



# CANADIAN INTERNATIONAL SCHOOL MENU



16th Upper School Only

17th Upper School Only



**A.** Lemon Chicken

**B.** Pan Fried Pork Chops with Onion Gravy

**C.** Sag Aloo  
 (Spinach & Potato Curry)

**A.** Sautéed Beef with a Goulash Sauce

**B.** Fried Chicken Strips with Potato Wedges

**C.** Mediterranean  
 Bean Stew

20th

21st

22nd

23rd

24th Treat Friday

**A.** Minced Beef with Bolognese Sauce

**B.** Stir Fried Pork with Chinese Zucchini

**C.** Cheesy Broccoli and Mixed Vegetable Pie

**A.** Hai Nan Chicken

**B.** Sautéed Pork with a Arrabiata Sauce

**C.** Mushroom Frittata

**A.** Herbed Pork Chops with Creamy Sweet Corn Sauce

**B.** Stewed Chicken with Ratatouille Sauce

**C.** Three Cheese Macaroni

**A.** HK Style Chicken Curry

**B.** Diced Pork with Tomato Red Pepper Sauce

**C.** Eggplant Mousaka

**A.** Sweet and Sour Pork

**B.** Sautéed Beef with a Bourguignon Sauce

**C.** Mushroom and Vegetable Stew

## Colour System

### Remarks:

- \* No nuts will be used in the menu, including peanuts oil.
- \* All "A and B" set meals come with the option of pasta or rice.
- \* A portion of daily vegetables will be served along with each meal.
- \* Maxim's reserves the right to change meal choices subject to availability.
- \* Menu vetting is based on Nutritional Guidelines on Lunch for Students For Use in Primary and Secondary Schools by Department of Health of HK.
- \* Pre-ordered lunch set meals are for A,B,C meals only.
- \* For Prep to Grade 6 pre-ordered meals, desserts and drinks will be included (Fruits will be served as desserts from Monday to Thursday, Friday will be a special sweet treat)



These items are healthy! We recommend you eat them daily for a healthy diet.



These items should be eaten in moderation, but are essential to a balanced diet



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Labelled for dishes that contain no seafood or animal meat. But may contain dairy products



Labelled for dishes with no animal products including dairy and other animal derived products

# AUGUST 2018



# CANADIAN INTERNATIONAL SCHOOL MENU



27<sup>th</sup> **green monday**

28<sup>th</sup>

29<sup>th</sup>

30<sup>th</sup>

31<sup>st</sup> **Treat Friday**

**A. Cauliflower Curry with Potatoes and Chickpeas**

**B. Spinach Cheesy Pie**

 **C. Vegetarian Lasagne**

**A. Diced Pork Fried Rice**

**B. Japanese Teriyaki Beef**

 **C. Eggplant Parmigiana with Crispy Breadcrumbs**



**A. Taiwanese Style Stir Fried Chicken**

**B. Pan Fried Pork Chops with Spinach Cream Sauce**

 **C. Margarita Pizza**


**A. Pan Fried Pork Chop with Black Pepper Sauce**

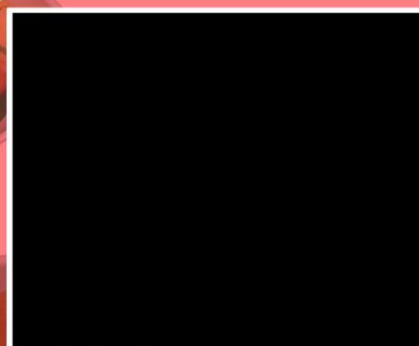
**B. Diced Chicken with Sweet Corn Sauce**

  **C. Lentil and Bean Stew**

**A. Chicken with Napolitana Sauce**

**B. Crispy Breaded Fish and Chips**

 **C. Indian Vegetable Crumble**



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# AUGUST 2018




# CANADIAN INTERNATIONAL SCHOOL MENU




# SEPTEMBER 2018


03<sup>rd</sup>

- A. Pasta with Beef Bolognese Sauce**
- B. Sautéed Pork with Chinese Zucchini**
-  **C. Cheesy Broccoli and Mixed Vegetable Pie**


