

		Monday				Tuesday				Wednesday				Thursday				Friday	
		Monday 3-Sep				Tuesday 4-Sep				Wednesday 5-Sep				Thursday 6-Sep				Friday 7-Sep	
A		Thai Potato Curry with Rice (Not Spicy)	A		Chicken Fillet in Portuguese Sauce with Wild Rice	A		Pan-fried Sole Fillet with Gravy with Rice	A		Char Siu (BBQ Pork) with Scrambled Egg with Corn Rice	A		Chicken A La King with Rice					
B		Meat Lasagna	B		Hungarian Pork Chop with Penne (Boneless)	B		Spaghetti Bolognaise	B		Fried Ramen with Seafood	B		Sweetcorn Macaroni Cheese					
C		Turkey Sandwich	C		Veggie Salad	C		Avocado and Cheese Sandwich	C		Greek Salad	C		Ham and Cheese Sandwich					
		Monday 10-Sep				Tuesday 11-Sep				Wednesday 12-Sep				Thursday 13-Sep				Friday 14-Sep	
A		Hungarian Beef Goulash with Rice	A		Honey Glazed Pork Loin with Wild Rice	A		Chicken Balls with Garlic in Abalone Sauce with Rice	A		Beef Curry with Corn Rice (Not Spicy)	A		Yang Zhou Fried Rice					
B		Sweet and Sour Fish with Penne	B		Vietanese Style Beef with Spaghetti	B		Penne Napoleon	B		Chicken Cabonara with Spaghetti	B		Penne Pasta with Pesto					
C		Chef,s Garden Salad	C		Egg Mayo Sandwich	C		Roasted Beef Salad	C		Avocado and Tomato Sandwich	C		Chicken Salad					
		Tuesday 17-Sep				Tuesday 18-Sep				Wednesday 19-Sep				Thursday 20-Sep				Friday 21-Sep	
A		Sweet and Sour Pork with Rice	A		Beef Stroganoff with Wild Rice	A		Lemon Grass Pork Loin with Rice	A		Chicken with Cheesy Cream Sauce with Corn Rice	CPD Day							
B		Vegetable Lasagna	B		Fried Noodles with Vegetables and Shredded Chicken	B		Spaghetti Bolognaise	B		Fried U-Don with Vegetables								
C		Roasted Beef Sandwich	C		Pasta Salad with Bell Pepper in Basil Sauce	C		Tomato and Cheese Sandwich	C		Ham and Orange Salad								
		Monday 24-Sep				Tuesday 25-Sep				26-Sep				Thursday 27-Sep				Friday 28-Sep	
CPD Day		Public Holiday		A		Beef Fillet in Cantonese Style with Rice	A		Char Siu (BBQ Pork) with Scrambled Egg with Corn Rice	A		Teriyaki Fish with Rice							
				B		Fish Fillet in Cream Sauce with Spaghetti	B		Vegetarian Fried Noodles	B		Spaghetti Bolognaise							
				C		Veggie Salad	C		Tuna Fish Sandwich	C		Avocado and Cheese Salad							

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 27 August 2018) / \$37 (Received payment after 27 August 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 : _____