

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



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-Feb	2-Feb
A				Sautéed Pork with Onions and Mushrooms 	Pork Cassoulet 
B				Pan Fried Fish Fillet with Spinach Cream Sauce 	Chicken and Corn with Onions and Mushrooms 
C				Chickpea and Tomato Curry  	Lentil and Cauliflower Dahl  
	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
A	Thai Green Curry Pork with Eggplant and Carrot 	Steamed Pork Cake with Vegetables 	Thai Style Red Curry Chicken 	Portuguese Chicken with Sweet Onions and Potatoes 	Grilled Chicken Steaks with Tomato 
B	Minced Beef Fried Rice with Sweet Corn 	Japanese Teriyaki Chicken 	Spaghetti Bolognese with Diced Carrots and Celery 	Chilli Con Carne 	Sweet and Sour Pork 
C	Mixed Peppers and Spinach Pizza   	Baked Three Cheese Macaroni  	Spinach and Potato Gratin   	Spinach and Potato Curry  	Green Lentil and Sweet Potato Curry   
	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
A	Tofu Frittata with Garden Salad  	Hong Kong Style Chicken Curry with Carrots and Bell Peppers 	Breaded Pork Chops with a Red Pepper Ragu 	Chinese New Year Break	
B	Mock Chicken Curry 	Beef Stroganoff with Pasta 	Moroccan Chicken with Mixed Vegetables 		
C	Spinach and Peppers Quesidilla with Mexican Salad   	Vegetable Moussaka  	Mixed Vegetable Kedgeree  		
	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
A	Chinese New Year Break				
B					
C					
	26-Feb	27-Feb	28-Feb		
A		Thai Style Pineapple Fried Rice with Minced Pork 	Chicken Paella 		
B		Chicken A La King with Mixed Bell Peppers 	Lemongrass Pork Chops 		
C		Japanese Vegetable Cutlet Curry  	Thai Style Mock Chicken Curry  		

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).

Whole School Menu - Mar 2018

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
































































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	Monday	Tuesday	Wednesday	Thursday	Friday
				1-Mar	2-Mar
A				Arrabiata Sauce with Chicken and Roasted Bell Peppers 	Pan Fried Fish Fillet with Spinach Cream Sauce 
B				Pan Fried Pork Chops with Onion Gravy 	Pork Chop Cutlets with a Herbed Italian Sauce 
C				Chickpea and Cauliflower Stew  	Mushroom and Bean Hot Pot  
	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar
A	Minced Pork with Eggplant 	Minced Pork Fried Rice 	Breaded Pork Chops with a Red Pepper Ragu 	Beef Stroganoff 	Chicken and Mushroom Pie 
B	Lemon Chicken 	Braised Duck Breast with 	Sweet Corn and Chicken 	Steamed Egg with Minced Pork 	Vietnamese Grilled Lemon Grass Pork 
C	Mushroom Risotto  	Potato and Spinach Frittata  	Steamed Mock Chicken and Mushrooms  	Cheese and Broccoli Quiche  	Ratatouille  
	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
A	Curried Cauliflower with Chickpeas  	Spaghetti Bolognese with Diced Carrots and Celery 	Portuguese Chicken with Sweet Onions and Potatoes 	Hong Kong Style Pork Curry with Carrots and Green Bell Peppers 	Chicken A La King and Mixed Bell Peppers 
B	Mushroom Stroganoff 	Chicken and Corn with Onions and Mushrooms 	Pork chop with Tomatoes, Celery and Carrots 	Moroccan Chicken with Onions and Peppers 	Pan Fried Pork Chops with a Herbed Italian Sauce 
C	Spinach and Potato Gratin  	Mushroom and Spinach Quiche  	Spinach and Potato Curry  	Braised Chinese Mushrooms with Turnips  	Mixed Bean Kedgeree  
	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
A	Thai Green Curry Pork with Eggplant and Carrot 	Steamed Pork Cake with Vegetables 	Thai Style Red Curry Chicken 	Minced Pork with Eggplant 	Grilled Chicken Steaks with Tomato 
B	Minced Beef Fried Rice with Sweet Corn 	Japanese Teriyaki Chicken 	Chilli Con Carne with Steamed Rice 	Tandoori Chicken 	Sweet and Sour Pork 
C	Mixed Peppers and Spinach Pizza  	Baked Three Cheese Macaroni  	Ratatouille  	Mushroom Risotto  	Green Lentil and Sweet Potato Curry  
	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
A	Mushroom Ricotta Pie  	Beef Goulash 	Pineapple Fried Rice with Minced Pork 	Vietnamese Grilled Lemon Grass Pork 	Good Friday (Start of Spring Break)
B	Mixed Vegetable Kedgeree 	Yeung Chow Fried Rice 	Arrabiata Sauce with Chicken and Roasted Bell Peppers 	Chicken Tikka Masala 	
C	Margarita Pizza  	Mushroom and Bean Hot Pot  	Chickpea and Cauliflower Stew  	Steamed Mock Chicken and Mushrooms  	

