



October – November Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	04 Oct	05 Oct	06 Oct	07 Oct	08 Oct
<u>Meal A</u>	Chicken Parmigiana with Pasta	Taiwanese Minced Pork with Brown Rice	Roasted Chicken with Mashed Potato	Italian Style Fish Fillet with Tomato Sauce & Olive with Pasta	Steamed Pork Ribs in Garlic Sauce
<u>Meal B</u>	Pork Goulash with Cous Cous	Fish Curry with Brown Rice	Spaghetti Bolognese	Creamy Corn & Pork with Rice	Sweet & Sour Chicken with Rice
	11 Oct	12 Oct	13 Oct	14 Oct	15 Oct
<u>Meal A</u>	Yeung Chow Fried Rice (Less Oil)	Baked Fish with Cheese Sauce & Mashed Potato	Creamy Mushroom Spaghetti 	Chung Yeung Festival	Spaghetti Bolognese
<u>Meal B</u>	Pork Alfredo Penne with Tomato & Broccoli	Malaysian Curry Pork with Red Rice	Chinese Tomato & Egg Stir-fry with Brown Rice 		Roasted BBQ Pork with Red Rice
	18 Oct	19 Oct	20 Oct	21 Oct	22 Oct
<u>Meal A</u>	Term Break				
<u>Meal B</u>					
	25 Oct	26 Oct	27 Oct	28 Oct	29 Oct
<u>Meal A</u>	Lemongrass Pork Chop with Mashed Potato	Tandoori Chicken with Rice	Vegetarian Lasagna 	Chicken Carbonara with Spaghetti	Braised Eggplant & Minced Pork with Brown Rice
<u>Meal B</u>	Italian Sausage Tomato & Basil Pasta Bake	Italian Style Fish Fillet with Tomato Sauce & Olives	Japanese Stir-fried Udon with Veggies 	Grilled Pork Chop with Onion Sauce and Mashed Potato	Roasted Spring Chicken with Brown Rice
Seasonal vegetables served every day.					



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.



Vegetarian Choice

Highlighted in respective color on the menu





October – November Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	01 Nov	02 Nov	03 Nov	04 Nov	05 Nov
<u>Meal A</u>	Ebi Fry Curry Don (Fried Shrimp with Curry on Rice)	Chicken A La King with Spaghetti	Singapore Fried Noodles with Veggie Mix	Roast Pork Chop with Onion Gravy & Mash	Mexican Chilli Con Carne with Brown Rice
<u>Meal B</u>	Italian Chicken Cacciatora (Skinless)	Baked Fish Fillet in Tomato Sauce with Red Rice	Spinach Lasagna	Fish Fillet in Creamy Corn Sauce with Red Rice	Pork Cutlet with BBQ Sauce with Brown Rice
	08 Nov	09 Nov	10 Nov	11 Nov	12 Nov
<u>Meal A</u>	Teriyaki Chicken with Rice	BBQ Chicken Leg with Pepper Sauce & Mashed Potato	Vegetarian Thai Pineapple Fried Rice	Onion Pork Chop with Red Rice	Sweet & Sour Pork with Rice
<u>Meal B</u>	Japanese Vegetable Curry with Rice	Croque Monsieur with Fries	Cauliflower Cheese with Mashed Potato	Ham, Tomato & Basil Penne in Tomato Sauce	Beef Lasagna
	15 Nov	16 Nov	17 Nov	18 Nov	19 Nov
<u>Meal A</u>	Braised Pork & Pumpkin with Rice	Roasted Chicken Leg with Pepper Sauce & Mashed Potato	Spaghetti Bolognese	Mediterranean Pork Stew with Couscous	Roasted BBQ Pork with Red Rice
<u>Meal B</u>	Japanese Vegetable Curry with Rice	Creamy Corn & Ham with Spaghetti	Mac & Cheese	Fish & Chips	Malaysian Curry Chicken with Red Rice
	22 Nov	23 Nov	24 Nov	25 Nov	26 Nov
<u>Meal A</u>	Pomodoro Chicken with Pasta	BBQ Chicken Leg with Mashed Potato	Japanese Vegetable Curry with Rice	Italian Style Fish Fillet with Tomato Sauce & Olives with Pasta	Panang Chicken Curry with Brown Rice
<u>Meal B</u>	Beef Stroganoff with Pasta	Soy Sauce Pan-fried Noodles	Pumpkin Mushroom Penne	Chicken A La King with Red Rice	Chilli Con Carne with Brown Rice
Seasonal vegetables served every day.					

EAT MORE

These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY

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EAT LESS

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International College Hong Kong

Share Your Thoughts



October – November Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	29 Nov	30 Nov	01 Dec	02 Dec	03 Dec
<u>Meal A</u>	Roasted BBQ Pork with Rice	Thai Roasted Chicken Breast with Sweet & Spicy Sauce with Brown Rice			
<u>Meal B</u>	Thai Chicken Pineapple Fried Rice	Braised Eggplant & Minced Pork with Brown Rice			
Seasonal vegetables served every day.					



