

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3-Feb		4-Feb		5-Feb		6-Feb		7-Feb	
A	Stir-fried Sweet and Sour Vegetarian Meat with Wild Rice	A	Beef Curry with Rice (Not Spicy)	A	Braised Chicken Wings in Soya Sauce with Corn Rice	A	Teriyaki Fish with Rice	A	Sardin Pork Loin with Wild Rice
B	Sauteed Assorted Vegetables with Macaroni	B	Penne with Meatballs in Tomato Sauce	B	Stir-Fried Udon with Vegetables	B	Spaghetti Bolognaise	B	Chicken Carbonara with Macaroni
C	Chef's Garden Salad with Italian Herb Dressing	C	Tomato and Cheese Sandwich	C	Roasted Beef Salad with Italian Herb Dressing	C	Veggie Sandwich	C	Mixed Bean Salad with Italian Herb Dressing
10-Feb		11-Feb		12-Feb		13-Feb		14-Feb	
A	Sauteed Assorted Fungus with Wild Rice	A	Stew Beef Brisket and Turnip in Chu Hou Sauce with Rice	A	Sweet and Sour Pork with Corn Rice	A	Sauteed Sausage with Gravy with Rice	A	Scrambled Egg with BBQ Pork with Wild Rice
B	Stir-fried Noodle with Vegetables	B	Penne with Seafood in Cream Cheese Sauce	B	Spaghetti with Deep-fried Chicken in Creamy Mushroom Sauce	B	Baked Meat Lasagna	B	Sweet Corn Macaroni Cheese
C	Avocado and Cheese Sandwich	C	Greek Salad with Italian Herb Dressing	C	Egg Mayo Sandwich	C	Avocado and Sweet Corn Salad with Italian Herb Dressing	C	Chicken Sandwich
17-Feb		18-Feb		19-Feb		20-Feb		21-Feb	
A	Coconut Portuguese Assorted Vegetables with Wild Rice	A	Chicken A La King with Rice	A	Braised Hungarian Beef Goulash with Corn Rice	A	Lemon Grass Chicken Wings with Rice	A	Braised Beef Steak with Onion with Wild Rice
B	Penne Napoleon	B	Spaghetti with Sole Fillet with Gravy	B	Stir-fried Ramen with Vegetables and Shredded Pork	B	Sauteed Assorted Vegetables with Macaroni	B	Sweet and Sour Fish with Spaghetti
C	Veggie Salad with Italian Herb Dressing	C	Avocado, Lettuce & Tomato Sandwich	C	Potato Salad with Italian Herb Dressing	C	Roasted Beef Sandwich	C	Egg and Cheese Salad with Italian Herb Dressing
24-Feb		25-Feb		26-Feb		27-Feb		28-Feb	
A	Potato and Vegetables Curry with Wild Rice (Not Spicy)	A	Scrambled Egg with Slice Beef with Rice	A	Honey Glazed Pork Loin with Corn Rice	A	Grilled Chicken Fillet with Gravy with Rice	A	Braised Chicken Wing in Butter with Wild Rice
B	Sweet Corn Macaroni Cheese	B	Baked Vegetables Lasagna	B	Spaghetti Bolognaise	B	Penne with Meatballs in Tomato Sauce	B	Macaroni with Diced Pork in Sweet Corn Sauce
C	Tomato and Cheese Sandwich	C	Turkey Salad with Italian Herb Dressing	C	Veggie Sandwich	C	Bell Pepper Pasta Salad Tossed with Tomato Sauce	C	Egg Mayo Sandwich

Please note :

- Please choose (tick) ONE lunch option "A", "B" or "C" for each day.
- The price for each lunch option is **\$37 (Received payment on or before 23 January 2020)**
\$39 (Received payment after 23 January 2020)

Payment Details :

- Please make a crossed cheque payable to : **Sodexo (HK) Ltd**
- Please write your child's name, class and a contact phone number at the back of the cheque.

*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

- Choose often - Contains low levels of fat
- Good Choice - Contains moderate amount of fat
- On Occasion - Contains high level of fat

Student Name : _____

Class : _____

Contact Number : _____

Contact Email : _____

Cheque Number : _____