04<sup>th</sup>

- A. Pan Fried Pork with a Herbed Italian Sauce**
- B. Hai Nan Chicken**
-  **C. Mushroom Frittata**


05<sup>th</sup>

- A. Baked Pork Chops with Creamy Sweet Corn Sauce**
- B. Stewed Chicken with Ratatouille Sauce**
-  **C. Three Cheese Macaroni**

06<sup>th</sup>


- A. Masala Chicken Curry**
- B. Diced Pork with Tomato Red Pepper Sauce**
-  **C. Eggplant Moussaka**

07<sup>th</sup> **Treat Friday**

- A. Sautéed Beef with a Bourguignon Sauce**
- B. Sweet and Sour Pork**
-  **C. Mushroom and Vegetable Stew**

10<sup>th</sup>




- A. Cauliflower Curry with Potatoes and Chickpeas**
- B. Spinach Cheesy Pie**
-  **C. Vegetarian Lasagne**

11<sup>th</sup>

- A. Diced Pork Fried Rice**
- B. Japanese Teriyaki Beef**
-  **C. Eggplant Parmigiana with Crispy Breadcrumbs**


12<sup>th</sup>

- A. Taiwanese Style Stir Fried Chicken**
- B. Pan Fried Pork Chops with Spinach Cream Sauce**
-  **C. Margarita Pizza**

13<sup>th</sup>

- A. Pan Fried Pork Chop with Black Pepper Sauce**
- B. Diced Chicken with Sweet Corn Sauce**
-  **C. Lentil and Bean Stew**

14<sup>th</sup> **Treat Friday**

- A. Chicken with Napolitana Sauce**
- B. Crispy Breaded Fish and Chips**
-  **C. Indian Vegetable Crumble**

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# CANADIAN INTERNATIONAL SCHOOL MENU



# SEPTEMBER 2018


17<sup>th</sup>

- A. Minced Beef with Bolognese Sauce**
- B. Stir Fried Pork with Chinese Zucchini**
-  **C. Cheesy Broccoli and Mixed Vegetable Pie**

18<sup>th</sup>

- A. Hai Nan Chicken**
- B. Sautéed Pork with a Arrabiata Sauce**
-  **C. Mushroom Frittata**


19<sup>th</sup>

- A. Herbed Pork Chops with Creamy Sweet Corn Sauce**
- B. Diced Chicken with a Herbed Tomato Sauce**
-  **C. Three Cheese Macaroni**

20<sup>th</sup>

- A. HK Style Chicken Curry**
- B. Diced Pork with Tomato Red Pepper Sauce**
-  **C. Eggplant Moussaka**

21<sup>st</sup> **Treat Friday**

- A. Sweet and Sour Pork**
- B. Sautéed Beef with a Bourguignon Sauce**
-  **C. Mushroom and Vegetable Stew**

24<sup>th</sup>




- A. Spinach Curry with Potatoes**
- B. Cauliflower Cheese Gratin**
-  **C. Mixed Vegetable Frittata**

25<sup>th</sup> **No School**

**MID AUTUMN FESTIVAL**


26<sup>th</sup>

- A. Pork Chops with Spinach Cream Sauce**
- B. Stir Fried Chicken with Shallots**
-  **C. Margarita Pizza**

27<sup>th</sup>

- A. Pan Fried Pork Chop with Black Pepper Sauce**
- B. Diced Chicken with Sweet Corn Sauce**
-  **C. Lentil and Bean Stew**

28<sup>th</sup> **Treat Friday**

- A. Chicken with Napolitana Sauce**
- B. Crispy Breaded Fish and Chips**
-  **C. Indian Vegetable Crumble**

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# CANADIAN INTERNATIONAL SCHOOL MENU



