

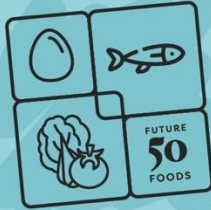
Let's make a greener choice this school year!

Help protect the environment by choosing our planet-friendly dishes. Here's how we're making a difference:

Sustainable Dish

Our new menu features dishes with a lower environmental footprint! To qualify as a sustainable dish, the dish will either contain ingredients from one of the categories below:

Cage-Free Eggs



Sustainable Seafood

Seasonal Vegetables

Future 50 Foods

Plant-forward Meal

Eating more plant-based ingredients means a healthier planet! We design most of our dishes with **70% plant-based ingredients** and **30% animal-based ingredients** – balancing taste and sustainability. Full vegetarian options are still available daily.

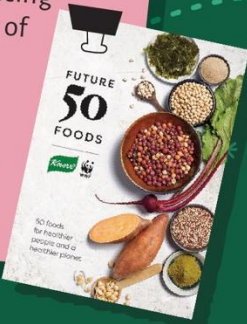


Future 50 Foods

Curious about Future 50 Foods? This global list includes nutrient-rich vegetables, grains, legumes, seeds, and nuts that boost nutrition while reducing the environmental impact of our food supply.



Download the full report here



Share your thoughts!

We look forward to hearing from you!



Traffic light guide

Our menu is planned based on the **Traffic Light Guide**. Read more here:



All about allergens

Please note that our kitchen handles and prepares the following allergens:

If your child has specific dietary needs, kindly inform our catering team in advance.



Disclaimer (i) Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights. (ii) The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

Lunch Menu Mar 2026

Plant Forward
Monday

Tuesday

Wednesday

Fun Thursday

Friday










































































2/Mar

3/Mar

4/Mar

5/Mar

6/Mar

<u>Meal A</u> \$38	Chicken Korma with Potato & Cauliflower with Mashed Potato 	Beef Goulash with Corn Rice 	Baked Fish with Herb Crust with Herbed Potatoes      	Pork Sausage Cheeseburger with Fries   	Cajun Roasted Chicken with Pasta  
<u>Meal B</u> \$38 	 Steamed Egg with Shitake Mushroom, Vermicelli with Multi Grain Rice   	Penne Pasta with Corn, Spinach & Peas in White Sauce   	Stir-fried Vegetarian Ham with Four Season Bean & Mushroom with Rice   	Four Cheese Pizza with Fries   	 Korean Vegetables Egg Fritters with Multi Grain Rice   
<u>Chef Special</u> \$42	 Fish Fillet with Lemon Capers Tomato Sauce with Steamed Rice   	Diced Pork Loin with Vegetables in Mustard Gravy with Penne Pasta   	 Zürcher Geschnetzeltes - Chicken Mushroom Creamy Stew with Quinoa Rice   	 Fujian Fried Rice (Chicken and Shrimp)    	 Mediterranean Bean, Tuna & Egg Salad in Basil Nut-free Pesto Dressing    
<u>Sandwich</u> \$35	 Onion & Egg Salad Sandwich    	Korean Chicken Sandwich   	Grilled Ham & Cheese Sandwich   	Tuna Salad Sandwich     	Club Sandwich (Chicken, Ham, Lettuce & Tomato)    
Vegetables Apply for Meal A B and Chef Special 	Brassica & Corn	Cauliflower & Beans	Sautéed Cabbage & Shitake Mushroom	Roasted Carrot & Zucchini	Assorted Sautéed Vegetables

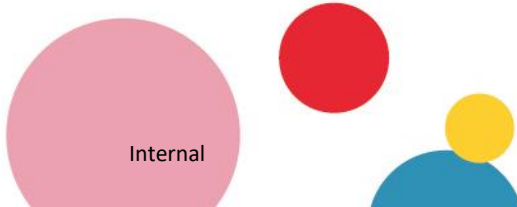
 Eat More 適宜
Eat Moderately 限量
Eat Less 少量

