

Nord Anglia International School Hong Kong

Share Your Thoughts

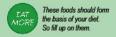


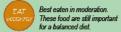


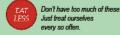
Lunch Menu May 2021

		Monday	Tuesday	Wednesday	Thursday	Friday
		24 May	25 May	26 May	27 May	28 May
	<u>Meal</u> A	Braised Chicken & Potato in Chu Hou Sauce with Rice	Thai Green Curry Fish Fillet with Rice	Bourguignon Beef with Mashed Potato	Margherita Pizza With Potato Cube	RosemaryRoasted Pork Loin with Mashed Potato
000	<u>Meal</u> B	Cheese Bake Penne with Cauliflower	Braised Shredded Pork & Eggplant with Rice	Mushroom Carbonara	Stir Fried Chicken & Snow Peas with Miso Curry & Rice	Stir Fried Mixed Bell Pepper & Olive Oil with Spaghetti
	Sandwich C	Ham & Cheese Sandwich	Mushroom & Cheese Sandwich	Tuna Mayo Sandwich	Roasted Vegetable Sandwich	BBQ Chicken Sandwich
,	Vegetables	Roasted Vegetables	Buttered Carrot	Grilled Tomato	Chinese Zucchini	Cauliflower
2	Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Chocolate Mousse	Fresh Fruit

l		31 May	01 June	02 June	03 June	04 June
	<u>Meal</u> A	Grilled Pork Chop with Mashed Potato				
	<u>Meal</u> B	Stir Fried Chicken & Celery with Rice				
	Sandwich C	Sweet Corn & Mayo Sandwich				
	Vegetables	White Radish & Carrot				
	Dessert	Fresh Fruit				
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Traffic Light Guide that helps you make heathy choices easy!

WHAT'S OUR GRADING CRITERIA FOR ALL LUNCH MEALS? WHAT DOES THE COLOUR REPRESENT? LET'S TAKE A BRIEF LOOK!









Want to know more?

Scan this QR code for our reference document from the Centre for Health Protection or simply visit the EatSmart Website https://school.eatsmart.gov.ht/ for more information

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