

Menu

Set Menu

WEEK 1	Monday Aug. 24	Tuesday Aug. 25	Wednesday Aug. 26	Thursday Aug. 27	Friday Aug. 28
Salad & Soup- Both KDG		Vegetable Green Soup	Egg, Cherry Tomato & Kale Salad	Barley Soup	Cucumber, Corn & Tomato Salad
Salad & Soup- LFS KDG		Corn Salad	Vegetable Soup	Carrot & Mushroom Salad	Vegetable & Potato Soup
Starter Raw- Primary		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread		Sliced Wheat Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread
Starch		Italian Pasta	White Rice	Elbow Pasta	Baked Potatoes
Main Protein	-	Pork & Bacon Carbonara	Chicken in Vegetables Sauce	Sausage	Shanghai-Style Steamed Salmon
		Soy-Glazed Duck with Vegetables	Pork Dumplings	Bolognese Beef Sauce	Chicken Masala
Vegetable		Mushrooms	Glazed Carrots	Spinach & Cabbage	Roasted Eggplants
		Bok Choy	Cauliflower	Pumpkin	Baked Mixed Vegetables
Dairy		Yogurt / Cheese	Mozzarella Cheese / Milk	Yogurt / Cheese	Cheese / Milk
Fruit or Dessert		Banana	Watermelon	Orange Cake	Banana / Apple / Mandarin
SPML- No Pork or Beef	-	Soy-Glazed Duck with Vegetables	Chicken in Vegetables Sauce	Cauliflower Steaks	Shanghai-Style Steamed Salmon
SPML- Vegetarian		Kimchi Pancake	Stuffed Breaded Eggplant	Cauliflower Steaks	Vegetarian Burrito

Allergy-Free Meal

Dedicated lunch boxes are prepared according to individual allergy request.
Main protein will follow the menu structure, but without allergen.
NO NUTS serve in the daily menu.

* Menu colour-coding: **Pork, Beef & Lamb**, **Chicken**, **Duck**, **Fish**, **Vegetarian**



Menu

Set Menu

WEEK 2	Monday Aug. 31	Tuesday Sept. 1	Wednesday Sept. 2	Thursday Sept. 3	Friday Sept. 4
Salad & Soup- Both KDG	Cucumber & Tomato Salad	Baked Cauliflower Soup	Mixed Lettuce Salad	Corn Soup	Tomato, Carrot & Cucumber
Salad & Soup- LFS KDG	Pumpkin Soup	Baked Eggplant Tomato salad	Tomato Soup	Egg Mixed-Vegetable Salad	Onion Soup
Starter Raw- Primary	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Special Bread	Sliced White Bread
Starch	Rice	Mashed Potato	Baked Potatoes	White Rice	Italian Pasta
Main Protein	Beef Stew	Chicken Popcorn	Fish Cake	Chicken Cream-Filled Pastry Casserole	Tomato-Braised Shredded Pork
	Soy-Glazed Roasted Duck	Scrambled Eggs & Tomatoes	Chicken Leg Stew	Pizza Peperoni	Slow Cooked Beef
Vegetable	Chinese Greens	Roasted Broccoli	Cabbage & Sliced Carrots	Broccoli	Zucchini
	Mixed Vegetables & Tofu Wok	Cauliflower	Wok-Sautéed Mixed Vegetables & Tofu	Chinese Green Vegetables	Ratatouille
Dairy	Milk / Cheese	Special Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	Cheese / Milk
Fruit or Dessert	Banana	Mixed Fruit Salad	Watermelon	Carrot Cake	Banana / Apple / Mandarin
SPML- No Pork or Beef	Soy-Glazed Roasted Duck	Chicken Popcorn	Fish Cake	Chicken Cream-Filled Pastry Casserole	Vegetable- Mushroom Lasagna
SPML- Vegetarian	Chickpea Caponata, Sunny Side Up Egg	Scrambled Eggs & Tomatoes	Vegetarian Chili	Indian-Style Broccoli & Cauliflower Masala	Vegetable- Mushroom Lasagna
Allergy-Free Meal	Dedicated lunch boxes are prepared according to individual allergy request. Main protein will follow the menu structure, but without allergen. NO NUTS serve in the daily menu.				