01<sup>st</sup>

## National Day

02<sup>nd</sup>

**A. Hai Nan Chicken**

**B. Sautéed Pork with a Arrabiata Sauce**

**C. Mushroom Frittata**

03<sup>rd</sup>

**A. Herbed Pork Chops with Creamy Sweet Corn Sauce**

**B. Stewed Chicken with Ratatouille Sauce**

**C. Three Cheese Macaroni**

04<sup>th</sup>

**A. HK Style Chicken Curry**

**B. Diced Pork with Tomato Red Pepper Sauce**

**C. Eggplant Moussaka**

05<sup>th</sup> **Treat Friday**

**A. Sweet and Sour Pork**

**B. Sautéed Beef with a Bourguignon Sauce**

**C. Mushroom and Vegetable Stew**

08<sup>th</sup>

green  
monday

**A. Cauliflower Curry with Potatoes and Chickpeas**

**B. Spinach Cheesy Pie**

**C. Vegetarian Lasagne**

28<sup>th</sup>

**A. Diced Pork Fried Rice**

**B. Japanese Teriyaki Beef**

**C. Eggplant Parmigiana with Crispy Breadcrumbs**

29<sup>th</sup>

**A. Taiwanese Style Stir Fried Chicken**

**B. Pan Fried Pork Chops with Spinach Cream Sauce**

**C. Margarita Pizza**

30<sup>th</sup>

**A. Pan Fried Pork Chop with Black Pepper Sauce**

**B. Diced Chicken with Sweet Corn Sauce**

**C. Lentil and Bean Stew**

31<sup>st</sup> **Treat Friday**

**A. Chicken with Napolitana Sauce**

**B. Breaded Fish Fingers with Chips**

**C. Indian Vegetable Crumble**

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# OCTOBER 2018



# CANADIAN INTERNATIONAL SCHOOL MENU



15<sup>th</sup>

MID TERM BREAK

16<sup>th</sup>

MID TERM BREAK

17<sup>th</sup>

MID TERM BREAK

18<sup>th</sup>

MID TERM BREAK

19<sup>th</sup>


MID TERM BREAK



23<sup>rd</sup>


**A. Cauliflower Curry with Potatoes and Chickpeas**

**B. Spinach Cheesy Pie**

 **C. Vegetarian Lasagne**

**A. Minced Beef with Bolognese Sauce**

**B. Stir Fried Pork with Chinese Zucchini**

 **C. Cheesy Broccoli and Mixed Vegetable Pie**

24<sup>th</sup>

**A. Hai Nan Chicken**


**B. Sautéed Pork with a Arrabiata Sauce**

 **C. Mushroom Frittata**

25<sup>th</sup>

**A. Herbed Pork Chops with Creamy Sweet Corn Sauce**

**B. Stewed Chicken with Ratatouille Sauce**


 **C. Three Cheese Macaroni**

26<sup>th</sup>

Treat Friday

**A. Sweet and Sour Pork**

**B. Sautéed Beef with a Bourguignon Sauce**

 **C. Mushroom and Vegetable Stew**

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# OCTOBER 2018



# CANADIAN INTERNATIONAL SCHOOL MENU



28<sup>th</sup>

28<sup>th</sup>

29<sup>th</sup>

30<sup>th</sup>

31<sup>st</sup>

**A. HK Style Chicken Curry**

**B. Diced Pork with Tomato Red Pepper Sauce**

**C. Eggplant Moussaka**

**A. Diced Pork Fried Rice**

**B. Japanese Teriyaki Beef**

**C. Eggplant Parmigiana with Crispy Breadcrumbs**

**A. Taiwanese Style Stir Fried Chicken**

**B. Pan Fried Pork Chops with Spinach Cream Sauce**

**C. Margarita Pizza**

**A. Pan Fried Pork Chop with Black Pepper Sauce**

**B. Diced Chicken with Sweet Corn Sauce**

**C. Lentil and Bean Stew**

**A. Chicken with Napolitana Sauce**

**B. Crispy Breaded Fish and Chips**

**C. Indian Vegetable Crumble**

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# OCTOBER 2018

# Canadian International School of Hong Kong

## Q1 - Meal Enrolment Form 2018



### WELCOME

Our meal enrolment program runs on a quarterly basis as follows:

**1st Quarter:** August to October, **2nd Quarter:** November to January, **3rd Quarter:** February to April, **4th Quarter:** May to June.