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	Monday 2-Apr	Tuesday 3-Apr	Wednesday 4-Apr	Thursday 5-Apr	Friday 6-Apr
A	Spring Break				
B					
C					
	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr
A	Tofu Frittata with Garden Salad	Steamed Pork Cake with Vegetables	Thai Style Red Curry Chicken	Pork Cassoulet	Grilled Chicken Steaks with Tomato
B	Mock Chicken Curry	Japanese Teriyaki Chicken	Sweet Corn Pork	Oven Roasted Rosemary Chicken Breast	Sweet and Sour Pork
C	Spinach and Peppers Quesidilla with Mexican Salad	Baked Three Cheese Macaroni	Spinach and Potato Gratin	Spinach and Potato Curry	Green Lentil and Sweet Potato Curry
	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr
A	Arrabiata Sauce with Chicken and Roasted Bell Peppers	Spaghetti Bolognese with Diced Carrots and Celery	Portuguese Chicken with Sweet Onions and Potatoes	Hong Kong Style Pork Curry with Carrots and Green Bell Peppers	Chicken A La King and Mixed Bell Peppers
B	Pan Fried Pork Chops with Onion Gravy	Chicken and Corn with Onions and Mushrooms	Pork Chop with Rosemary Tomatoe Sauce	Moroccan Chicken with Onions and Peppers	Pan Fried Pork Chops with a Herbed Italian Sauce
C	Chickpea and Cauliflower Stew	Mushroom and Spinach Quiche	Spinach and Potato Curry	Carrot and Broccoli Quiche	Mixed Bean Kedgeree
	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr
A	Mushroom Ricotta Pie	Minced Pork Fried Rice	Breaded Pork Chops with a Red Pepper Ragù	Beef Stroganoff	Chicken and Mushroom Pie
B	Mixed Vegetable Kedgeree	Braised Duck Breast with	Sweet Corn and Chicken	Steamed Egg with Minced Pork	Vietnamese Grilled Lemon Grass Pork
C	Corn and Mixed Pepper Pizza	Potato and Spinach Frittata	Steamed Mock Chicken and Mushrooms	Cheese and Broccoli Quiche	Ratatouille
	30-Apr				
A	Seared Fish Fillet with Mushroom Sauce				
B	Chicken Curry with Onions and Potatoes				
C	Baked Three Cheese Macaroni				

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Canadian International School of Hong Kong

Q3 - Meal Enrolment Form 2017 - 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 Flash.
3. Enrolment system will be effective from January 2nd (Tuesday) to January 26th (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 anytime.

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. 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 \$34, Grade 2 to Grade 6 is \$37. 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 & Baked Items : \$32

Chef Station: \$45

Make your own Salad: \$25

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 (49 Days)	<input type="checkbox"/>	Days	X HKD 34
Total Number of Days Selected Below	<input type="checkbox"/>		
Or			

Meal Plan for Grade 2 to Grade 6			
Enroll for Whole Term (49 Days)	<input type="checkbox"/>	Days	X HKD 37
Total Number of Days Selected Below	<input type="checkbox"/>		

Please mark your menu selection in the boxes below (A, B & C)

Feb 2018 (12 Days)					Mar 2018 (21 Days)					Apr 2018 (16 Days)				
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
			1	2				1	2	9	10	11	12	13
5	6	7	8	9	5	6	7	8	9	16	17	18	19	20
12	13	14	15	16	12	13	14	15	16	23	24	25	26	27
26	27	28			19	20	21	22	23	30				
					26	27	28	29	30					

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.