

Nord Anglia International School Hong Kong

Lunch Menu November 2020



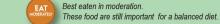


	Monday	Tuesday	Wednesday	FUNThursday	Friday
	02 Nov	03 Nov	D4 Nov	D5 Nov	DG Nov
<u>western</u> A	Roasted Pork Loin served with Mashed Potato	Spaghetti Napoléon	BBQ Chicken served with Rice	Hot Dog served with Potato Cube	Chicken Goulash served with Pasta
<u>Asian</u> B	Lemon Chicken served with Brown Rice	HK Style Chicken in Swiss Sauce served with Brown Rice	Lemongrass Pork Chop served with Rice	Pan-fried Fish in Sweetcorn & Egg Sauce served with Rice	Korean Style Mixed Vegetable Vermicelli served with Rice
Sandwich C	Roasted Vegetables & Cheese Sandwich	BLT Sandwich	Roasted Asparagus Sandwich	Cheese & Tomato Sandwich	Korean Chicken Sandwich
Vegetables	Carrot Batons	Roasted Vegetables	Carrot & Sweet Corn	Garlic Greens	Cabbage

	09 Nov	10 Nov	11 Nov	12 Nov	13 Nov
<u>western</u> A	Chili Con Carne served with Rice	Mushroom Stroganoff served with Fusilli	Chicken Alfredo served with Pasta	Hawaiian Pizza served with Potato Cube	Pork & Pumpkin Stew served with Rice
Asian B	Stir-fried Noodle with Assorted Mushroom	Honey Glazed BBQ Pork served with Rice	Japanese Mild Vegetable Curry served with Steamed Rice	Honey Soy Chicken served with Mixed Grain Rice	Stir-fried Udon with Mixed Vegetables (Less Oil)
<u>Sandwich</u> C	Pepperoni Sandwich	BLT Sandwich	Crab Meat & Sweet Corn Sandwich	Dried Tomato & Cheese Sandwich	Chicken Pesto Sandwich
Vegetables	Carrot Batons	Cabbage	Asian Green	Cauliflower & Carrot	Chinese Zucchini



These foods should form the basis of your diet. So fill up on them.



Highlighted in respective color on the menu



Don't have too much of these. Just treat ourselves every so often.







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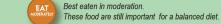


	Monday	Tuesday	Wednesday	FUNThursday	Friday
	16 Nov	17 NoV	18 Nov	19 Nov	20 Nov
<u>western</u> A	Chicken A-La-King served with Rice	Vegetarian Meatball Marinara Pasta	Fish Fillet New Orleans served with Penne	Chicken Burger served with Potato Cube	Spaghetti Carbonara
Asian B	Stir-fried Beef & Onion served with Rice	Stir-fried Chicken & Mixed Pepper served with Brown Rice	Diced Pork in Sweet Corn Egg Drop Sauce served with Rice	Japanese Mild Eggplant Curry served with Rice	Pork in Black Vinegar Sauce served with Rice
Sandwich C	Roasted Asparagus & Egg Salad Sandwich	Korean Chicken Sandwich	Roasted Vegetable Sandwich	Cheese & Mushroom Sandwich	Egg Salad with Sweet Corn Sandwich
Vegetables	Broccoli	Sweet Corn & Carrots	Chives Zucchini	Garlic Greens	Cabbage

	23 Nov	24 Nov	25 Nov	26 Nov	27 Nov
<u>western</u> A	Chicken Penne Arrabiata	Baked Fish Fillet in Creamy Sauce served with Mashed Potato	Pork Chop & Fresh Tomato Sauce served with Rice	Margherita Pizza served with Diced Potato	Pork Loin in Apricot Sauce served with Spaghetti
Asian B	Braised Pork & Potato in Oyster Sauce served with Rice	Teriyaki Chicken served with Rice	Stir-fried Pasta with Shredded Beef (Less Oil)	Chinese Stir-fried Chicken Tenderloin & Mixed Mushroom served with Rice	Malaysian Fish Curry (Mild) served with Brown Rice
<u>Sandwich</u> C	Grilled Bell Pepper Sandwich	Mushroom & Cheese Sandwich	Egg & Cheese Sandwich	Chicken Pesto Sandwich	Honey Mustard Egg Salad Sandwich
Vegetables	Carrot & Broccoli	Broccoli	Roasted Carrot with Honey	Roasted Vegetables	Cabbage



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Shellfish Alert

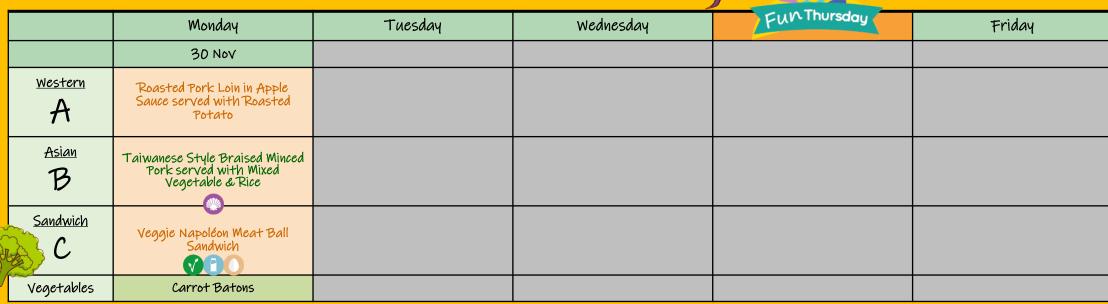


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NAIS Share Your Thoughts









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Dairy Alert Fish Alert