

Monday 1-Oct		Tuesday 2-Oct		Wednesday 3-Oct		Thursday 4-Oct		Friday 5-Oct			
<b>Public Holiday</b>	A		Coconut Portugese Chicken with Wild Rice	A		Stir-fried Beef with Pineapple with Rice	A		Braised Chicken with Potato with Corn Rice		
	B		Diced Pork with Sweetcorn Sauce with Penne	B		Sweet and Sour Fish with Spaghetti	B		Penne Napoleon		
	C		Tomato and Cheese Sandwich	C		Greek Salad	C		Ham and Cheese Sandwich		
Monday 8-Oct		Tuesday 9-Oct		Wednesday 10-Oct		Thursday 11-Oct		Friday 12-Oct			
A		Chicken in Creamy Mushroom Sauce with Rice	A		Beef Stroganoff with Wild Rice	A		Potato and Vegetables Curry with Rice (Not Spicy)	A		Lemon Grass Pork Loin with Corn Rice
B		Vegetable Lasagna	B		Penne Pasta with Pesto	B		Spaghetti Bolognaise	B		Chicken Cabonara with Penne
C		Roasted Beef Sandwich	C		Chicken Salad	C		Tunafish Sandwich	C		Chef's Garden Salad
Monday 15-Oct		Tuesday 16-Oct		Wednesday 17-Oct		Thursday 18-Oct		Friday 19-Oct			

## SCHOOL CLOSED

Monday 22-Oct		Tuesday 23-Oct		Wednesday 24-Oct		Thursday 25-Oct		Friday 26-Oct			
A		Beef Fillet in Cantonese Style with Rice	A		Char Siu (BBQ Pork) with Scrambled Egg with Wild Rice	A		Pan-fried Sole Fillet with Gravy with Rice	A		Chicken A La King with Corn Rice
B		Sweetcorn Macaroni Cheese	B		Fried Noodles with Vegetables and Shredded Chicken	B		Meatballs with Tomato Sauce with Penne	B		Spaghetti Bolognaise
C		Ham and Orange Salad	C		Egg Mayo Sandwich	C		Pasta Salad with Bell Pepper in Basil Sauce	C		Veggie Sandwich
Monday 29-Oct		Tuesday 30-Oct		Wednesday 31-Oct		Thursday		Friday			
A		Chicken Curry with Rice (Not Spicy)	A		Teriyaki Fish with Wild Rice	A		Ham and Shredded Pork in Cream Sauce with Rice			
B		Meat Lasagna	B		Eggplant with Beef with Penne	B		Fried U-Don with Vegetables			
C		Tomato and Cheese Sandwich	C		Avocado and Sweetcorn Salad	C		Turkey 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 26 September 2018) / \$37 (Received payment after 26 September 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.

\*Should the school be closed due to a Typhoon or bad weather, that day's menu will be postponed and served the following day.

The scheduled menu will resume the day after that.

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

Student Name :	_____
Class :	_____
Contact Number :	_____
Contact Email :	_____
Cheque Number :	_____