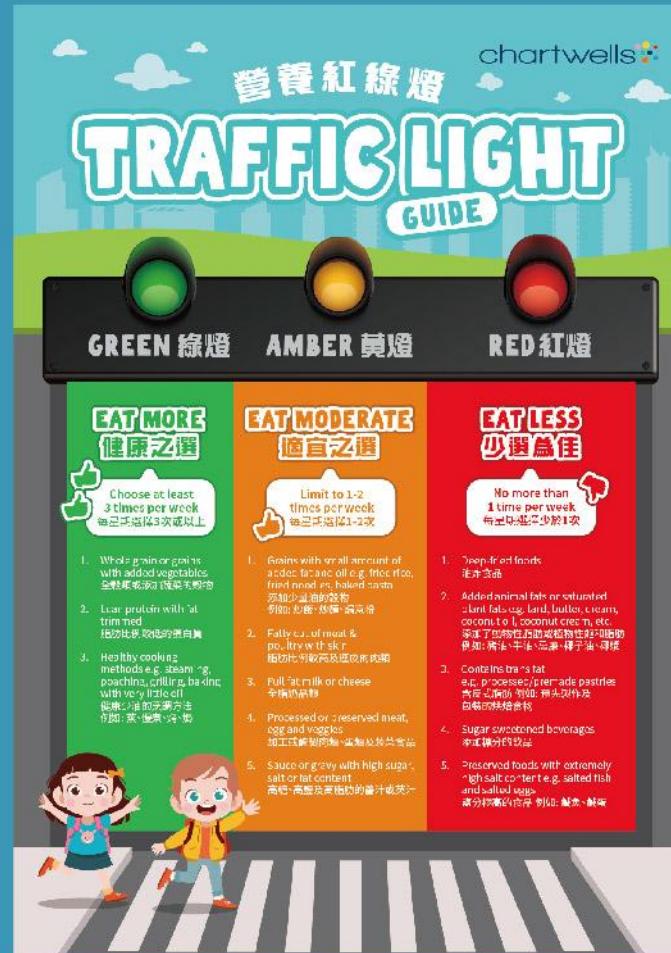




SCHOOL MENU



聲明: 儘管我們已採取一切措施確保廚房內的交叉污染最小化,但可能會出現我們無法控制的情況,並可能改變所提供的過敏原信息的準確性。因此,我們建議您不要僅僅依賴這些信息。這不會影響您的法定權利。
DISCLAIMER: Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights.

Lunch Menu Jan 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5 Jan

6 Jan

7 Jan

8 Jan

9 Jan

<u>Meal A</u>	<p>Spanish Beef Stew with Rice 西班牙燴牛肉配飯</p> 	<p>Bacon Mushroom Sauce with Pasta 煙肉蘑菇醬意粉</p> 	 <p>Dim Sum & Snack</p>	<p>Roasted Chicken Tigh with Thyme Gravy Sauce with Roasted Potatoes 百里香燒汁烤雞配焗薯</p> 	 <p>Sustainable Dish Tuna in Creamy Spinach & Kale Sauce with Pasta 吞拿魚菠菜羽衣甘藍 忌廉醬意粉</p> 
<u>Meal B</u>	<p>Korean Minced Pork Glass Noodle 韓式豬肉碎雜菜粉絲</p> 	 <p>Tandoori Fish Fillet with Rice 印度烤魚柳配飯</p> 		<p>Hawaiian Tomato Pork Chop with Rice 夏威夷蕃茄豬扒配飯</p> 	<p>Pork Patties with Sweet Corn with Rice 香煎粟米豬肉餅配飯</p> 
<u>Meal C</u> 	<p>Mixed Vegetables in Green Curry with Rice 青咖哩雜菜配飯</p> 	<p>Italian Bean Stew with Rice 意大利雜菜燉豆配飯</p> 		 <p>Sustainable Dish Japanese Style Stir-fried Udon Mix Vegetables & Shredded Egg 日式蔬菜蛋絲炒烏冬</p> 	<p>Mushroom Stroganoff with Rice 俄式忌廉燴蘑菇飯</p> 
<u>Chef's Special</u>	<p>Eel Fish Rice With Shredded Egg 蛋絲鰻魚飯</p> 	<p>Bread Pork Chop Japanese Curry Rice 日式咖哩炸豬扒飯</p> 	<p>Korean Fried Chicken with Potato Wedges 韓式炸雞配薯角</p> 	<p>Pepperoni Pizza with French Fries 辣肉腸薄餅配薯條</p> 	<p>Beef Lasagna with Garlic Bread 意式牛肉千層麵配蒜蓉包</p> 

