SHA TIN COLLEGE

Lunch Menu Nov 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	2/11	3/11	4/11	5/11	6/11
A	Danish Roasted Apple Pork Loin with Red Rice	Creamy Chicken Lasagna	Half Day	Texas Cowboy Beef Stew with Linguine	Arroz con pollo (Spain Chicken Rice)
B	Chicken Pad Thai	Braised Minced Pork with Eggplant with Rice		Thai Garlic Steamed Fish with Red Rice	Pork Adobo with Rice
C	Ceci in Umido (Chickpea Stew) with Red Rice	Hong Kong Style Tomato & Scramble Egg with Rice		Cajun Cauliflower & Dried Tofu with Red Rice	Fusilli Pomodoro
Chef's Special	Hainanese Chicken Rice	Gyudon (Japanese Beef Bowl)	Fish & Chips	Tandoori Chicken with Rice	Bibimbap (Pork)
Noodle Bar	Tom Yam Mixed Seafood Ho Fan Soup	Shanghainese Dumpling with Rice Noodle		Hong Kong Style Wonton Noodle Soup	Vietnamese Sausage & Chicken Ho Fan Soup

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 | Egg Alert | Seafood Alert

Shellfish Alert | Spicy Alert | Vegetarian Choice

Asia Pacific Catering

SHA TIN COLLEGE

Lunch Menu Nov 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	9/11	10/11	11/11	12/11	13/11
A	Spaghetti Bolognes	Hong Kong Style Chicken in Swiss Sauce with Rice	Thyme Roasted Pork Chop with Gravy & Rice	Hunter's Chicken with Pasta	Snacks Only
B					
C	Portuguese Style Vegetables Curry with Rice	Thai Style Vegetarian Pineapple Fried Rice	Napoletana Pasta	Sauteen Garlic Mushroom & Dried Tofu with Rice	
Chef's Special					
Noodle Bar					

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Asia Pacific Catering

SHA TIN COLLEGE

Lunch Menu Nov 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	16/11	17/11	18/11	19/11	20/11
A	Tuna & Sweet Corn Pasta Baked	Chicken Paella	Half Day	Balsamic & Mustard Glazed Roasted Pork Loin with Penne	Jarret de boeuf (Sweet Potato & Beef Stew) with Pasta
B	Steamed Chicken, Mushroom & Black Fungus with Sweet Corn Rice	Stir Fried Beef & Scrambled Egg with Rice		Minced Beef Nasi Goreng	Chicken, Lettuce and Egg Fried Rice
C	Eggplant Teriyaki with Sweet Corn Rice	Aubergine Pamigiana with Pasta		Sweet Corn Mac & Cheese	Gobi Manchurian (india fried cauliflower) with Rice
Chef's Special	Cheese Baked Pork Chop with Egg Fried Rice	Japanese Pork Cutlet with Mild Curry Rice Bowl	Pork Schnitzel with Fries	Cheese Baked Spaghetti Bolognese	Taiwanese Pop Corn Chicken Rice Bowl
Noodle Bar	Korean Beef with Cheese Udon Soup	Vietnamese Lemongrass Chicken with Ho Fan		Hong Kong Style Tomato & Shredded Chicken with Vermicelli Soup	Japanese Fried Dumpling with Ramen Soup

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Asia Pacific Catering

SHA TIN COLLEGE

Lunch Menu Nov 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	23/11	24/11	25/11	26/11	27/11
A	Italian Chicken Cacciatora with Herb Potato	Katův šleh–Czech Spicy Pork Stew with Butter Penne	Half Day	Stifado–Greek Beef Stew with Sweet Corn Rice	Italian Marinade Roasted Chicken Steak with Herbed Linguine
B	Baked Fish & Sweet Corn Sauce with Rice	Stir Fried Beef & Snow Pea with Rice		Morgh e shekam por (Iranian Chicken) with Sweet Corn Rice	Thai Minced Pork with Rice
C	Beans Bourguignon with Pasta	Pan Fried Miso Tofu with Rice		Pesto Vegetarian Chicken Pasta	Sweet & Sour Cauliflower with Rice
Chef's Special	Portuguese Bifana (Pork Bun) with Fries	Cheese Baked Creamy Seafood with Spaghetti	Chicken Schnitzel with Fries	Peking Shredded Pork Rice Bowl	Kung Po Beef Rice Bowl
Noodle Bar	Hong Kong Ginger Beef with Macaroni Soup	Thai Pattaya Chicken with Ho Fan Soup		Japanese Beef Udon Soup	Dak Galbi–Korean Chicken with Udon Soup

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Asia Pacific Catering

SHA TIN COLLEGE

Lunch Menu Nov 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	30/11				
A	Smoke Paprika Pork Chop with Carrot Rice				
B	Braised Chicken & Potato with Carrot Rice				
C	Hungarian Bean Goulash with Pasta				
Chef's Special	Korean Kimchi Beef Rice Bowl				
Noodle Bar	Japanese Mixed Seafood with Mild Curry Ramen Soup				

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Asia Pacific Catering