

Whole School Menu - Nov 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 30-Oct | Tuesday 31-Oct | Wednesday 1-Nov | Thursday 2-Nov | Friday 3-Nov |
|---|---|---|---|---|---|
| A | | | Beef Stroganoff with Mixed Bell Peppers | Irish Pork Stew with Carrots and Celery | Chicken Chilli with Kidney Beans and Diced Carrots |
| B | | | Pan Fried Fish with Sweet corn Sauce | Braised Chicken with Mushrooms and Shallots | Breaded Pork Chops with a Mushroom Gravy |
| C | | | Lentil and Cauliflower Dahl | Vegetable Lasagna | Lentil and Mushroom Curry with Potatoes |
| | 6-Nov | 7-Nov | 8-Nov | 9-Nov | 10-Nov |
| A | Diced Pork Stew with Mushrooms and Bell Peppers | Spaghetti Bolognese with Diced Carrots and Celery | Beef Bourguignon with Shallots and Diced Carrots | Five Spiced Pork Chops | Chicken Bell Pepper Stew with a Herbed Tomato Sauce |
| B | Chicken Steaks with a Creamy Spinach Sauce | Oven Baked Fish with Herbs and Tomatoes | Pork Curry with Potatoes and Bell Peppers | Chicken Pilaf with Mixed Bell Peppers | Pan Fried Pork Chops with a Caramelized Onion Sauce |
| C | Potato and Apple Curry | Thai Style Stir Fried Vegetables with Pumpkin | Singapore Style Vegetarian Noodles | Lentil Stew with Spinach and Bell Peppers | Ratatouille |
| | 13-Nov | 14-Nov | 15-Nov | 16-Nov | 17-Nov |
| A | Vegetable Kedgeree | Chili Con Carne with Diced Carrots and Celery | Cream Tuna Casserole with Sweet Corn | Chicken A la King with Mixed Bell Peppers | Thai Pork Curry with Eggplants and Carrots |
| B | Lentil Bolognese | Arrabiata Sauce with Chicken and Roasted Bell Peppers | Pan Fried Fish Fillet with a Mushroom Sauce | Tomato Pork Stew with Carrots and Celery | Chicken and Mushroom Stew with Gravy Sauce |
| C | Spinach and Mushroom Stew | Mixed Mushroom and Spinach Curry | Pumpkin and Lentil Dahl | Spinach and Potato Curry | Baked Eggplant with a Herbed Tomato Sauce |
| | 20-Nov | 21-Nov | 22-Nov | 23-Nov | 24-Nov |
| A | Lemon Chicken | Sautéed Beef with Onions and Mixed Peppers | Portuguese Chicken Rice with Onions and Peppers | Sweet and Sour Chicken | Hong Kong Style Chicken Curry |
| B | Beef Stroganoff with Mixed Bell Peppers | Chicken Provençal with Carrots and a Thyme Tomato Sauce | Breaded Pork Chops with a Mushroom Gravy | Pan Fried Fish with Sweet corn Sauce | Braised Chicken with Mushrooms and Shallots |
| C | Baked Vegetable Crumble | Vegetable Lasagna | Turkish Vegetable Stew | Lentil and Cauliflower Dahl | Thai Pineapple Fried Rice |
| | 27-Nov | 28-Nov | 29-Nov | 30-Nov | |
| A | Pumpkin Masala | Roasted Cajun Chicken Steaks | Pan Fried Pork Chops with a Creamy Mushroom Sauce | Five Spiced Pork Chops | |
| B | Steamed Egg with Shitake Mushrooms | Breaded Fish Fillet with a Dill Sauce | Spaghetti Bolognese with Diced Carrots and Celery | Diced Chicken with a Cream Corn Sauce | |
| C | Moroccan Lentil and Vegetable Stew | Thai Vegetable Curry with Eggplants and Carrots | Spinach and Potato Curry | Lentil Bolognese | |

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).

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-Dec | |
| A | | | | | Spinach and Chicken Hot Pot with Mushroom  | |
| B | | | | | Pan Fried Pork Chops with Black Pepper Sauce  | |
| C | | | | | Cauliflower and Potato Curry  | |
| | 4-Dec | 5-Dec | 6-Dec | 7-Dec | 8-Dec | |
| A | Ham Macaroni Cheese  | 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 | Diced Chicken and Corn with Onions and Mushrooms  | Chicken and Corn with Onions and Mushrooms  | Pork Stew with Tomatoes, Celery and Carrots  | Moroccan Chicken with Onions and Peppers  | Pan Fried Pork Chops with a Herbed Italian Sauce  | |
| C | Sweet and Sour Aubergine Stew   | Turkish Vegetable Stew    | Spinach and Potato Curry   | Braised Chinese Mushrooms with Turnips    | Mixed Bean Kedgeree   | |
| | 11-Dec | 12-Dec | 13-Dec | 14-Dec | 15-Dec | |
| A | Curried Cauliflower with Chickpeas   | Grilled Salsa Chicken with Tomato Sauce  | <i>Early Dismissal</i> | | <i>Christmas and New Year Break</i> | |
| B | Mushroom Stroganoff   | Pan Fried Fish Fillet with a Mushroom Sauce  | | | | |
| C | Spinach and Potato Gratin    | Vegetable Moussaka   | | | | |
| | 18-Dec | 19-Dec | 20-Dec | 21-Dec | 22-Dec | |
| A | <i>Christmas and New Year Break</i> | | | | | |
| B | | | | | | |
| C | | | | | | |
| | 25-Dec | 26-Dec | 27-Dec | 28-Dec | 29-Dec | |
| A | <i>Christmas and New Year Break</i> | | | | | |
| B | | | | | | |
| C | | | | | | |

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).

