

SHA TIN COLLEGE

Lunch Menu Sep 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
		1/9	2/9	3/9	4/9
A		Beef Stroganoff with Pasta	Half Day	Fish Chermoula with Boiled Potato 	Pork Blanquette with Spaghetti 
B		Thai Steamed Fish with Lime and Garlic with Rice 		Thai Pineapple Pork Fried Rice 	Braised Chicken & Potato in Brown Sauce with Red Rice
C 		Steamed Egg with Vermicelli served with Rice 		Aubergine Parmigiana with Fusilli 	Mixed Bell Pepper Frittata with Herb Potato 
Chef's Special		Scallion Oil Chicken Rice	Chicken Schnitzel with Fries	Cheese Baked Spaghetti Bolognese 	Seafood Paella  
Noodle Bar		Hong Kong Style Tomato & Beef with Macaroni		Thai Minced Pork with Rice Noodle Soup	Japanese Miso Beef with Udon

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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	Monday	Tuesday	Wednesday	Thursday	Friday
	7/9	8/9	9/9	10/9	11/9
A	Oven Baked Lemon & Dill Chicken Steak with Pasta	Pasta Carbonara 	Half Day	Cheese Baked Tomato Tuna Pasta  	Ca Jun Honey Pork Chop with Roasted Potato
B	Fish Marsala with Rice 	Steamed Chicken & Black Fungus with Sweet Corn Rice		Chicken and Shredded Lettuce Egg Fried Rice 	Wok Fried Beef and Broccoli with Rice
C 	Cauliflower Cheese Bake with Crushed Potato 	Hong Kong Style Tomato Scrambled Egg with Rice 		Cumin & Tomato & Chickpea Stew with Rice	Miso Dried Tofu with Rice
Chef's Special	Korean Pomelo Fried Chicken Rice Bowl	Gyudon Japanese Beef Rice Bowl	Fish & Chips 	Cheese Baked Pork Chop with Egg Fried Rice  	Taiwanese Pop Corn Chicken Rice Bowl
Noodle Bar	HK Style Beef Brisket Rice Noodle Soup	Japanese Pan Fried Dumpling with Udon Soup		Roasted Honey Chicken Wing with Ho Fan Soup	Budae Jjigae – Korean Army Stew  

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	14/9	15/9	16/9	17/9	18/9
A	Vitoulet–Belgian Pork Meatball with Carrot Rice	Poached Fish with Curry Tomato Sauce with Balled Potato 	Half Day	Paprika Grilled Chicken with Penne	Texas Cowboy Beef Stew with Spaghetti
B	Chikuzenni (Japanese Chicken & Veg) with Carrot Rice	Stir Fried Beef with Ho Fan		Sweet & Sour Fish with Rice 	Taiwanese Three Cup Chicken with Red Rice
C 	Shanghainese Fried Noodle with Vegetables	Sautéed Garlic Mushroom & Dried Tofu with Rice		Cheese & Onion Pie 	Mild Japanese Veg Curry with Red Rice
Chef's Special	Cheese Baked Beef Curry with Egg Fried Rice  	Japanese Pork Cutlet with Mild Curry Rice Bowl	Chicken Schnitzel with Fries	Mexican Pulled Pork & Pineapple Tortillas with Salad	Gambas al a jillo –with Spaghetti  
Noodle Bar	Sour & Spicy Minced Pork with Rice Noodle 	Vietnamese Lemongrass Chicken with Ho Fan Soup		Korean Kimchi Beef with Udon Soup 	Hong Kong Swiss Sauce Chicken Wing with Mix Noodle

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	21/9	22/9	23/9	24/9	25/9
A	Italian Chicken Cacciatora with Fusilli	Sicilian Tomato Braised Pork Chop with Red Rice	Half Day	Sole Meuniere with Boiled Potato 	Beef Cottage Pie 
B	Steamed Fish & Spring Onion with Rice 	Braised Beef & Onion with Red Rice		Lemongrass Chicken with Rice	Salt and Pepper Pork Chop with Red Rice
C 	Moroccan Stew Sweet Potatoes & Chickpeas with Rice	Ratatouille with Pasta		Vietnamese Dried Tofu with Fried Oil Noodle	Kimchi Fried Rice 
Chef's Special	Kalops—Sweden Beef Stew with Mash 	Thai Pattaya Chicken Steak Rice Bowl	Fish & Chips 	Bifana—Portuguese Pork Bun with Salad	Chicken Provolone with Fries
Noodle Bar	Fish Skin Dumpling with Vermicelli Soup 	Vietnamese Sausage & Shredded Chicken Ho Fan Soup		Teriyaki Chicken Udon Soup	Shanghainese Dumpling with Rice Noodle Soup

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	28/9	29/9	30/9		
A	Balsamic & Mustard Glazed Roasted Pork Chop with Herb Potato	Stifado (Greek Beef Stew) with Pasta	Half Day		
B	Minced Beef Nasi Goreng	Vietnamese Style Turmeric Fish with Red Rice 			
C 	Onion Cacio e Pepe 	Braised Vegetarian Chicken & Celery with Rice			
Chef's Special	Hokkien Fried Rice 	BBQ Pulled Pork Burger with Salad 	Chicken Schnitzel with Fries		
Noodle Bar	Laksa Chicken with Oil Noodle  	Hong Kong Style Tomato & Beef with Rice Noodle			

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