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Menu

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WEEK 3	Monday Sept. 7	Tuesday Sept. 8	Wednesday Sept. 9	Thursday Sept. 10	Friday: Full Steam Ahead Sept. 11 
Salad & Soup- Both KDG	Shaved Carrots with Cumin Seeds	Vegetable Soup	Cherry Tomato & Mozzarella	Carrot Soup	Cucumber, Corn & Tomato Salad
Salad & Soup- LFS KDG	Mushroom Soy-Broth Soup	Shaved Cucumber	Pumpkin Soup & Sausage	Lettuce and Fennel	Mushroom Cream Soup & Ham
Starter Raw- Primary	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread
Starch	Steamed Potatoes	Butterfly Pasta	White Rice	Italian Pasta	Steamed Potato Olive Oil
Main Protein	Beef Goulash	Pork Stew	Asian-Style Sliced Chicken & Vegetables	Marinated Pork Leg	Steamed Fish, Dill and Fennel
	Braised Chicken Thighs Lemon	Soy-Glazed Duck with Vegetables	Breaded Pork Cutlet	Beef Bolognaise	Chicken Masala
Vegetable	Sauteed Celery	Mixed Mushrooms & Tofu	Glazed Carrots	Spinach & Cabbage	Roasted Eggplants
	Green Peas Caramelized Onion	Bok Choy	Cauliflower	Roasted Pumpkin	Sauteed Mixed Vegetables
Dairy	Milk / Cheese	Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	Cheese / Milk
Fruit or Dessert	Banana	Mixed Fruit Salad	Watermelon	Custard Cream	Honey Melon
SPML- No Pork or Beef	Braised Chicken Thighs Lemon	Soy-Glazed Duck with Vegetables	Asian-Style Sliced Chicken & Vegetables	Ratatouille Frittata	Steamed Fish, Dill and Fennel
SPML- Vegetarian	Vegetarian Burrito	Japanese-Style Vegetable Savory Pancake	Quinoa Burger with Avocado	Ratatouille Frittata	Stir-Fried Thai-Style Rice Noodles

Allergy-Free Meal

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WEEK 4	Monday Sept. 14	Tuesday Sept. 15	Wednesday Sept. 16	Thursday Sept. 17	Friday Sept. 18
Salad & Soup- Both KDG	Green Pea, Carrot Salad	Minestrone Soup	Mixed Lettuce Salad	Corn Soup	Tomato, Carrot & Cucumber
Salad & Soup- LFS KDG	Cajun Pork Tomato Soup	Barley Salad	Bean Soup	Egg Mixed-Vegetable Salad	Beef Goulash Soup
Starter Raw- Primary	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Special Bread	Sliced White Bread
Starch	Steamed Potatoes	Italian Pasta	Baked Potatoes	Italian Pasta	White Rice
Main Protein	Beef Carrot Stew	Chicken Leg Stew	Baked Salmon in French-Style Sauce	Braised Chicken Ardennes-Style	Tomato-Braised Shredded Pork
	Braised Chicken Thighs with Lemon & Lemongrass	Pork Meatball Gratin	Soy-Glazed Duck with Vegetables	Swedish-Style Pork Meatballs with Cranberry Cream Sauce	Baked Beef
Vegetable	Celtuce	Mixed Mushrooms & Tofu	Cabbage & Sliced Carrots	Broccoli	Zucchini
	Roasted Eggplant and Brocoli	Bok Choy	Mix Vegetables	Chinese Green Vegetables	Ratatouille
Dairy	Milk / Cheese	Yogurt / Cheese	Mozzarella Cheese / Milk	Yogurt / Cheese	Yogurt / Cheese
Fruit or Dessert	Banana	Green Melon	Watermelon	Blueberry Baked Fruit Custard	Apple
SPML- No Pork or Beef	Braised Chicken Thighs with Lemon & Lemongrass	Chicken Leg Stew	Baked Salmon in French-Style Sauce	Braised Chicken Ardennes-Style	Pita Goat Cheese
SPML- Vegetarian	Mixed Vegetables, Chickpea	Zucchini Fritter Pancakes	Mediterranean Egg Bake	Stuffed Vegetable Pasta Parcels	Pita Goat Cheese
Allergy-Free Meal	Dedicated lunch boxes are prepared according to individual allergy request. Main protein will follow the menu structure, but without allergen. NO NUTS serve in the daily menu.				

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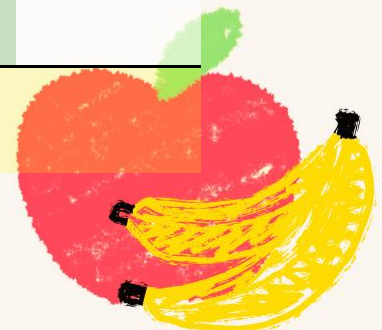
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WEEK 5	Monday Sept. 21	Tuesday Sept. 22	Wednesday Sept. 23	Thursday Sept. 24	Friday Sept. 25
Salad & Soup- Both KDG	Chinese Marinated Cucumber	Pumpkin Soup	Tofu Skin Salad	Tomato & Egg Soup	
Salad & Soup- LFS KDG	Kombu & Tofu Soup	Corn Salad	Cucumber Soup	Potato Salad	
Starter Raw- Primary	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	
Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Sliced Wheat Bread	
Starch	Butter & Parsley Potato	Italian Pasta	Mashed Potatoes	Elbow Pasta Pesto	
Main Protein	Marinated Duck Breast with Orange Sauce	Pork Bolognese	Beef Tomato Olive Stew	Sweet-Spicy Wok-Sautéed Chicken	
	Pulled Beef & Braised Onion	Braised Chicken with Tomato Sauce	Pork Dumplings	Roasted Duck Breast	
Vegetable	Green beans	Zucchini & Carrots	Sliced Cabbage	Mediterranean Mixed Vegetable Stew	
	Wok-Sauteed Corn & Tofu Mixed Vegetables	Chinese Greens	Mediterranean Vegetables	Bok Choy	
Dairy	Milk / Cheese	Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	
Fruit or Dessert	Pear	Banana	Watermelon	Ice Cream	
SPML- No Pork or Beef	Marinated Duck Breast with Orange Sauce	Braised Chicken with Tomato Sauce	California-Style Seafood Rice Roll	Sweet-Spicy Wok-Sautéed Chicken	
SPML- Vegetarian	Turkish-Style Chickpea-Tomato Wrap	Tomato Sauce with Egg	California-Style Seafood Rice Roll	Ratatouille Frittata	
Allergy-Free Meal	Dedicated lunch boxes are prepared according to individual allergy request. Main protein will follow the menu structure, but without allergen. NO NUTS serve in the daily menu.				