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 1-Jan | Tuesday 2-Jan | Wednesday 3-Jan | Thursday 4-Jan | Friday 5-Jan |
|---|--|---|---|--|---|
| A | New Year Day | Arrabiata Sauce with Chicken and Roasted Bell Peppers  | Spaghetti Bolognese with Diced Carrots and Celery  | Hong Kong Style Chicken Curry with Carrots and Green Bell Peppers  | Pan Fried Fish Fillet with Spinach Cream Sauce  |
| B | | Pan Fried Pork Chops with Onion Gravy  | Diced Pork and Sweet Corn  | Diced Pork and Mushroom Sauce with Onions and Garlic  | Pork Chop Cutlets with a Herbed Italian Sauce  |
| C | | Chickpea and Cauliflower Stew   | Vegetable Moussaka   | Spinach and Potato Curry   | Mushroom and Bean Hot Pot   |
| | 8-Jan | 9-Jan | 10-Jan | 11-Jan | 12-Jan |
| A | Braised Mushroom Stew with Lentils and Chickpeas and Pumpkin   | Spinach and Chicken Hot Pot with Mushrooms  | Sautéed Pork with Onions and Mushrooms  | Cilli Con Carne with Kidney Beans and Celery  | Moroccan Chicken with Onions and Peppers  |
| B | Lentil Dahl Curry  | Braised Pork with Herbed Vegetables  | Oven Baked Chicken Steak with a Cheese and Mushroom Sauce  | Beef and Mushroom Stew  | Sweet and Sour Pork with Pineapples  |
| C | Mixed Peppers Pizza with Mushrooms    | Cauliflower and Butternut Squash Curry   | Ratatouille    | Mixed Vegetable Casserole with Basil and Peppers    | Zucchini and Eggplant Lasagna    |
| | 15-Jan | 16-Jan | 17-Jan | 18-Jan | 19-Jan |
| A | Breded Fish Fillet with Cream Dill Sauce  | Chicken Ratatouille  | Thai Green Curry Pork with Eggplant and Carrot  | Mexican Pork and Red Pepper Stew  | Spinach and Chicken Hot Pot with Mushrooms  |
| B | Chicken A La King and Mixed Bell Peppers  | Pan Fried Fish Fillet with Spinach Cream Sauce  | Pepperoni Cheese Pizza  | Tuna Casserole with Bell Peppers and Peas  | Beef Stroganoff with Red Bell Peppers and Sautéed Onions  |
| C | Pumpkin and Lentil Stew    | Chickpea and Tomato Curry   | Mushroom Risotto   | Mixed Mushroom and Spinach Curry    | Vegetable Udon Noodles    |
| | 22-Jan | 23-Jan | 24-Jan | 25-Jan | 26-Jan |
| 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 Stew 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    | Turkish Vegetable Stew   | Spinach and Potato Curry   | Braised Chinese Mushrooms with Turnips    | Mixed Bean Kedgeree    |
| | 29-Jan | 30-Jan | 31-Jan | | |
| A | Grilled Chicken Steaks with Tomato and Grilled Pepper Sauce  | Portuguese Chicken with Sweet Onions and Potatoes  | Yeung Chow Fried Rice  | | |
| B | Baked Fish Fillet with Cream Mushroom Sauce  | Pan Fried Breaded Pork Chops with Onion Gravy  | Herbed Chicken and Tomato Stew  | | |
| C | Tomato and Cheese Risotto   | Vegetable Moussaka   | Chickpea and Cauliflower Stew   | | |

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).



Canadian International School of Hong Kong

Q2 - 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 October 10th (Tuesday) to October 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 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 (52 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 (52 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)

| Nov 2017 (22 Days) | | | | | Dec 2017 (8 Days) | | | | | Jan 2018 (22 Days) | | | | |
|--------------------|-----|-----|-----|-----|-------------------|-----|-----|-----|-----|--------------------|-----|-----|-----|-----|
| Mon | Tue | Wed | Thu | Fri | Mon | Tue | Wed | Thu | Fri | Mon | Tue | Wed | Thu | Fri |
| | | 1 | 2 | 3 | | | | | 1 | | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 4 | 5 | 6 | 7 | 8 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 11 | 12 | 13 | | | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | | | | | | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | | | | | 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.