

		Monday		Tuesday		Wednesday		Thursday		Friday				
		3-Dec		4-Dec		5-Dec		6-Dec		7-Dec				
A		Chicken A La King with Rice	A		Beef Curry with Wild Rice (Not Spicy)	A		Sweet and Sour Pork with Rice	A		Pan-fried Sole Fillet with Gravy with Corn Rice	A		Beef Stroganoff with Rice
B		Vegetable Lasagna	B		Fried U-Don with Vegetables	B		Sweetcorn Macaroni Cheese	B		Chicken Cabonara with Penne	B		Diced Pork with Sweetcorn Sauce with Spaghetti
C		Roasted Beef Salad	C		Ham and Cheese Sandwich	C		Chicken Salad	C		Avocado and Cheese Sandwich	C		Chef's Garden Salad
		Monday		Tuesday		Wednesday		Thursday		Friday				
		10-Dec		11-Dec		12-Dec		13-Dec		14-Dec				
A		Char Siu (BBQ Pork) with Scrambled Egg with Rice	A		Beef Fillet in Cantonese Style with Wild Rice	A		Yang Zhou Fried Rice	A		Chicken in Creamy Mushroom Sauce with Corn Rice	A		Potato and Vegetables Curry with Rice (Not Spicy)
B		Sweet and Sour Fish with Penne	B		Vegetarian Fried Noodles	B		Spaghetti Bolognaise	B		Penne Napoleon	B		Meat Lasagna
C		Tomato and Cheese Sandwich	C		Turkey Salad	C		Egg Mayo Sandwich	C		Ham and Orange Salad	C		Chicken Sandwich
		Monday		Tuesday		Wednesday		Thursday		Friday				
		17-Dec		18-Dec		19-Dec		20-Dec		21-Dec				

SCHOOL HOLIDAY

Monday	Tuesday	Wednesday	Thursday	Friday
24-Dec	25-Dec	26-Dec	27-Dec	28-Dec

SCHOOL HOLIDAY

Monday	Tuesday	Wednesday	Thursday	Friday
31-Dec				

SCHOOL HOLIDAY

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 November 2018) / \$37 (Received payment after 26 November 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 : _____