

Whole School Menu - Aug 2017

Contact Information
Email: catering@cdnis.edu.hk
Tel: 2240 6052

Menu A : Asian
Menu B : Western
Menu C : Vegetarian
Chef D : Noodles or Daily Special (to be confirmed on the day)
Chef E : Daily Special (to be confirmed on the day)
Green Monday : Only vegetarian meals served - Date highlighted in Green



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



These items are not recommended for a healthy diet, but can be an occasional treat.



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



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

	Monday	Tuesday	Wednesday	Thursday	Friday
		1-Aug	2-Aug	3-Aug	4-Aug
A	Summer Break				
B					
C					
	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug
A	Summer Break				
B					
C					
	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
A	Mildly Spiced Pork and Bean Stew	Spaghetti Bolognese with Diced Carrots and Celery	Portuguese Chicken with Sweet Onions and Potatoes	Hong Kong Style Chicken Curry with Carrots and Green Bell Peppers	Spinach and Chicken Hot Pot with Mushrooms
B	Chicken A La King and Mixed Bell Peppers	Chicken and Corn with Onions and Mushrooms	Tomato Pork Stew with Carrots and Celery	Tuna Casserole with Bell Peppers and Peas	Beef Stroganoff with Red Bell Peppers and Sautéed Onions
C	Pumpkin and Lentil Stew	Spinach and Potato Curry	Turkish Vegetable Stew	Mixed Mushroom and Spinach Curry	Vegetable Udon Noodles
	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
A	Steamed Egg with Carrot and Diced Broccoli	Chili Con Carne with Diced Celery and Carrots	Pan Fried Pork Chops with a Herbed Italian Sauce	Moroccan Chicken with Onions and Peppers	Portuguese Chicken with Sweet Onions and Potatoes
B	Spinach and Mushroom Cassarole with Mixed Bell Peppers	Diced Pork and Sweet Corn	Chicken and Mushroom Sauce with Mixed Peppers and Onions	Spinach and Pork Hot Pot with Mushrooms	Tuna Casserole with Bell Peppers and Peas
C	Stir Fried Vegetarian Singaporean Noodles	Mixed Bean Stew with Red and Green Peppers	Vegetable Moussaka	Stewed Turnip with Chinese Mushrooms	Mediterranean Bean Stew with Onions, Carrots and Zucchini
	28-Aug	29-Aug	30-Aug	31-Aug	
A	Chicken and Mushroom Sauce with Onions and Garlic	Chicken A La King and Mixed Bell Peppers	Spaghetti Bolognese with Diced Carrots and Celery	Hong Kong Style Chicken Curry with Carrots and Green Bell Peppers	Summer Break
B	Beef Stroganoff with Red Bell Peppers and Sautéed Onions	Tomato Pork Stew with Carrots and Celery	Stewed Chicken and Spinach with Mushrooms	Mildly Spiced Pork and Bean Stew	
C	Thai Style Stir Fried Vegetables with Pumpkin	Mushroom and Bean Hot Pot	Steamed Tofu with Black Bean Sauce	Braised Mushroom Stew with Lentils and Chickpeas and Pumpkin	

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).