

HKIS - LP Weekly Menu



			1 / May (Wednesday)	2 / May (Thursday)	3 / May (Friday)
(A) Main Course			PH - Labour Day No School	Curry Chicken and Red Rice (B) 	Fish Cake with Egg and Potato Salad (F)(E)(D)
(B) Main Course [VEG]			PH - Labour Day No School	Pumpkin Cake and Pasta Salad (B)(D) 	Kidney Beans and Corn Quesadilla with Mashed Carrots (D)
(C) Main Course			PH - Labour Day No School	Chinese BBQ Pork and Rice (P)(B) 	Stir-fried Beef with Yellow Noodles (B)(M)
(H) Main Course & Snacks			PH - Labour Day No School	Curry Chicken and Red Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Fish Cake with Egg and Potato Salad (F)(E)(D) + Apple & Cantaloupe, Veggies, Yogurt
(I) Main Course & Snacks [VEG]			PH - Labour Day No School	Pumpkin Cake and Pasta Salad (B)(D) + Orange & Watermelon, Veggies, Yogurt 	Kidney Beans and Corn Quesadilla with Mashed Carrots (D) + Apple & Cantaloupe, Veggies, Yogurt
(J) Main Course & Snacks			PH - Labour Day No School	Chinese BBQ Pork and Rice (P)(B) + Orange & Watermelon, Veggies, Yogurt 	Stir-fried Beef with Yellow Noodles (B)(M) + Apple & Cantaloupe, Veggies, Yogurt



Pork (P)



Fish (F)



Shrimp (SF)



Soya Products (B)



Eggs (E)



Mushroom (M)



Tomato (T)



Dairy (D)



Cheese

HKIS - LP Weekly Menu



	6 / May (Monday)	7 / May (Tuesday)	8 / May (Wed) Taste of Vietnamese	9 / May (Thursday)	10 / May (Friday)
(A) Main Course	Salami Pizza and Mixed Salad (P)(T)(D) 	Cajun Chicken with Sweet Bell Pepper and Pasta with Tomato Sauce (T) 	Roasted Beef Banh Mi (T) 	Chicken a la king with Quinoa Rice (D)(M) 	LP Student-Led Conferences No Lunch for LP Students
(B) Main Course [VEG]	Vegetarian Lasagna (T)(D) 	Vegetarian Black Bean Mac and Cheese (D) 	Vietnamese Noodle Salad and Garlic Bread (B)(T) 	Fried Curry Potato Croquette with Cabbage Salad (D)(B) 	LP Student-Led Conferences No Lunch for LP Students
(C) Main Course	Teriyaki Chicken and Brown Rice (B) 	Yeung Chow Fried Rice (P)(SF)(E)(B) 	Vietnamese Lemongrass Chicken and Brown Rice (B) 	Stir-fried Shanghai Noodles with Beef (B) 	LP Student-Led Conferences No Lunch for LP Students
(H) Main Course & Snacks	Salami Pizza and Mixed Salad (P)(T)(D) + Apple & Orange, Veggies, Yogurt 	Cajun Chicken with Sweet Bell Pepper and Pasta with Tomato Sauce (T) + Orange & Watermelon, Veggies, Yogurt 	Roasted Beef Banh Mi (T) + Apple & Cantaloupe, Veggies, Yogurt 	Chicken a la king with Quinoa Rice (D)(M) + Orange & Watermelon, Veggies, Yogurt 	LP Student-Led Conferences No Lunch for LP Students
(I) Main Course & Snacks [VEG]	Vegetarian Lasagna (T)(D) + Apple & Orange, Veggies, Yogurt 	Vegetarian Black Bean Mac and Cheese (D) + Orange & Watermelon, Veggies, Yogurt 	Vietnamese Noodle Salad and Garlic Bread (B)(T) + Apple & Cantaloupe, Veggies, Yogurt 	Fried Curry Potato Croquette with Cabbage Salad (D)(B) + Orange & Watermelon, Veggies, Yogurt 	LP Student-Led Conferences No Lunch for LP Students
(J) Main Course & Snacks	Teriyaki Chicken and Brown Rice (B) + Apple & Orange, Veggies, Yogurt 	Yeung Chow Fried Rice (P)(SF)(E)(B) + Orange & Watermelon, Veggies, Yogurt 	Vietnamese Lemongrass Chicken and Brown Rice (B) + Apple & Cantaloupe, Veggies, Yogurt 	Stir-fried Shanghai Noodles with Beef (B) + Orange & Watermelon, Veggies, Yogurt 	LP Student-Led Conferences No Lunch for LP Students



Pork (P)



Fish (F)



Shrimp (SF)



Soya Products (B)



Eggs (E)



