

	Monday	Tuesday	Wednesday	Thursday	Friday
		1/9	2/9	3/9	4/9
Meal A		Chicken A la King with Rice 白汁雞皇飯 	Coq Au Vin (Chicken) with Rice 法式燴雞配飯	Fish Chermoula with Boiled Potato 摩洛哥式燒魚配香茅汁及焗薯 	Pork Blanquette with Spaghetti 法式白汁豬扒配意粉 
Meal B			Hong Kong Style Minced Beef and Tomato Stew with Rice 港式番茄牛肉碎配飯	Thai Pineapple Pork Fried Rice 泰式菠蘿豬肉炒飯 	Braised Chicken & Potato in Brown Sauce with Red Rice 薯仔炆雞球配紅米飯
Meal C 		Braised Mushroom E-Fu Noodle 乾燒伊麵	Roasted Vegetables & Chickpeas with Penne 燒什菜鷹嘴豆配長通粉	Aubergine Parmigiana with Fusilli 意式焗牛蒡茄子配螺絲粉 	Mixed Bell Pepper Frittata with Herb Potato 雞波椒焗蛋配香草薯 
Meal D			Bibimbap (Pork) 韓式石頭窩飯(豬肉) 	Cheese Baked Spaghetti Bolognese 芝士焗肉醬意粉 	Seafood Paella 西班牙海鮮炒飯  
Meal E			Fried Fish Spring Roll with Vermicelli Soup 魚肉春卷湯米粉 	Thai Minced Pork with Rice Noodle Soup 泰式免治豬肉湯米線	Japanese Miso Beef with Udon 日式麵豉牛肉湯烏冬

Go! Eat as much as you want. (適宜) **Slow!** "Sometimes Food!" (限量) **Whoa!** Once in a while. (少量)

Highlighted in respective colour on the Hot Meal choice

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(D&E 餐只在午餐時段小食部供應)



Dairy Alert (含奶類)



Shellfish Alert (含貝殼海鮮)



Egg Alert (含蛋類)



Spicy Alert (辛辣)



Seafood Alert (含海鮮類)



Vegetarian Choice (素食)

	Monday	Tuesday	Wednesday	Thursday	Friday
	7/9	8/9	9/9	10/9	11/9
Meal A	Oven Baked Lemon & Dill Chicken Steak with Pasta 檸檬刁草焗雞扒配意粉	Pasta Carbonara 卡邦尼意粉 	Netherlands Hachee Beef Stew with Penne 荷蘭式燴牛肉配長通粉	Cheese Baked Tomato Tuna Pasta 芝士焗茄汁吞拿魚意粉  	Cajun Honey Pork Chop with Roasted Potato 卡津蜜糖豬扒配燒薯
Meal B	Fish Masala with Rice 印式瑪莎拉魚配飯  	Steamed Chicken & Black Fungus with Rice 雲耳蒸雞配飯	Stewed Pork Chop in Sweet Vinegar Sauce with Red Rice 糖醋豬扒配紅米飯	Chicken and Shredded Lettuce Egg Fried Rice 生菜雞絲蛋炒飯 	Wok Fried Beef and Broccoli with Rice 西蘭花炒牛肉配飯
Meal C 	Cauliflower Cheese Bake with Crushed Potato 芝士焗椰菜花配壓碎薯 	Hong Kong Style Tomato Scrambled Egg with Rice 港式番茄炒蛋配飯 	Portuguese Style Sauce Mixed Vegetables with Red Rice 葡汁雜菜配紅米飯 	Cumin & Tomato & Chickpea Stew with Rice 孜然燴番茄鷹嘴豆配飯	Miso Dried Tofu with Rice 日式麵豉豆腐配飯
Meal D	Korean Pomelo Fried Chicken Rice Bowl 韓式柚子炸雞大碗飯	Gyudon Japanese Beef Rice Bowl 日式牛肉大碗飯	Taiwanese Pop Corn Chicken Rice Bowl 台式鹽酥雞大碗飯	Cheese Baked Pork Chop with Egg Fried Rice 芝士焗豬扒蛋炒飯  	Fish & Chips 炸魚薯條 
Meal E	HK Style Beef Brisket Rice Noodle Soup 港式牛腩湯米線	Vietnamese Sausage & Chicken Ho Fan Soup 越式札肉雞絲湯河粉	Japanese Pan Fried Dumpling with Udon Soup 日式煎餃子湯烏冬	Roasted Honey Chicken Wing with Vermicelli Soup 蜜糖雞翼湯米粉	Taiwanese Style Braised Beef with Rice Noodle 台式紅燒牛肉湯米線

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Dairy Alert (含奶類)



Shellfish Alert (含貝殼海鮮)



Egg Alert (含蛋類)



Spicy Alert (辛辣)



Seafood Alert (含海鮮類)



Vegetarian Choice (素食)

