



Whole School Menu - May 2018

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 30-Apr	Tuesday 1-May	Wednesday 2-May	Thursday 3-May	Friday 4-May
A		Labour Day	Pork Chop with Caramelized Onion Sauce	Chicken Steak with Teriyaki Sauce	Ham and Shredded Chicken in Cream Sauce
B			Hong Kong Styled Chicken Curry with Potatoes	Cream Tuna Casserole with Sweet Corn	Beef and Vegetable Casserole
C			Braised Tofu with Mushroom	Zucchini and Eggplant Lasagna	Teriyaki Tofu
	7-May	8-May	9-May	10-May	11-May
A	Buddha's Delight	Sliced Pork Loin in Creamy Shallot and Mushroom Sauce	Western Fried Rice	Braised Eggplant with Shredded Pork	Pork Chop with Japanese Curry
B	Cheesy Penne with Broccoli	Singapore Fried Rice Noodles	Chicken A La King	Pan Fried Fish with Sweet Corn Sauce	Beef Stroganoff with Mixed Bell Peppers
C	Baked Beans in Tomato Sauce and Vegetables	Margarita Pizza	Stir Fry Udon with Mushroom	Braised Tofu and Enoki Mushrooms	Lentil and Cauliflower Dahl
	14-May	15-May	16-May	17-May	18-May
A	Japanese Tofu with Minced Pork	Diced Pork with Sweet Corn Sauce	Pork Chop with Herbed Italian Sauce	Thai Style Pineapple Fried Rice with Minced Pork	Chili Con Carne
B	Chicken Steak with Herbed Italian Sauce	Pan Fried Chicken Steak with Pumpkin Sauce	Lemon Chicken	Pan Fried Fish Fillet with Spinach Cream Sauce	Chicken Fried Rice
C	Baked Three Cheese Macaroni	Mushroom Risotto	Potato and Spinach Curry	Indian Vegetable Crumble	Steamed Egg with Assorted Mushroom
	21-May	22-May	23-May	24-May	25-May
A	Spinach and Potato Gratin	The Birthday of the Buddha	Pan Fried Pork Chop with Garlic Tomato Sauce	Steamed Egg with Minced Pork	Arrabiata Sauce with Chicken and Roasted Bell Peppers
B	Mixed Peppers Pizza with Mushrooms		Portuguese Chicken with Sweet Onions and Potatoes	Pan Fried Chicken Steak with Sweet Onion Gravy	Fried Spaghetti with Beef and Black Pepper
C	Japanese Style Vegetarian Ozoni with Steamed Rice		Mushroom and Egg Frittata	Romesco Pasta	Mushroom Ricotta Pie
	28-May	29-May	30-May	31-May	
A	Sweet and Sour Pork	Vietnamese Grilled Lemon Grass Pork	Spaghetti Bolognese	Yeung Chow Fried Rice	
B	Pan Fried Chicken with Mushroom Sauce	Fukien-style Ham & Chicken Cube	Steamed Chicken with Black Mushroom	Tuna in Tomato Sauce	
C	Mixed Bean Kedgeree	Eggplant Parmigiana with Couscous	Vegetarian Singapore Noodles	Baked Broccoli with Creamy Cheese Sauce	

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 - June 2018

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	Monday	Tuesday	Wednesday	Thursday	Friday
					1-Jun
A					Portuguese Chicken with Sweet Onions and Potatoes
B					Pork chop with Tomatoes, Celery and Carrots
C					Spinach and Potato Curry
	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
A	Minced Pork with Eggplant	Minced Pork Fried Rice	Breaded Pork Chops with a Red Pepper Ragu	Beef Stroganoff	Last Day of School (Early Dismissal)
B	Lemon Chicken	Braised Duck Breast	Sweet Corn and Chicken	Steamed Egg with Minced Pork	
C	Mushroom Risotto	Potato and Spinach Frittata	Steamed Mock Chicken and Mushrooms	Cheese and Broccoli Quiche	
A	Summer Break				
B					
C					
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Canadian International School of Hong Kong

Q4 - 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
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 April 9th (Monday) to April 27th (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 w/ 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 (26 Days)	<input type="checkbox"/>	Days	X	HKD 34	Total Amount
Total Number of Days Selected Below	<input type="checkbox"/>	_____			

Or

Meal Plan for Grade 2 to Grade 6

Enroll for Whole Term (26 Days)	<input type="checkbox"/>	Days	X	HKD 37	Total Amount
Total Number of Days Selected Below	<input type="checkbox"/>	_____			

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

May 2018 (21 Days)					Jun 2018 (5 Days)									
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
		2	3	4					1					
7	8	9	10	11	4	5	6	7	8					
14	15	16	17	18										
21	22	23	24	25										
28	29	30	31											

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

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