 Vegetarian 素食
 Sustainable Seafood 可持續海鮮

 Egg Alert 含蛋類
 Dairy Alert 含奶類
 Soy Alert 含大豆

 Fish Alert 含魚類
 Shellfish Alert 含貝殼類海鮮
 Peanut Alert 含花生

 Tree Nuts Alert 含堅果
 Wheat Alert 含小麥



Lunch Menu Mar 2026

Plant Forward
Monday

Tuesday

Wednesday

FUN Thursday

Friday















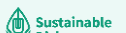




















































9/Mar

10/Mar

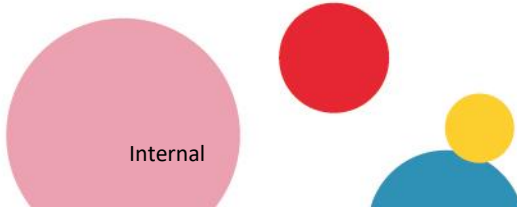
11/Mar

12/Mar

13/Mar

<u>Meal A</u> \$38	Creamy Chicken Stew with Vegetables with Herbed Potatoes 	Shrimp Arrabiata with Pasta     	Pork Ragu with Penne Pasta  	BBQ Chicken Burger with Roasted Potatoes  	Bangers Sausages (pork) & Mash   
<u>Meal B</u> \$38 	Shanghai Fried Noodle with Dried Tofu    	Lentil, Okra & Potato Curry with Quinoa Rice    	Swiss Baked Pasta with Fried Shallot (Älplermagronen)    	Quesadilla with Corn, Bean, Mixed Vegetables and Cheese with Roasted Potatoes   	Indian Sweet Potato Curry with Corn Rice   
<u>Chef Special</u> \$42	Stir-Fried Beef with Broccoli & Cauliflower with Mixed Grain Rice   	HK Style Baked Pork Chop Rice in Tomato Sauce    	Pan-fried Tandoori Fish Fillet with Multi Grain Rice     	Garlic Thyme Grilled Whole Chicken Leg with Multi Grain Rice	Greek Salad with Smoked Salmon and Fetta in Lemon Vinaigrette   
<u>Sandwich</u> \$35	Tuna Melt Sandwich      	Chicken & Corn Sandwich   	Chorizo & Cheese Sandwich (non-spicy)   	B.L.T Sandwich   	Chicken Mayo & Cheese Sandwich    
Vegetables Apply for Meal A B and Chef Special 	Cabbage & Bean	Broccoli & Corn	Sautéed Cabbage & Shitake Mushroom	Cauliflower & Zucchini	Assorted Sautéed Vegetables

	Eat More 適宜		Vegetarian 素食		Egg Alert 含蛋類		Fish Alert 含魚類		Tree Nuts Alert 含堅果
	Eat Moderately 限量		Sustainable Seafood 可持續海鮮		Dairy Alert 含奶類		Shellfish Alert 含貝殼類海鮮		Wheat Alert 含小麥
	Eat Less 少量		Soy Alert 含大豆		Peanut Alert 含花生				