	Monday	Tuesday	Wednesday	Thursday	Friday
	14/9	15/9	16/9	17/9	18/9
Meal A	Vitoulet–Belgian Pork Meatball with Carrot Rice 比利時肉丸配甘筍飯	Poached Fish with Curry Tomato Sauce with Boiled Potato 咖喱番茄汁煮魚柳配焗薯	Beef bourguignon with Mash 法式牛肉配薯蓉	Paprika Grilled Chicken with Penne 甜椒粉扒雞扒配長通粉	Texas Cowboy Beef Stew with Spaghetti 德州燴牛肉配意粉
Meal B	Chikuzenni (Japanese Chicken & Veg) with Carrot Rice 日式雞菜煮雞肉配甘筍飯	Stir Fried Beef with Ho Fan 乾炒牛河	Pork Adobo with Rice 菲律賓式燴豬肉配飯	Sweet & Sour Fish with Rice 咕嚕魚塊配飯	Taiwanese Three Cup Chicken with Red Rice 台式三杯雞配紅米飯
Meal C 	Shanghainese Fried Noodle with Vegetables 素星洲炒米粉	Sautéed Garlic Mushroom & Dried Tofu with Rice 蒜香炒蘑菇豆乾配飯	Stir Fried Sun Dried Tomato & Olive with Pasta 油浸番茄乾及水欖炒意粉	Cheese & Onion Pie 芝士洋蔥批	Mild Japanese Veg Curry with Red Rice 日式雞菜咖喱配紅米飯
Meal D	Cheese Baked Beef Curry with Egg Fried Rice 芝士焗咖喱牛肉蛋炒飯	Northern West China Style Minced Pork Mixed Noodle 西北肉碎拌麵	Chicken Schnitzel with Fries 炸雞薯條	Gringas–Marinated Pulled Pork, Pineapple. Tortillas with Salad 菠蘿手撕豬肉墨西哥餅配沙律	Gambas al ajillo –with Spaghetti 西班牙蒜香蝦配意粉
Meal E	Sour & Spicy Minced Pork with Rice Noodle 酸辣肉碎湯米線	Vietnamese Lemongrass Chicken with Ho Fan Soup 越式香茅雞扒湯河粉	Hong Kong Style Wonton Noodle Soup 港式雲吞麵	Korean Kimchi Beef with Udon Soup 韓式泡菜牛肉湯烏冬	Hong Kong Swiss Sauce Chicken Wing with Mix Noodle 港式瑞士雞翼撈麵

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Egg Alert (含蛋類)



Seafood Alert (含海鮮類)



Shellfish Alert (含貝殼海鮮)



Spicy Alert (辛辣)



Vegetarian Choice (素食)

	Monday	Tuesday	Wednesday	Thursday	Friday
	21/9	22/9	23/9	24/9	25/9
Meal A	Italian Chicken Cacciatora with Fusilli 意式燴雞配螺絲粉	Sicilian Tomato Braised Pork Chop with Red Rice 西西里茄汁豬扒配紅米飯	Roasted Chicken with Onion Gravy & Pasta 燒雞扒洋蔥汁配意粉	Sole Meuniere with Boiled Potato 法式煎魚配焗薯 	Beef Cottage Pie 英式牧羊批(牛肉) 
Meal B	Steamed Fish & Spring Onion with Rice 香蔥蒸魚配飯 	Braised Beef & Onion with Red Rice 洋蔥燴牛肉配紅米飯	Stir Fried Moo Shu pork with Rice 北方木須肉(蛋,木耳,肉片)配飯 	Lemongrass Chicken with Rice 香茅雞扒飯	Salt and Pepper Pork Chop with Red Rice 椒鹽豬扒配紅米飯
Meal C 	Moroccan Stew Sweet Potatoes & Chickpeas with Rice 摩洛哥式甜薯燴鷹嘴豆配飯	Ratatouille with Pasta 普羅旺斯雜燴配意粉	Cowboy Beans with Rice 美式雜豆配飯	Vietnamese Dried Tofu with Fried Oil Noodle 越式豆乾炒麵	Kimchi Fried Rice 泡菜炒飯 
Meal D	Kalops—Sweden Beef Stew with Mash 瑞士式燴牛肉配薯蓉 	Thai Pattaya Chicken Steak Rice Bowl 芭提雅燒雞大碗飯	Smoke Salmon Fried Rice Bowl 煙三文魚炒飯  	Bifana—Portuguese Pork Bun with Salad 葡式豬扒包配沙律	Chicken Provolone with Fries 意式芝士焗雞配薯條 
Meal E	Fish Skin Dumpling with Vermicelli Soup 魚皮餃配湯米粉 	Vietnamese Sausage & Shredded Chicken Rice Noodle Soup 越式札肉雞絲湯米線	Budae Jjigae—Korean Army Stew 韓式部隊窩  	Teriyaki Chicken Udon Soup 照燒雞扒湯烏冬	Japanese Fried Dumpling with Ramen Soup 日式餃子拉麵

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Spicy Alert (辛辣)



Seafood Alert (含海鮮類)



Vegetarian Choice (素食)

	Monday	Tuesday	Wednesday	Thursday	Friday
	28/9	29/9	30/9		
Meal A	Balsamic & Mustard Glazed Roasted Pork Chop with Herb Potato 黑醋芥末燒豬扒配香草薯	Stifado (Greek Beef Stew) with Pasta 希臘式燴牛肉配意粉	Honey Garlic Grilled Chicken with Red Rice 蒜香蜜糖烤雞扒配紅米飯		
Meal B	Minced Beef Nasi Goreng 牛肉碎印尼炒飯	Vietnamese Style Turmeric Fish with Rice 越式薑黃蒸魚配飯	Mu daet diao-Thai Basil Pork with Rice 泰式羅勒炒豬肉配飯		
Meal C 	Onion Cacio e Pepe 洋葱黑椒忌廉意粉 	Braised Vegetarian Chicken & Celery with Rice 西芹燴素雞配飯	Peperonata (Italian Grill Mixed Veg) with Roasted Potato 意式雞菜配燒薯		
Meal D	Hokkien Fried Rice 福建炒飯 	Pork Schnitzel with Fries 炸豬扒薯條	Beef Lasagna with Garlic Beard 牛肉千層麵配蒜蓉包 		
Meal E	Laksa Chicken with Oil Noodle 雞肉喇沙湯油麵  	Hong Kong Style Tomato & Beef with Rice Noodle Soup 港式番茄牛肉湯米線	Shanghainese Pork Chop with Vermicelli Soup 上海豬扒湯米粉		

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Vegetarian Choice (素食)