Mushroom (M)



Tomato (T)

















































Dairy (D)



Cheese (D)

HKIS - LP Weekly Menu



	13 / May (Monday)	14 / May (Tuesday)	15 / May (Wednesday)	16 / May (Thursday)	17 / May (Friday)
(A) Main Course	Carbonara Pasta (P)(D)   	Curry Beef and Red Rice (B) 	PH - Buddha's Birthday No School	Grilled Chicken Steak with Mashed Potato (D) 	Cheeseburger with Fried Sweet Potatoes (D) 
(B) Main Course [VEG]	Braised Lentils and Vegetables with Sourdough Bread 	Vegetarian Egg Fried Rice with Quinoa (B)(E)   	PH - Buddha's Birthday No School	Cheese Pizza and Pot Corn (D)(T)  	Veggie Patties Cheeseburger with Fried Sweet Potato (D)  
(C) Main Course	Stir-fried Chicken with Celery and Quinoa Rice (B) 	Stir fried Japanese Noodles with Seafood (SF)(B)(M)   	PH - Buddha's Birthday No School	Mongolian Beef and Brown Rice (B)  	Pork with Creamy Corn Sauce and Rice (P)(B)(E)   
(H) Main Course & Snacks	Carbonara Pasta(P)(D) + Apple & Orange, Veggies, Yogurt   	Curry Beef and Red Rice (B) + Orange & Watermelon, Veggies, Yogurt 	PH - Buddha's Birthday No School	Grilled Chicken Steak with Mashed Potato (D) + Orange & Watermelon, Veggies, Yogurt 	Cheeseburger with Fried Sweet Potato (D) + Apple & Cantaloupe, Veggies, Yogurt 
(I) Main Course & Snacks [VEG]	Braised Lentil and Vegetables with Sourdough Bread + Apple & Orange, Veggies, Yogurt 	Vegetarian Egg Fried Rice with Quinoa (B)(E) + Orange & Watermelon, Veggies, Yogurt   	PH - Buddha's Birthday No School	Cheese Pizza and Pot Corn (D)(T) + Orange & Watermelon, Veggies, Yogurt  	Veggie Patties Cheeseburger with Fried Sweet Potato (D) + Apple & Cantaloupe, Veggies, Yogurt  
(J) Main Course & Snacks	Stir-fried Chicken with Celery and Quinoa Rice (B) + Apple & Orange, Veggies, Yogurt 	Stir fried Japanese Noodles with Seafood (SF)(B)(M) + Orange & Watermelon, Veggies, Yogurt   	PH - Buddha's Birthday No School	Mongolian Beef and Brown Rice (B) + Orange & Watermelon, Veggies, Yogurt  	Pork with Creamy Corn Sauce and Rice (P)(B)(E) + Apple & Cantaloupe, Veggies, Yogurt   



Pork (P)



Fish (F)



Shrimp (SF)



Soya Products (B)



Eggs (E)



Mushroom (M)



Tomato (T)



Dairy (D)



CHEESE

HKIS - LP Weekly Menu



	20 / May (Monday)	21 / May (Tuesday)	22 / May (Wednesday)	23 / May (Thursday)	24 / May (Friday)
(A) Main Course	Roasted Pork loin and Roasted New Potatoes and Vegetables (T) 	Creamy Seafood with Pasta (F)(SF)(D) 	Butter Chicken and Herb Rice (T)(D) 	Minced Beef Pizza with Butter Corn (D)(T) 	International Day No Lunch for LP Students
(B) Main Course [VEG]	Vegetarian Fried Rice with Crispy Tofu (B) 	Grilled Halloumi with Vegetable Wrape and Corn Salad (D) 	Creamy Spinach with Paneer and Naan Bread (D) 	Vegetarian Stir Fried Lotus Root with Red Rice (B) 	International Day No Lunch for LP Students
(C) Main Course	Beef and Broccoli Stir fried with Oyster Sauce and Rice (B)(SF) 	Steamed Pumpkin and Chicken with Rice (B) 	Singapore Style Fried Rice Vermicelli (P)(E)(SF)(B) 	Sauté Noodles with Pork Dumpling and Cabbage (P)(B) 	International Day No Lunch for LP Students
(H) Main Course & Snacks	Roasted Pork loin and Roasted New Potatoes and Vegetables (T) + Apple & Orange, Veggies, Yogurt 	Creamy Seafood with Pasta (F)(SF)(D) + Orange & Watermelon, Veggies, Yogurt 	Butter Chicken and Herb Rice (T)(D) + Apple & Cantaloupe, Veggies, Yogurt 	Minced Beef Pizza with Butter Corn (D)(T) + Orange & Watermelon, Veggies, Yogurt 	International Day No Lunch for LP Students
(I) Main Course & Snacks [VEG]	Vegetarian Fried Rice with Crispy Tofu (B) + Apple & Orange, Veggies, Yogurt 	Grilled Halloumi with Vegetable Wrape and Corn Salad (D) + Orange & Watermelon, Veggies, Yogurt 	Creamy Spinach with Paneer and Naan Bread (D) + Apple & Cantaloupe, Veggies, Yogurt 	Vegetarian Stir Fried Lotus Root with Red Rice (B) + Orange & Watermelon, Veggies, Yogurt 	International Day No Lunch for LP Students
(J) Main Course & Snacks	Beef and Broccoli Stir fried with Oyster Sauce and Rice (B)(SF) + Apple & Orange, Veggies, Yogurt 	Steamed Pumpkin and Chicken with Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Singapore Style Fried Rice Vermicelli (P)(E)(SF)(B) + Apple & Cantaloupe, Veggies, Yogurt 	Sauté Noodles with Pork Dumpling and Cabbage (P)(B) + Orange & Watermelon, Veggies, Yogurt 	International Day No Lunch for LP Students



