

|  |        |  |         |  |           |  |          |  |        |
|--|--------|--|---------|--|-----------|--|----------|--|--------|
|  | Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |
|  | 19-Aug |  | 20-Aug  |  | 21-Aug    |  | 22-Aug   |  | 23-Aug |

SCHOOL HOLIDAY

|  |        |  |         |  |           |  |          |  |        |
|--|--------|--|---------|--|-----------|--|----------|--|--------|
|  | Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |
|  | 5-Aug  |  | 6-Aug   |  | 7-Aug     |  | 8-Aug    |  | 9-Aug  |

SCHOOL HOLIDAY

|  |        |  |         |  |           |  |          |  |        |
|--|--------|--|---------|--|-----------|--|----------|--|--------|
|  | Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |
|  | 12-Aug |  | 13-Aug  |  | 14-Aug    |  | 15-Aug   |  | 16-Aug |

School Holiday

Please note Year 1-2 & 7 start on 19 August / Year 3-6 & 8-12 start on 20 August

|   |  | Monday  |                     |   | Tuesday |   |  | Wednesday |  |                                      | Thursday |   |  | Friday                                       |  |
|---|--|---|---------------------|---|---------|---|--|-----------|--|--------------------------------------|----------|---|--|--|--|
|   |  | 19-Aug  | FOR YEAR 1 & 2 ONLY |   | 20-Aug  |   |  | 21-Aug    |  |                                      | 22-Aug   |   |  | 23-Aug                                       |  |
| A |  | Vegetables in Portuguese Sauce with Rice          |                     | A |         | Char Siu (BBQ Pork) with Scrambled Egg with Wild Rice |  | A         |  | Beef Steak with Onion with Rice      |          | A |  | Chicken Curry with Corn Rice (Not Spicy)     |  |
| B |  | Vegetables Lasagna                                |                     | B |         | Chicken Cabonara with Macaroni                        |  | B         |  | Sweetcorn Macaroni Cheese            |          | B |  | Fried Noodles with Vegetables                |  |
| C |  | Greek Salad                                       |                     | C |         | Avocado and Cheese Sandwich                           |  | C         |  | Chicken Salad                        |          | C |  | Roasted Beef Sandwich                        |  |
|   |  | Monday  |                     |   | Tuesday |   |  | Wednesday |  |                                      | Thursday |   |  | Friday                                       |  |
|   |  | 26-Aug  |                     |   | 27-Aug  |   |  | 28-Aug    |  |                                      | 29-Aug   |   |  | 30-Aug                                       |  |
| A |  | Potato and Vegetables Curry with Rice (Not Spicy) |                     | A |         | Beef Stroganoff with Wild Rice                        |  | A         |  | Chicken A La King with Rice          |          | A |  | Sweet and Sour Pork with Corn Rice           |  |
| B |  | Sweetcorn Macaroni Cheese                         |                     | B |         | Penne Napoleon  |  | B         |  | Meat Lasagna                         |          | B |  | Fish Fillet in Cream Sauce with Penne        |  |
| C |  | Tomato and Cheese Sandwich                        |                     | C |         | Orange and Ham Salad                                  |  | C         |  | Avocado, Lettuce and Tomato Sandwich |          | C |  | Pasta Salad with Bell Pepper in Tomato Sauce |  |
| A |  |   |                     | A |         | Beef Brisket and Turnip in Chu Hou Sauce with Rice    |  | A         |  |                                      |          | A |  |  |  |
| B |  |   |                     | B |         | Spaghetti Bolognese                                   |  | B         |  |                                      |          | B |  | Fried U-Don with Vegetables                  |  |
| C |  |   |                     | C |         | Mixed Bean Salad                                      |  | C         |  |                                      |          | C |  | Ham and Cheese Sandwich                      |  |

**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 28 June 2019) / \$39 (Received payment after 28 June 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.

- 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 : \_\_\_\_\_