Internal

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16/Mar

17/Mar

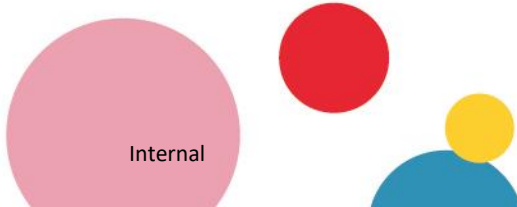
18/Mar

19/Mar

20/Mar

<u>Meal A</u> \$38	Mexican Shredded Pork with Mixed Vegetables with Quinoa Rice	 Sustainable Dish New Orleans Fish with Multi Grain Rice  	Greek Lemon Chicken and Potatoes with Quinoa Rice	Beef Bolognese Sauce Spaghetti  	 Sustainable Dish Tuna in Creamy Spinach & Kale Sauce with Penne Pasta     
<u>Meal B</u> \$38 	Pasta Baked with Corn & Spinach   	 Sustainable Dish Carrot, Long Bean, Egg Fritters with Multi Grain Rice   	Vegetarian Moussaka (Eggplant & Lentil Casserole) with Boiled Potatoes  	Japanese Curry with Veggies & Tofu with Corn Rice  	Vegetarian Western Fried Rice   
<u>Chef Special</u> \$42	 Sustainable Dish Shrimp & Broccoli with (Nut-free) Pesto Sauce with Penne Pasta     	Chicken Primavera Sauce with Pasta   	Beef Gyro (Beef in Pita Bread Wrap) with Boiled Potatoes   	 Swiss Vegetable and Pork (Cholera) Pie    	Thai Grilled Chicken Salad with Asian Slaw in Bang Bang Dressing (non-spicy)    
<u>Sandwich</u> \$35	Chicken Salad Sandwich   	Ham & Cheese Sandwich   	Tuna Melt Sandwich     	 Sustainable Dish Egg Salad & Cucumber Sandwich    	B.L.T Sandwich   
Vegetables Apply for Meal A B and Chef Special 	Cabbage & Bean	Broccoli & Corn	Assorted Sautéed Vegetables	Cauliflower & Zucchini	Sautéed Cabbage

	Eat More 適宜	 Vegetarian 素食	 Egg Alert 含蛋類	 Fish Alert 含魚類	 Tree Nuts Alert 含堅果
Eat Moderately 限量	 Sustainable Seafood 可持續海鮮	 Dairy Alert 含奶類	 Shellfish Alert 含貝殼類海鮮	 Wheat Alert 含小麥	
Eat Less 少量		 Soy Alert 含大豆	 Peanut Alert 含花生		



Lunch Menu Mar 2026

Green MONDAY

Tuesday

Wednesday

Fun Thursday

Friday



























23/Mar

24/Mar

25/Mar

26/Mar

27/Mar

Meal A \$38	Fungi Ragu (Mixed Mushroom, Cherry Tomato, Potato, Celery, Basil, Tomato Sauce) with Corn Rice   	 Sustainable Dish Fish Fillet in Creamy Thyme Mustard Sauce with Penne Pasta      	Roasted Paprika-Lemon Chicken with Potato & Cauliflower with Multi Grain Rice	Ham & Cheese Pizza with Fries   	 Sustainable Dish Chicken, Corn, Mixed Bell Peppers Frittata with Roasted Potatoes 
Meal B \$38 	 Sustainable Dish Broccoli & Cheddar Frittata with Macaroni    	Stir-fried Cauliflower, Carrot, Baby Corn and Tofu with Rice  	Italian Bean Stew with Roasted Potatoes 	 Sustainable Dish Japanese Style Stir-fried Udon with Mixed Vegetables & Shredded Egg   	Roasted Vegetables Pesto with Pasta   
Chef Special \$42	 Sustainable Dish Spinach, Okra, Tomato Cheese Lasagna     	BBQ Roasted Chicken Leg with Multi Grain Rice	 German Pork Roast with Roasted Potatoes (Schweinebraten)   	 Sustainable Dish Fish & Chips   	 Sustainable Dish Shrimp Avocado Salad with Lemon Mayonnaise Dressing      
Sandwich \$35	Tuna Melt Sandwich      	Chicken & Corn Sandwich   	Chorizo & Cheese Sandwich (non-spicy)   	Chicken Mayo & Cheese Sandwich    	B.L.T Sandwich   
Vegetables Apply for Meal A B and Chef Special 	Cauliflower & Carrot	Broccoli & Corn	Sautéed Cabbage & Shitake Mushroom	Broccoli & Corn	Assorted Sautéed Vegetables

	Eat More 適宜	 Vegetarian 素食	 Egg Alert 含蛋類	 Fish Alert 含魚類	 Tree Nuts Alert 含堅果
Eat Moderately 限量	 Sustainable Seafood 可持續海鮮	 Dairy Alert 含奶類	 Shellfish Alert 含貝殼類海鮮	 Wheat Alert 含小麥	
Eat Less 少量	 Soy Alert 含大豆	 Peanut Alert 含花生			

Internal