

# WEEKLY MENU



Vegetarian

Seafood

Halal

**FOOD & CO** 食享家  
by sodexo

STATION	MONDAY 5.6	TUESDAY 5.7	WEDNESDAY 5.8	THURSDAY 5.9	FRIDAY 5.10
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Pear Tremella Soup 银耳雪梨汤	Pumpkin Congee 南瓜粥	Chinese Yam and Egg White Soup 芙蓉山药汤	Creamy Mushroom Soup 奶油蘑菇汤
MS-HS Set Menu A 初高中 午餐套餐A	<b>NEW</b> Mexican Braised Chicken with Potato 墨西哥土豆烩鸡 Sautéed Zucchini 炒茭瓜 Tortilla 墨西哥饼	Braised Sausage 红烩猪肉肠 Sautéed Vegetable 黄油时蔬 Roasted Potato 烤土豆	 Cottage Pie 乡村牛肉派 Snow Pea, Carrot & Corn 青豆胡萝卜配玉米	Braised Chicken with Tomato Sauce 红烩鸡肉 Roasted Vegetable 烤什蔬 Mashed Potato 土豆泥	 Greek Moussaka 希腊牛肉茄盒 Sautéed Zucchini with Carrot 西葫芦胡萝卜 Couscous 古斯米
MS-HS Set Menu B 初高中 午餐套餐B	Beginning of Summer (Li Xia) – 立夏 <b>NEW</b> Hakka Braised Pork, Eggplant & Tofu 客家猪肉茄 烧 腐 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	<b>NEW</b> Braised Chicken 家烧 地鸡 Stir Fried Pak Choi 清炒奶白菜 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	Braised Duck Breast 酱鸭胸 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Stir Fried Pork With Celery 香芹猪肉丝 Sautéed Cabbage 清炒圆白菜 Steamed Rice 米饭	Sweet & Sour Fish 咕咾鱼 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米

## NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
644	32.5	76.0	20.9

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STATION	MONDAY 5.6	TUESDAY 5.7	WEDNESDAY 5.8	THURSDAY 5.9	FRIDAY 5.10
MSHS Daily Special Asian 初高中亚式特式	Sliced Fish in Hot Chili Oil 水煮鱼 Shredded Potato with Green Pepper 尖椒土豆丝 Steamed Rice 白米饭	<b>NEW</b> Jelly Chicken Pot 啫啫鸡煲 Poached Green Vegetables 白灼蔬菜 Steamed Rice 白米饭	Rice Noodle Soup 酸辣粉 Poached Lettuce 圆生菜 <b>NEW</b> Chinese Shao Bing with Ham 芝麻烧饼加火腿	<b>NEW</b> Stewed Pork in Brown Sauce 酱焖排骨 Sauteed Baby Cabbage 炒娃娃菜 Steamed Rice 米饭	<b>NEW</b> Black Pepper Beef with Pineapple 菠萝黑椒牛肉粒 Green Vegetables 白灼蔬菜 Fried Rice with Mixed Vegetable 蔬菜炒饭
MSHS Daily Special Western 初高中西式特式	Spaghetti/Penne 意大利直面/斜切面  Beef Bolognaise 牛肉酱 Tomato Sauce 番茄酱 Mixed Vegetables 混合时蔬	Braised Homemade Meatloaf 美式烘烤牛肉饼 Mushroom and Cauliflower 烤蘑菇和花菜 Roasted Potato 烤土豆	Roasted Chicken with Rosemary 迷迭香烤春鸡 Mixed Vegetable 混合时蔬 Homemade Soft Roll 自制小软包	 American Beef Hot Dog 美式热狗 French Fries 薯条 Mixed Vegetables 混合时蔬 Ketchup/Mustard 番茄沙司/黄芥末	Mediterranean Roast Chicken 地中海烤鸡腿 Mediterranean Roast Eggplant 地中海烤茄子 Garlic Bread 蒜香面包
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

## NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
566	29.2	59.2	25.9

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STATION	MONDAY 5.13	TUESDAY 5.14	WEDNESDAY 5.15	THURSDAY 5.16	FRIDAY 5.17
Soup 汤	Soybean Paste Stew 大酱汤	Egg & Corn Soup 鸡茸粟米羹	Minced Beef & Tofu Soup 西湖牛肉羹	Congee with Mixed Beans 八宝粥	 Korean Tofu Soup 嫩豆腐汤
MS-HS Set Menu A 初高中 午餐套餐A	Fish Pasta with Cream Sauce  鱼肉奶油汁意面 Grilled Zucchini 烤青瓜 Garlic Bread 蒜香面包	Grilled Pork Chop with Gravy 铁扒猪排配肉汁 Mixed Vegetable 混合什蔬 Mashed Potato 土豆泥	Swedish Beef Meatball 瑞典风味牛肉丸 Sautéed Vegetable 黄油时蔬 Steamed Sweet Potato 蒸红薯	Roasted Chicken 香烤鸡腿 Sautéed Vegetable 黄油时蔬 Roasted Potato with Herb 烤土豆	 Korean Food Promotion 韩国美食 Korean Sautéed Beef 韩式炒牛肉 Green Vegetables 炒蔬菜 Steamed Corn 蒸玉米
MS-HS Set Menu B 初高中 午餐套餐B	Braised Pork with Taro 芋头红烧肉 Sautéed Zucchini with Egg and Black Fungus 莴笋木耳炒蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Kung Pao Chicken 宫保鸡丁 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Braised Fish and Tofu 鱼肉烧豆腐  Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭	 Braised Beef with Potato 土豆烧牛肉 Stir-Fried Cabbage with Tofu 杭白菜烧豆腐 Steamed Rice 米饭	Shredded Pork with Bamboo Shoots 冬笋猪肉丝 Stir-fry Fungus and Celery 木耳芹菜 Steamed Rice 白米饭

## NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
650	36.7	80.8	21.4

# WEEKLY MENU



STATION	MONDAY 5.13	TUESDAY 5.14	WEDNESDAY 5.15	THURSDAY 5.16	FRIDAY 5.17
MSHS Daily Special Asian 初高中亚式特式	 Bo Bo Chicken 钵钵鸡 Steamed Rice 米饭	Crispy Chicken 香酥鸡腿 Sautéed Bok Choy 清炒油菜 Fried Rice with Mixed Vegetable 蔬菜炒饭	Xin Jiang Braised Chicken 新疆大盘鸡 Braised Noodle 拉条子 Vegetable 蔬菜	Wanzhou Roasted Fish 重庆万州烤鱼  Stir-Fried Cabbage 炆炒包菜 Steamed Rice 米饭	 Korean Food Promotion 韩国美食  Korean Beef Noodle 韩式牛肉拌面 Kimchi 泡菜
MSHS Daily Special Western 初高中西式特式	 Bibimbap 石锅拌饭 Beef Slice/ Mushroom/Zucchini/ Carrot/ Bean Sprout/Egg 肥牛/蘑菇/西葫芦/ 胡萝卜/豆芽/鸡蛋 Kimchi 泡菜	 Teriyaki Beef with Enoki Mushroom 照烧金针肥牛 Steamed Rice 米饭	Japanese Flavor Sesame, Pork & Seaweed Rice 日式芝麻猪肉海苔饭 Sautéed Green Vegetables 炒小青菜	Orleans Roast Chicken 奥尔良烤鸡 Mixed Vegetables 混合时蔬 Soft Roll 软面包	 Korean Food Promotion 韩国美食 Cheese Baked Spareribs 芝士焗排骨 Kimbab 紫菜包饭
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

## NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
501	29.4	50.5	20.6

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STATION	MONDAY 5.20	TUESDAY 5.21	WEDNESDAY 5.22	THURSDAY 5.23	FRIDAY 5.24
Soup 汤	Lotus Root & Pork Soup 莲藕瘦肉汤	Tomato & Egg Soup 番茄蛋花汤	Cream of Pumpkin Soup 奶油南瓜汤	Jujube and Tremella Soup 红枣银耳汤	Hongkong Style Vermicelli Soup 碗仔素翅羹 
MS-HS Set Menu A 初高中 午餐套餐A	Teriyaki Chicken 照烧鸡 Sautéed Spinach 清炒菠菜 Soft Roll 软面包	Roasted Chicken Breast w/ Onion Gravy 烤鸡胸配洋葱汁 Stir-Fried Vegetable 黄油炒时蔬 Mashed Potato 土豆泥	Roast Duck with Mushroom Sauce 烧鸭胸配蘑菇汁 Gratin Cauliflower with Bell Pepper 黄油菜花配彩椒 Roasted Potato 香烤土豆	Sour Cream & Cheese Chicken 芝士酸奶油焗鸡 Sautéed Vegetable 混合时蔬 Garlic Bread 蒜香面包	Pasta Bolognese 牛肉肉酱意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦
MS-HS Set Menu B 初高中 午餐套餐B	Lesser Fullness of Grain (Xiao Man) – 小满 Stewed Pork with Satay Sauce 潮汕沙茶焗猪 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Braised Fish With Soybean Sauce 酱焖鱼 Sautéed Cabbage with Tofu 小白菜豆腐 Steamed Rice 米饭 Hanamaki 自制双色花卷	Sautéed Beef with Soya Sauce 豉汁牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 白米饭	Braised Beef with Turnip 萝卜牛腩 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Hongkong Food Promotion 香港美食 Steamed Chicken with Scallion Oil 葱油鸡 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭

## NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
595	30.4	80.5	17.5

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STATION	MONDAY 5.20	TUESDAY 5.21	WEDNESDAY 5.22	THURSDAY 5.23	FRIDAY 5.24
MSHS Daily Special Asian 初高中亚式特式	Japanese Style Scrambled Egg with Beef 日式滑蛋牛肉 Stir-Fried Broccoli with Carrot 菜花配胡萝卜 Steamed Rice 米饭	Steamed Spareribs in Black Bean Sauce 豉汁蒸排骨 Stir-Fried Cabbage 清炒杭白菜 Steamed Rice 米饭	Braised Beef Noodle Soup 台式私房牛肉面 Green Vegetables 白灼蔬菜	Sichuan Braised Fish 四川干烧鱼 Mixed Vegetable 混合什蔬 Steamed Rice 米饭	Hongkong Food Promotion 香港美食  Beef Curry Rice Noodle Soup 咖喱牛肉河粉 Green Vegetables 白灼蔬菜
MSHS Daily Special Western 初高中西式特式	English Fish n Chips with Tartar Sauce 英式炸鱼 配塔塔汁, 薯条 Mixed Vegetable 黄油时蔬	Chicken Fricassee 法式佛理卡西烩鸡腿 Spanish Vegetable Stew 风味炖菜 Bread 面包	Roasted Chicken Power Bowl 香草烤鸡能量碗	Lahori Chicken Curry 印度咖喱鸡 Sauteed Mixed Vegetables 田园混合时蔬 Naan 印度烤饼	Hongkong Food Promotion 香港美食  Braised Pork Rice 猪骨煲仔饭 Mixed Vegetable 混合什蔬
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

## NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
544	34.8	63.0	19.0

# WEEKLY MENU



Vegetarian



Seafood



Halal



STATION	MONDAY 5.27	TUESDAY 5.28	WEDNESDAY 5.29	THURSDAY 5.30	FRIDAY 5.31
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Cabbage & Vermicelli Soup 白菜粉丝汤	Red Bean Congee 红豆粥	Soybean Paste Stew 大酱汤	Sesame Rice Dumpling 黑芝麻汤圆
MS-HS Set Menu A 初高中 午餐套餐A	Thai Curry Chicken 泰式咖喱鸡 Mixed Vegetable 混合什蔬 Soft Roll 软面包	Seafood Risotto 意式海鲜奶酪焗饭 Mixed Vegetable 混合什蔬	Braised Beef 红烩牛肉 Sautéed Vegetable 黄油时蔬 Garlic Bread 蒜香面包	Pasta with Chicken & Tomato Sauce 鸡肉茄汁意面 Sautéed Zucchini & Carrot 胡萝卜西葫芦	Swedish Beef Meatball 瑞典风味牛肉丸 Sautéed Vegetable 黄油时蔬 Mashed Potato 奶香土豆泥
MS-HS Set Menu B 初高中 午餐套餐B	Yu-Shiang Shredded Pork 鱼香肉丝 (不辣) Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Sautéed Duck with Soya Bean Sauce 小炒鸭 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Hanamaki 自制香葱花卷	Braised Fish with Mushroom 蘑菇烧鱼 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Stir fried Pork with Tofu 猪肉炒千叶豆腐 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭	Sweet & Sour Chicken 菠萝咕咾鸡 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭

## NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
661	36.7	85.8	21.0

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Halal



STATION	MONDAY 5.27	TUESDAY 5.28	WEDNESDAY 5.29	THURSDAY 5.30	FRIDAY 5.31
MSHS Daily Special Asian 初高中亚式特式	Braised Fish with Pickled Vegetable 酸菜鱼 Sautéed Choi Sim 清炒菜心 Steamed Rice 白米饭	Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜	Lanzhou Beef Noodle Soup 兰州牛肉面 Green Vegetables 白灼蔬菜	Chongqing Spicy Chicken 重庆辣子鸡 Sautéed Cabbage with Vermicelli 粉条包菜 Steamed Rice 白米饭	Steamed Fish 清蒸鱼 Sautéed Cabbage with Chili Pepper 炆炒包菜 Steamed Rice 米饭
MSHS Daily Special Western 初高中西式特式	Korean Budae Jjigae 韩式部队锅 Egg Noodle 鸡蛋面	Beef Lasagna 牛肉千层面 Sautéed Vegetable 黄油时蔬	Deep-Fried Chicken 日式风味炸鸡排 Mix Vegetable 混合时蔬 Steamed Rice 白米饭	Beef Cheeseburger 牛肉芝士汉堡 French Fries 薯条 Mixed Vegetable 混合什蔬	Sukiyaki 日式肥牛寿喜锅 Steamed Rice 白米饭
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

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Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
510	29.4	55.0	19.6