

		Monday	Tuesday	Wednesday	Thursday	Friday				
		1-Feb	2-Feb	3-Feb	4-Feb	5-Feb				
<b>CPD DAY</b>										
		Monday	Tuesday	Wednesday	Thursday	Friday				
		4-Feb	5-Feb	6-Feb	7-Feb	8-Feb				
<b>SCHOOL HOLIDAY</b>										
		Monday	Tuesday	Wednesday	Thursday	Friday				
		11-Feb	12-Feb	13-Feb	14-Feb	15-Feb				
A		Beef Steak with Onion with Rice	A	Vegetables in Portuguese Sauce with Wild Rice	A	Beef Brisket and Turnip in Chu Hou Sauce with Rice	A	Potato and Vegetables Curry with Corn Rice (Not Spicy)	A	Teriyaki Fish with Rice
B		Diced Pork with Sweetcorn Sauce with Spaghetti	B	Chicken Cabonara with Penne	B	Hungarian Pork Chop with Spaghetti (Boneless)	B	Sweet and Sour Chicken with Pineapple with Penne	B	Meat Lasagna
C		Chef's Garden Salad	C	Tunafish Sandwich	C	Mixed Beans Salad	C	Roasted Beef Sandwich	C	Greek Salad
		Monday	Tuesday	Wednesday	Thursday	Friday				
		18-Feb	19-Feb	20-Feb	21-Feb	22-Feb				
A		Char Siu (BBQ Pork) with Scrambled Egg with Rice	A	Pan-fried Sole Fillet with Gravy with Wild Rice	A	Honey Glazed Pork Loin with Rice	A	Chicken in Creamy Mushroom Sauce with Corn Rice	A	Sweet and Sour Fish with Rice
B		B Penne Napoleon	B	B Spaghetti Bolognaise	B	B Sweetcorn Macaroni Cheese	B	B Eggplant with Beef with Penne	B	B Fried U-Don with Vegetables
C		C Turkey Sandwich	C	C Veggie Salad	C	C Chicken Sandwich	C	C Avocado and Sweetcorn Salad	C	C Ham and Cheese Sandwich
		Monday	Tuesday	Wednesday	Thursday	Friday				
		25-Feb	26-Feb	27-Feb	28-Feb					
A		A Yang Zhou Fried Rice	A	A	A	A	A	A Sweet and Sour Pork with Corn Rice		
B		B Beef Stroganoff with Spaghetti	B	B	B	B	B	B Fried Ramen with Seafood		
C		C Pasta Salad with Bell Papper in Tomato Sauce	C	C	C	C	C	C Tomato and Cheese 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 January 2018) / \$37 (Received payment after 28 January 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 : \_\_\_\_\_