Seasonal vegetables served daily 



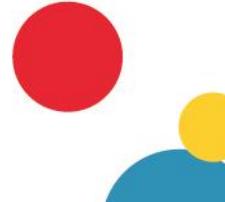
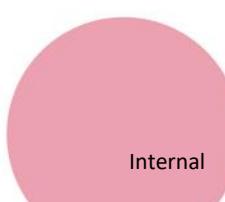
Eat More
適宜
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable Seafood
可持續海鮮

Egg Alert
含蛋類
Dairy Alert
含奶類
Soy Alert
含大豆

Fish Alert
含魚類
Shellfish Alert
含貝殼類海鮮
Peanut Alert
含花生

Tree Nuts Alert
含堅果
Wheat Alert
含小麥



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Lunch Menu Jan 2026

Monday

Tuesday

Wednesday

Thursday

Friday

12 Jan

13 Jan

14 Jan

15 Jan

16 Jan



Greece Theme Day



Meal A	Chicken Primavera Sauce with Pasta 意大利雜菜雞粒意粉 	Cuban Mojo Pork Loin with Roasted Potatoes 古巴香草豬配烤焗薯 	<p>Dim Sum & Snack</p>	Beef Gyro (Beef in Pita Bread Wrap) 希臘牛肉卷 	Portuguese Chicken with Rice 葡國雞配飯
Meal B	 Taiwanese Minced Pork with Enoki Mushroom, Edamame & Eggplant with Rice 台式金針菇茄子肉燥配飯 	Baked Fish with Herb Crust with Roasted Sweet Potatoes 香草酥脆焗魚配焗甜薯 		Greek Lemon Chicken and Potatoes 希臘薯仔檸檬焗雞 	Mapo Tofu with Minced Pork and Rice 麻婆豆腐豬肉碎配飯
Meal C ✓	 Broccoli & Cheddar Frittata with Rice 西蘭花車打芝士焗蛋餅配飯 	 Spinach, Okra, Tomato Cheese Lasagna 菠菜秋葵蕃茄芝士千層麵 		Vegetarian Moussaka (Eggplant & Lentil Casserole) 希臘茄子扁豆批 	Stir-fried Vegetarian Ham with Four Season Bean & Mushroom with Rice 四季豆蘑菇炒素火腿配飯
Chef's Special	Roasted Honey Duck Breast with Mashed Potato 烤煙鴨胸配薯蓉 	Banger Sausage With Mashed Potato 英國牛仔腸配薯蓉 	<p>Fish & Chips 炸魚薯條 </p>	HK Style Baked Pork Chop Rice 港式焗豬扒飯 	Beef Burger with French Fries 牛肉漢堡配薯條