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Happy
Mid-Autumn
Festival!



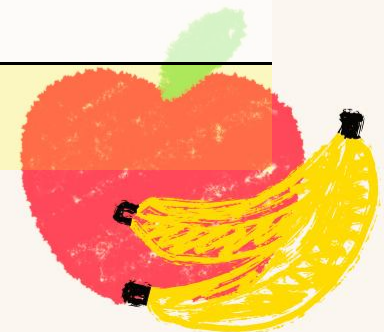
Menu

Set Menu

WEEK 6	Monday Sept. 28	Tuesday Sept. 29	Wednesday Sept. 30	Thursday Oct. 1	Friday Oct. 2
Salad & Soup- Both KDG	Cucumber & Tomato Salad	Neapolitan-Style Tomato Soup	Coleslaw Salad		
Salad & Soup- LFS KDG	Seaweed Soup	Diced Mixed-Vegetable Salad	Vegetable Soup		
Starter Raw- Primary	Salad Buffet	Salad Buffet	Salad Buffet		
Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread		
Starch	Steamed Rice	Spaghetti	Steamed Potatoes		
Main Protein	Beef Bolognese	Sliced Chicken & Vegetables	Mediterranean Herb-Braised Pork Stew		
	Spring Rolls	Grilled White Sausage	Soy-Braised Duck with Vegetables		
Vegetable	Roasted Cauliflower	Green Beans	Chinese Celery		
	Cumin-Seasoned Fresh Carrots	Sliced Cabbage	Baked Pumpkin		
Dairy	Milk / Cheese	Yogurt / Cheese	Milk / Cheese		
Fruit or Dessert	Apple	Banana	Honey Melon		
SPML- No Pork or Beef	Tomato Coconut Dal & Spring Rolls	Sliced Chicken & Vegetables	Soy-Braised Duck with Vegetables		
SPML- Vegetarian	Tomato Coconut Dal & Spring Rolls	Mixed-Bean Spiced Tortilla Roll	Rice-Quinoa-Stuffed Bell Peppers		
Allergy-Free Meal	Dedicated lunch boxes are prepared according to individual allergy request. Main protein will follow the menu structure, but without allergen. NO NUTS serve in the daily menu.				

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Happy Golden Week!



Menu

Set Menu

WEEK 7	Monday Oct. 5	Tuesday Oct. 6	Wednesday Oct. 7	Thursday Oct. 8	Friday Oct. 9
Salad & Soup- Both KDG	Happy Golden Week!		Chinese Marinated Cucumber	Mushroom Soup	Lettuce & Tomato
Salad & Soup- LFS KDG			Cabbage Soup	Shaved Carrots, Cumin Seeds	Tomato & Egg Soup
Starter Raw- Primary			Salad Buffet	Salad Buffet	Salad Buffet
Bread			Sliced White Bread	Special Bread	Sliced White Bread
Starch			Steamed Rice	Italian Pasta	Steamed Potatoes
Main Protein			Chicken Curry	Hungarian-Style Beef Stew	Crispy Sliced Fish & Tartare Sauce
			Crispy Fish Strips	Sausage & Vegetables with Cheese Sauce	Vegetable Omelet
Vegetable			Zucchini & Carrots	Carrot	White Soy Sprouts
			Sweet Potato Wedges	Chinese Green Vegetables	Mixed Mushrooms & Tofu
Dairy			Milk / Cheese	Yogurt / Cheese	Cheese / Milk
Fruit or Dessert			Banana	Sponge Cake	Apple
SPML- No Pork or Beef			Chicken Curry	Tomato Sauce & Egg	Vegetable Omelet
SPML- Vegetarian			Herb Frittata	Tomato Sauce & Egg	Vegetable Omelet
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