Our menu can be viewed and downloaded from the School Flash.

We run a lunch enrolment program for students from Preparatory to Grade 6.

Below are some points to help enroll in our lunch program:

1. Complete this form and pay through Credit Card / Cheque / Cash / Octopus to School Cafeteria.
2. Full menus can be downloaded from the School Brochures section of the school website.
3. Enrolment system will be effective from Aug 1st (Wednesday) to August 17th (Friday).
4. Our lunch programs and friendly staff will provide children with a balanced and nutritious diet in a safe environment.
5. If you need more detailed information, please feel free to contact our Unit Manager Alexander Nowak-Solinski,

**email:** catering@cdnis.edu.hk **Telephone:** 22406052 at the school cafeteria in between 7am-10:30am and 2pm-4pm.

### Payment Method:

**By Post:** Please make cheque payable to **"MAXIM'S CATERERS LIMITED"** and mail to "Canadian International School of Hong Kong, 36 Nam Long Shan Road, Aberdeen, Hong Kong". Please mark: Attention 'CDNIS Cafeteria'.

**By Hand:** Please hand in to Cafeteria or Reception of the 9/F General Office. Alternatively orders can be scanned and emailed to catering@cdnis.edu.hk.

Preparatory to Grade 1 students can pre-order lunches.

Daily A,B,C or Sandwiches:(**HC**)Ham&Cheese,(**TN**)Tuna Mayo,(**BLT**)Bacon,Lettuce&Tomato,(**EGG**)EggSalad & (**CT**)Cheese&Tomato

Students from Grade 2 to Grade 6 can make their choice on the day when collecting their meals.

Daily Pre-ordered Set Meal: Prep to Grade 1 is \$35, Grade 2 to Grade 6 is \$38. You can also buy the meals on the day at the same cost.

All set meals include daily salad, drink and dessert based on a balanced and nutritious diet.

### Upper School students: Grade 7 to Grade 12

Meals are only available on the day, **NO PRE-ORDER SYSTEM** is available.

Cost per meal is as follows:

Daily A, B, C Items : \$33

Noodle Station: \$43 - \$48

Chef Station: \$43 - \$48

Make your own Salad: \$28

Student Details

**Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_  
(First name) (Family name)

**Student Number:** \_\_\_\_\_ **Parent Contact Number:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_

**Payment Method:**  Cheque No: \_\_\_\_\_  Cash  Credit Card  Octopus



### Meal Plan for Prep to Grade 1

* Enroll for Whole Term (38 Days)Prep ONLY	<input type="checkbox"/>	Days	X	HKD 35	<b>Total Amount</b>
Enroll for Whole Term (43 Days)	<input type="checkbox"/>	Days	X	HKD 35	
Total Number of Days Selected Below	<input type="checkbox"/>	_____			

Or

### Meal Plan for Grade 2 to Grade 6

Enroll for Whole Term (43 Days)	<input type="checkbox"/>	Days	X	HKD 38	<b>Total Amount</b>
Total Number of Days Selected Below	<input type="checkbox"/>	_____			

Please mark your menu selection in the boxes below ( v or A, B & C or HC,TN,BLT,EGG,CT)

Aug 2018 (10 Days)					Sept 2018 (17 Days)					Oct 2018 (16 Days)				
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
20	21	22	23	24	3	4	5	6	7		2	3	4	5
27	28	29	30	31	10	11	12	13	14	8	9	10	11	12
					17	18	19	20	21					
					24		26				23	24	25	26
										29	30	31		

Please note: Refunds due to non attendance will not be given, unless prior notice is received.

Cancellation of each meal has to be made **BEFORE 10am ON THE DAY.**

Please email: catering@cdnis.edu.hk