

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1-Jan		2-Jan		3-Jan	
				School Holiday		School Holiday		School Holiday	
6-Jan		7-Jan		8-Jan		9-Jan		10-Jan	
A	Sauteed Mixed Vegetables with Wild Rice	A	Stew Beef Brisket and Turnip in Chu Hou Sauce with Rice	A	Sardin Pork Loin with Corn Rice	A	Braised Chicken Wings in Soya Sauce with Rice	A	Scrambled Egg with Slice Beef with Wild Rice
B	Sweet Corn Macaroni Cheese	B	Stir-fried Ramen with Vegetables and Shredded Pork	B	Spaghetti with Meatballs in Tomato Sauce	B	Macaroni with Sole Fillet with Gravy	B	Seafood Penne in Cream Cheese Sauce
C	Greek Salad with Italian Herb Dressing	C	Veggie Sandwich	C	Mixed Beans Salad with Italian Herb Dressing	C	Avocado, Lettuce & Tomato Sandwich	C	Pasta Salad with Bell Pepper Tossed with Tomato Sauce
13-Jan		14-Jan		15-Jan		16-Jan		17-Jan	
A	Potato and Vegetables Curry with Wild Rice (Not Spicy)	A	Sweet and Sour Pork with Rice	A	Chicken A La King with Corn Rice	A	Braised Beef Steak with Onion with Rice	A	Pan-fried Pork Chop in Onion Sauce with Wild Rice
B	Macaroni Napoleon	B	Stir-fried Udon with Vegetables	B	Spaghetti Bolognese	B	Stir-fried Noodles with Vegetables and Shredded Chicken	B	Penne with Deep-fried Chicken in Creamy Mushroom Sauce
C	Avocado and Cheese Sandwich	C	Chicken Salad with Italian Herb Dressing	C	Egg Mayo Sandwich	C	Potato Salad with Italian Herb Dressing	C	Tomato and Cheese Sandwich
20-Jan		21-Jan		22-Jan		23-Jan		24-Jan	
A	Coconut Portuguese Assorted Vegetables with Wild Rice	A	Pan-fried Chicken Fillet and Sausage with Gravy with Rice	A	Braised Hungarian Beef Goulash with Corn Rice	A	Lemon Grass Chicken Wings with Rice	School Holiday	
B	Baked Veggie Lasagna	B	Sauteed Assorted Vegetables with Macaroni	B	Sweet and Sour Chicken with Pineapple with Spaghetti	B	Macaroni with Seafood in Cream Cheese Sauce		
C	Avocado and Sweet Corn Salad with Italian Herb Dressing	C	Roasted Beef Sandwich	C	Veggie Salad with Italian Herb Dressing	C	Avocado and Cheese sandwich		
27-Jan		28-Jan		29-Jan		30-Jan		31-Jan	
School Holiday		School Holiday		School Holiday		School Holiday		School Holiday	

Please note :

- Please choose (tick) ONE lunch option "A", "B" or "C" for each day.
- The price for each lunch option is **\$37 (Received payment on or before 23 December 2019)**
\$39 (Received payment after 23 December 2019)

Payment Details :

- Please make a crossed cheque payable to : **Sodexo (HK) Ltd**
- Please write your child's name, class and a contact phone number at the back of the cheque.

*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

- Choose often - Contains low levels of fat
- Good Choice - Contains moderate amount of fat
- On Occasion - Contains high level of fat

Student Name : _____

Class : _____

Contact Number : _____

Contact Email : _____

Cheque Number : _____