Seasonal vegetables served daily ✓



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食

Sustainable Seafood
可持續海鮮



Egg Alert
含蛋類

Dairy Alert
含奶類

Soy Alert
含大豆



Fish Alert
含魚類

Shellfish Alert
含貝殼類海鮮

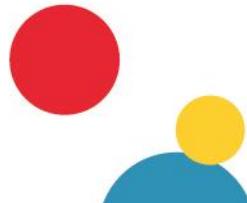
Wheat Alert
含小麥



Tree Nuts Alert
含堅果

Peanut Alert
含花生

Internal



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Lunch Menu Jan 2026

Monday

Tuesday

Wednesday

Thursday

Friday

19 Jan

20 Jan

21 Jan

22 Jan

23 Jan

Meal
A

Mexican Shredded Pork with Mixed Vegetables with Roasted Potatoes
墨西哥風味雜菜手撕豬肉配焗薯

Sustainable Dish

Shrimp Arrabiata with Pasta
微辣茄醬蝦仁意粉



Meal
B

Kung Pao Chicken with Rice
宮保雞丁配飯



Diced Pork with Sweet Corn Sauce with Rice
粟米豬肉粒配飯



Meal
C
✓

Sustainable Dish
Shanghai Fried Noodle with Dried Tofu
上海雜菜豆腐乾粗炒



Indian Sweet Potato Curry with Rice
咖喱甜薯配飯



Chef's
Special

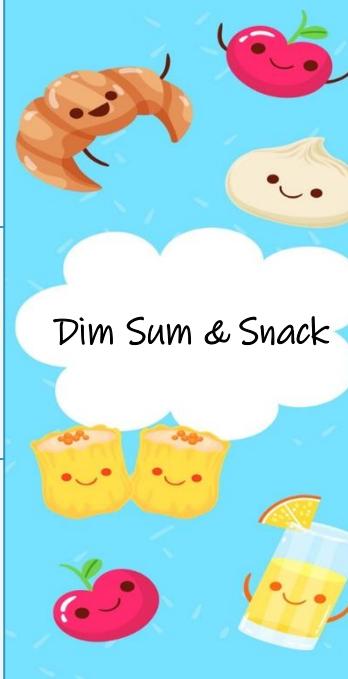
Teriyaki Beef & Onion Rice Bowl
日式照燒汁牛肉飯



Roasted Spring Chicken with Baked Potato
燒春雞配薯角



21 Jan



Pork Ragu with Boiled Potatoes
意式蕃茄燴豬肉醬配蒸薯



India Beef Curry with Rice
印度咖哩牛肉配飯



Char Siu with Rice
叉燒飯



Sweet & Sour Chicken with Rice
咕嚕雞球配飯



Cheesy Vegetables Pie with Sweet Corn
芝士雜菜焗批配粟米



Roasted Vegetables Pesto with Pasta
意大利青醬雜菜意粉



Hainan Chicken Rice
海南雞飯



Veal Sausage with Mashed Potato
牛仔腸配薯蓉



Seasonal vegetables served daily ✓



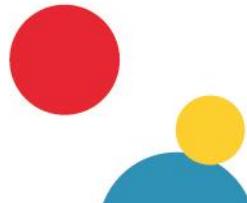
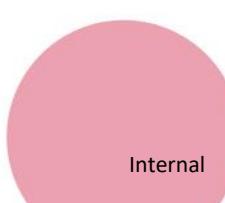
Eat More
適宜
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable Seafood
可持續海鮮

