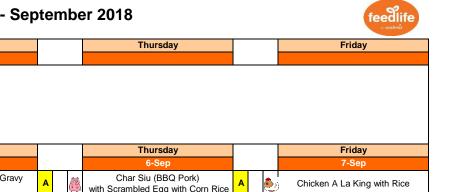
sodexo

Monday

Nord Anglia International School - September 2018

Wednesday



		Monday			Tuesday			Wednesday			Thursday			Friday
		3-Sep			4-Sep			5-Sep			6-Sep			7-Sep
4	-	Thai Potato Curry with Rice (Not Spicy)	A	٩	Chicken Fillet in Portuguese Sauce with Wild Rice	Α	(Pan-fried Sole Fillet with Gravy with Rice	A	ŝ.	Char Siu (BBQ Pork) with Scrambled Egg with Corn Rice	Α	۵.	Chicken A La King with Rice
E		Meat Lasagna	в	Â	Hungarian Pork Chop with Penne (Boneless)	в	A	Spaghetti Bolognaise	в	Ş (Fried Ramen with Seafood	в	S.	Sweetcorn Macaroni Cheese
C	٩	Turkey Sandwich	С	1	Veggie Salad	С	1	Avocado and Cheese Sandwich	с		Greek Salad	C		-
		Monday			Tuesday			Wednesday			Thursday			Friday
		10-Sep			11-Sep			12-Sep			13-Sep			14-Sep
A	Ħ	Hungarian Beef Goulash with Rice	A	Â	Honey Glazed Pork Loin with Wild Rice	A	٩	Chicken Balls with Garlic in Abalone Sauce with Rice	A	M	Beef Curry with Corn Rice (Not Spicy)	A		Yang Zhou Fried Rice
E	A	Sweet and Sour Fish with Penne	в	1	Vietanese Style Beef with Spaghetti	в		Penne Napoleon	в		Chicken Cabonara with Spaghetti	в	97	Penne Pasta with Pesto
c	-	Chef,s Garden Salad	с		Egg Mayo Sandwich	с	A	Roasted Beef Salad	С	8	Avocado and Tomato Sandwich	С	٩	Chicken Salad
		Tuesday			Tuesday			Wednesday			Thursday			Friday
		17-Sep			18-Sep			19-Sep			20-Sep			21-Sep
A	<u>i</u>	Sweet and Sour Pork with Rice	A	Ŕ	Beef Stroganoff with Wild Rice	A	â	Lemon Grass Pork Loin with Rice	A	٩	Chicken with Cheesy Cream Sauce with Corn Rice			
E	-	Vegetable Lasagna	в	٩	Fried Noodles with Vegetables and Shredded Chicken	в	A	Spaghetti Bolognaise	в	-	Fried U-Don with Vegetables			CPD Day
C	Ħ	Roasted Beef Sandwich	с	W	Pasta Salad with Bell Pepper in Basil Sauce	с	-	Tomato and Cheese Sandwich	с		Ham and Orange Salad			
		Monday			Tuesday						Thursday			Friday
		24-Sep			25-Sep			26-Sep			27-Sep			28-Sep
							Ħ	Beef Fillet in Cantonese Style with Rice	A	Ð.	Char Siu (BBQ Pork) with Scrambled Egg with Corn Rice	Α		Teriyaki Fish with Rice
		CPD Day			Public Holiday	в	(Fish Fillet in Cream Sauce with Spaghetti	в	*	Vegetarian Fried Noodles	в	9	Spaghetti Bolognaise
						с		Veggie Salad	с	%	Tuna Fish Sandwich	с		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)

Tuesday

Payment Details :

1 Please make a crossed cheque payable to : Sodexo (HK) Ltd

 $\ensuremath{2}$ $\ensuremath{$ 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 : _____