

SHA TIN COLLEGE

Lunch Menu Aug 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/8	11/8	12/8	13/8	14/8
A	CPD	CPD	Half School Day	Half School Day	Irish Beef Stew with Crushed Potato
B					Vietnamese Lemongrass Pork Chop with Soy Sauce and Rice
C 					Braised Hairy Gourd, Mushroom & Glass Noodle with Rice
Chef's Special			Cheese Baked Spaghetti Bolognese 	Bibimbap 	Fish & Chips 
Noodle Bar					Shanghainese Dumpling with Rice Noodle

Go! Eat as much as you want. **Slow!** "Sometimes Food!" **Whoa!** Once in a while.

Highlighted in respective colour on the Hot Meal choice

Dairy Alert



Shellfish Alert



Egg Alert



Spicy Alert



Seafood Alert



Vegetarian Choice



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Lunch Menu Aug 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	17/8	18/8	19/8	20/8	21/8
A	Moroccan BBQ Pork Chop with Pasta	Lemon Garlic Baked Fish with Boiled Potato 	Half School Day	Pork Marbella with Penne	Carbonnade Beef Stew with Rice
B	Braised Chicken & Mushroom with Rice	Thai Style Stir Fried Beef & Basil with Rice		Steamed Fish & Spring Onion & Soy Sauce with Rice 	King Dou Pork with Rice
C 	Sweet Corn & Zucchini Frittata with Herb Potato 	Napoleon Pasta		Vegetables Paella	Vegetarian Singaporean Fried Vermicelli 
Chef's Special	Northern West China Style Minced Pork Mixed Noodle	Chicken and Waffle	Thai Duck Breast Red Curry Rice Bowl 	Cheese Baked Egg Fried Rice with Pork Chop and Tomato Sauce  	Fish & Chips 
Noodle Bar	Japanese Fried Chicken Ramen Soup	Budae Jjigae – Korean Army Stew 		Shanghainese Pork Chop with Rice Noodle	Thai Sweet & Spicy Chicken with Ho Fan

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	Monday	Tuesday	Wednesday	Thursday	Friday
	24/8	25/8	26/8	27/8	28/8
A	Roasted Pork Loin with Herbs Gravy and Roasted Potato	Chicken Pesto Penne	Half School Day	Pork Scallopini (Lemon & Capers) with Roasted Potato	Buffalo Chicken with Red Rice
B	Fried Fish & Egg Drop Egg Sauce with Rice  	Stir Fried Beef & Chinese Zucchini with Rice		Steamed Fish with Soy Sauce with Rice	Stir Fried Shredded Pork, Garlic & Chinese Zucchini with Red Rice
C 	Vegetarian Chilli Con Carne with Rice 	Vegetarian Lasagna 		Kabak mücveri (Turkish Cheese Egg Pie) 	Pasta Veg Meatball
Chef's Special	Hainanese Chicken Rice	Teochew Style Pork Belly Rice Bowl	Korean Fried Chicken with Salad	Japanese Pork Cutlet with Mild Curry Rice Bowl	Fish & Chips 
Noodle Bar	Sour & Spicy Minced Beef with Sweet Potato Noodle Soup	Japanese Mixed Seafood with Mild Curry Ramen Soup  		Budae Jjigae – Korean Army Stew	Vietnamese Butter Chicken Wing Ho Fan Soup

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	Monday	Tuesday	Wednesday	Thursday	Friday
	31/8				
A	Fisherman's Pie (Fish & Leek & Mash)  				
B	Diced Chicken in Sweet Sauce with Rice				
C 	Japanese Fried Udon with Vegetables & Dried Tofu				
Chef's Special	Gyudon (Japanese Beef Rice Bowl)				
Noodle Bar	Shredded Chicken & Vietnamese Sausage with Rice Noodle				

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