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Dec – Jan Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	29 Nov	30 Nov	01 Dec	02 Dec	03 Dec
<u>Meal A</u>	Roasted BBQ Pork with Rice	Thai Roasted Chicken Breast with Sweet & Spicy Sauce with Brown Rice	Stir-Fried Honey Bean, Cloud Ear Fungus and Lotus Root with Rice	Sweet & Sour Chicken with Rice	Steamed Pork Ribs in Garlic Sauce with Red Rice
<u>Meal B</u>	Thai Chicken Pineapple Fried Rice (Less Oil)	Braised Eggplant & Minced Pork with Brown Rice	Spaghetti Bolognese	Creamy Corn & Pork with Rice	Yaki Udon with Chicken and Assorted Mushrooms
	06 Dec	07 Dec	08 Dec	09 Dec	10 Dec
<u>Meal A</u>	Yeung Chow Fried Rice (Less Oil)	Baked Fish with Cheese Sauce & Mashed Potato	Ratatouille with Roasted Potato	Italian Style Fish Fillet with Tomato Sauce & Olive with Pasta	Chicken Carbonara with Spaghetti
<u>Meal B</u>	Pork Goulash Penne with Tomato & Broccoli	Malaysian Curry Pork with Red Rice	Chinese Tomato & Egg Stir-fry with Brown Rice	Diced Pork in Sweet Corn & Egg Sauce with Brown Rice	Roasted BBQ Pork with Red Rice
	11 Dec	12 Dec	13 Dec	14 Dec	15 Dec
<u>Meal A</u>	11/12 – 2/1 X'mas Break				
<u>Meal B</u>					
	03 Jan	04 Jan	05 Jan	06 Jan	07 Jan
<u>Meal A</u>	Malaysian Curry Chicken with Rice	Tandoori Chicken with Rice	Vegetarian Lasagna	Spaghetti Bolognese	Sweet & Sour Pork with Brown Rice
<u>Meal B</u>	Italian Sausage Tomato & Basil Pasta Bake	Grilled Sole in Pumpkin Sauce with Rice	Japanese Stir-fried Udon with Veggies	Grilled Pork Chop with Onion Sauce and Mashed Potato	Steamed Chicken & Black Fungus with Brown Rice
Seasonal vegetables served every day.					



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	Monday	Tuesday	Wednesday	Thursday	Friday
	10 Jan	11 Jan	12 Jan	13 Jan	14 Jan
<u>Meal A</u>	Ebi Fry Curry Don (Fried Shrimp with Curry on Rice)	Chicken A La King with Spaghetti	Singapore Fried Noodles with Veggie Mix & Shredded Egg	Roast Pork Chop with Onion Gravy & Mash	Mexican Chilli Con Carne with Brown Rice
<u>Meal B</u>	Italian Chicken Cacciatora (Skinless) with Pasta	Baked Fish Fillet in Tomato Sauce with Red Rice	Beef Lasagna	Fish Fillet in Sweetcorn & Egg Sauce with Red Rice	Pork Cutlet with BBQ Sauce with Brown Rice
	17 Jan	18 Jan	19 Jan	20 Jan	21 Jan
<u>Meal A</u>	Teriyaki Chicken with Rice	Sweet & Sour Pork with Rice	Vegetarian Thai Pineapple Fried Rice	Pomodoro Chicken with Pasta	Stir-fried Snow Peas & Chicken with Brown Rice
<u>Meal B</u>	Japanese Vegetable Curry with Rice	Chicken, Tomato & Basil Penne in Tomato Sauce	Cauliflower Cheese with Mashed Potato	Croquet Monsieur with Fries	Beef Lasagna
	24 Jan	25 Jan	26 Jan	27 Jan	28 Jan
<u>Meal A</u>	Braised Pork & Pumpkin with Brown Rice	Mediterranean Pork Stew with Couscous	Vegetable & Egg White Fried Rice	Roasted Chicken with Pepper Sauce & Mashed Potato	Roasted BBQ Pork with Red Rice
<u>Meal B</u>	Japanese Vegetable Curry with Brown Rice	Grilled Fish, lemon and capers with Spaghetti	Mac & Cheese	Fish & Chips	Malaysian Curry Chicken with Red Rice
	29 Jan	30 Jan	31 Jan	1 Feb	2 Feb
<u>Meal A</u>	Pork Schnitzel with Mashed Potato	BBQ Chicken Leg with Mashed Potato	Japanese Vegetable Curry with Rice	Italian Style Fish Fillet with Tomato Sauce & Olives with Pasta	Panang Chicken Curry with Brown Rice
<u>Meal B</u>	Spaghetti Bolognese	Steamed Egg & Minced Pork with Brown Rice	Pumpkin Mushroom Penne	Chicken A La King with Red Rice	Chilli Con Carne with Brown Rice
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