Egg Alert
含蛋類
Dairy Alert
含奶類
Soy Alert
含大豆

Fish Alert
含魚類
Shellfish Alert
含貝殼類海鮮
Peanut Alert
含花生

Tree Nuts Alert
含堅果
Wheat Alert
含小麥



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Lunch Menu Jan 2026

Monday

Tuesday

Wednesday

Thursday

Friday

26 Jan

27 Jan

28 Jan

29 Jan

30 Jan

Meal
A

Creamy Chicken Stew with Vegetables with Roasted Potatoes
雜菜忌廉燒汁燴雞肉配焗薯



Meal
B

Four Season Bean with Minced Pork with Rice
四季豆炒豬肉碎配飯



Meal
C
✓

Steamed Egg with Shitake Mushroom, Vermicelli with Rice
香菇粉絲蒸蛋配飯



Chef's
Special

Eel Fish Rice With Shredded Egg
蛋絲鰻魚飯



Sustainable Dish

Kimchi & Shrimp Quinoa Fried Rice with Nori
韓式泡菜蝦仁海苔藜麥飯



Sustainable Dish

Stir-fried Cauliflower, Carrot, Baby Corn and Tofu with Rice
花椰菜甘筍玉米炒豆腐配飯



Dim Sum & Snack



Spaghetti Bolognese
意式肉醬意粉



Sustainable Dish

New Orleans Fish with Boiled Potatoes
新奧爾良烤魚柳配蒸薯



Braised Chicken with Potato with Rice
薯仔炆雞配飯



Sustainable Dish

Yeung Chow Fried Rice
揚州炒飯



Sustainable Dish

Lentil, Okra & Potato Curry with Rice
扁豆秋葵薯仔咖哩配飯



Pasta Baked with Corn Kidney Beans & Spinach
菠菜粟米紅腰豆焗意粉



Seasonal vegetables served daily ✓

Eat More
適宜
Eat Moderately
限量
Eat Less
少量

Vegetarian
素食
Sustainable
可持續海鮮

Egg Alert
含蛋類
Dairy Alert
含奶類
Soy Alert
含大豆

Fish Alert
含魚類
Shellfish Alert
含貝類海鮮
Peanut Alert
含花生

Tree Nuts Alert
含堅果
Wheat Alert
含小麥

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Lunch Menu Feb 2026

Monday

Tuesday

Wednesday

Thursday

Friday

2 Feb

3 Feb

4 Feb

5 Feb

6 Feb

Meal
A

 **Chicken, Corn, Mixed Bell Peppers Frittata with Roasted Potatoes**
雞肉粟米甜椒焗蛋餅配焗薯

Meal
B

Stir-Fried Beef with Broccoli & Cauliflower with Rice
西蘭花椰菜花炒牛肉配飯

Meal
C
✓

Kale & Spinach Mac & Cheese
羽衣甘藍菠菜芝士通粉

Chef's Special

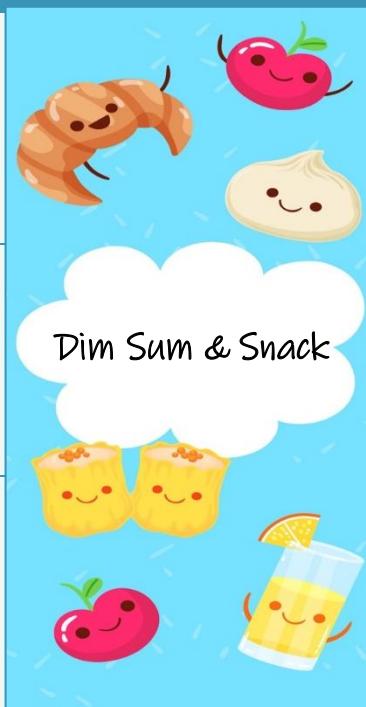
Banger Sausage with Mashed Potato
英國牛仔腸配薯蓉

