Shredded Chicken	B		Meatballs with Tomato Sauce with Penne	B		Spaghetti Bolognese								
C		Ham and Sweet Corn Salad	C		Tomato and Cheese Sandwich	C		Chef's Garden Salad	C		Chicken Sandwich								

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 28 December 2018) / \$37 (Received payment after 28 December 2018)**

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.

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

Student Name : _____

Class : _____

Contact Number : _____

Contact Email : _____

Cheque Number : _____