 **Fish Fillet in Creamy Thyme Mustard Sauce with Mashed Potatoes**
百里香芥末魚柳配薯蓉

Chicken Masala with Rice
印度馬薩拉香料雞配飯

 **Japanese Style Stir-fried Udon Mix Vegetables & Shredded Egg**
日式蔬菜蛋絲炒烏冬

Beef Burger with French Fries
牛肉漢堡配薯條



 **Chicken Teriyaki with Rice**
照燒雞配飯

 **Stir-fried Tomato with Sliced Pork and Egg with Rice**
番茄炒豬肉片炒蛋配飯

 **Stir-fried Rice Vermicelli with Bak Choy, Edamame, Broccoli, Carrot**
毛豆雜菜炒米粉

Roasted Honey Duck Breast with Mashed Potato
烤煙鴨胸配薯蓉

Pan-fried Fish Fillet in Tomato Sauce with Pasta
鮮茄煎魚柳意粉

Steamed Chicken & Shiitake Mushroom with Rice
冬菇蒸雞配飯

Vietnamese Cold Vermicelli with Vegetarian Ham
越南涼拌米粉配素火腿

HK Style Baked Pork Chop Rice
港式焗豬扒飯

Seasonal vegetables served daily ✓

Eat More
適宜
Eat Moderately
限量
Eat Less
少量

 **Vegetarian**
素食
 **Sustainable Seafood**
可持續海鮮

 **Egg Alert**
含蛋類
 **Dairy Alert**
含奶類
 **Soy Alert**
含大豆

 **Fish Alert**
含魚類
 **Shellfish Alert**
含貝類海鮮
 **Tree Nuts Alert**
含堅果

 **Wheat Alert**
含小麥
 **Peanut Alert**
含花生

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Lunch Menu Feb 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	9 Feb	10 Feb	11 Feb	12 Feb	13 Feb
<u>Meal A</u>	Cottage Pie with Sweet Corn 農舍牛肉批配粟米 	Fish Fillet with Lemon Capers Tomato Sauce with Corn on the Cob 檸檬酸豆番茄醬魚柳 配粟米 			
<u>Meal B</u>	 Pineapple Diced Chicken Fried Rice 菠蘿雞粒炒飯 	Shanghai Fried Noodle with Shredded Pork & Cabbage 豬肉絲椰菜上海粗炒 		Sport Day	Early Dismissal
<u>Meal C</u> 	Fughi Ragu (Mixed Mushroom, Cherry Tomato, Potato, Celery, Basil, Tomato Sauce) Pasta 意式蕃茄燴雜菌醬 配意粉 	Spiced Quinoa with Corn, Carrot, French Beans, and Black-Eyed Peas with Rice 粟米雜菜眉豆香料炒 藜麥配飯			
<u>Chef's Special</u>	Teriyaki Beef & Onion Rice Bowl 日式照燒汁牛肉飯 	Roasted Spring Chicken with Baked Potato 燒春雞配薯角 	New York Hot Dog with French Fries 紐約熱狗配薯條 		
Seasonal vegetables served daily 					



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



Vegetarian
素食

Sustainable
Seafood
可持續海鮮



Egg Alert
含蛋類

Dairy Alert
含奶類

Soy Alert
含大豆



Fish Alert
含魚類

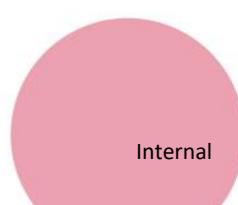
Shellfish Alert
含貝殼類海鮮

Peanut Alert
含花生



Tree Nuts Alert
含堅果

Wheat Alert
含小麥



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Lunch Menu Feb 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	23 Feb	24 Feb	25 Feb	26 Feb	27 Feb
Meal A		Bacon Mushroom Sauce with Pasta 煙肉蘑菇醬意粉		Roasted Chicken Tilt with Thyme Gravy Sauce with Roasted Potatoes 百里香燒汁烤雞配焗薯	Tuna in Creamy Spinach & Kale Sauce with Pasta 吞拿魚菠菜羽衣甘藍 忌廉醬意粉
Meal B		Tandoori Fish Fillet with Rice 印度烤魚柳配飯		Hawaiian Tomato Pork Chop with Rice 夏威夷蕃茄豬扒配飯	Pork Patties with Sweet Corn with Rice 香煎粟米豬肉餅配飯
Meal C	CPD DAY	Italian Bean Stew with Mash Potato 意大利雜菜燉豆配薯蓉	Dim Sum & Snack	Japanese Style Stir-fried Udon Mix Vegetables & Shredded Egg 日式蔬菜蛋絲炒烏冬	Mixed Vegetables in Green Curry with Rice 青咖哩雜菜配飯
Chef's Special		Bread Pork Chop Japanese Curry Rice 日式咖哩炸豬扒飯	Korean Fried Chicken with Potato Wedges 韓式炸雞配薯角	Eel Fish Rice with Shredded Egg 蛋絲鰻魚飯	Pepperoni Pizza with French Fries 辣肉腸薄餅配薯條
Seasonal vegetables served daily 					



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