Pork (P)



Fish (F)



Shrimp (SF)



Soya Products (B)



Eggs (E)



Mushroom (M)



Tomato (T)































































Dairy (D)



Cheese

HKIS - LP Weekly Menu



	27 / May (Monday)	28 / May (Tuesday)	29 / May (Wed) Middle Eastern Cuisine	30 / May (Thursday)	31 / May (Friday)
(A) Main Course	Ham & Cheese Pizza and Creamy Spinach (P)(D)(T)   	Japanese Beef with Red Rice (B) 	Middle Eastern Style Grilled Chicken Kabobs with Turmeric Rice (D) 	Ciabatta Steak Sandwich with Cheddar Cheese and Coleslaw Salad (D)  	Chicken Quésadilla and Potato Wedges (D) 
(B) Main Course [VEG]	Braised Tofu with Mushroom and Rice (B)(M)   	Pumpkin and Corn Mac and Cheese (D)   	Middle Eastern Salad Tacos (T)(D)   	Pesto Pasta with Cherry Tomato and Kale (T)(D)   	Gomoku Gohan (Japanese Mixed Rice) (B)(M)   
(C) Main Course	Chinese Style Lemon Chicken and Rice (B)(E)  	Pork Chop with Lemongrass and Red Rice (B) 	Middle Eastern Style Ground Beef and Couscous (T) 	Stir fried Chicken with String Bean and Rice (B) 	Pork chop Cutlet with Red Rice (P)(E)  
(H) Main Course & Snacks	Ham & Cheese Pizza and Creamy Spinach (P)(D)(T) + Apple & Orange, Veggies, Yogurt   	Japanese Beef with Red Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Middle Eastern Style Grilled Chicken Kabobs with Turmeric Rice (D) + Apple & Cantaloupe, Veggies, Yogurt 	Ciabatta Steak Sandwich with Cheddar Cheese and Coleslaw Salad (D) + Orange & Watermelon, Veggies, Yogurt  	Chicken Quésadilla and Potato Wedges (D) + Apple & Cantaloupe, Veggies, Yogurt 
(I) Main Course & Snacks [VEG]	Braised Tofu with Mushroom and Rice (B)(M) + Apple & Orange, Veggies, Yogurt   	Pumpkin and Corn Mac and Cheese (D) + Orange & Watermelon, Veggies, Yogurt   	Middle Eastern Salad Tacos (T)(D) + Apple & Cantaloupe, Veggies, Yogurt   	Pesto Pasta with Cherry Tomato and Kale (T)(D) + Orange & Watermelon, Veggies, Yogurt   	Gomoku Gohan (Japanese Mixed Rice) (B)(M) + Apple & Cantaloupe, Veggies, Yogurt   
(J) Main Course & Snacks	Chinese Style Lemon Chicken and Rice (B)(E) + Apple & Orange, Veggies, Yogurt  	Pork Chop with Lemongrass and Red Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Middle Eastern Style Ground Beef and Couscous (T) + Apple & Cantaloupe, Veggies, Yogurt 	Stir fried Chicken with String Bean and Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Pork chop Cutlet with Red Rice (P)(E) + Apple & Cantaloupe, Veggies, Yogurt  



Pork (P)



Fish (F)



Shrimp (SF)



Soya Products (B)



Eggs (E)



Mushroom (M)



Tomato (T)





























Dairy (D)



Cheese

HKIS - UP Weekly Menu



			1 / May (Wednesday)	2 / May (Thursday)	3 / May (Friday)
(A) Main Course			PH - Labour Day No School	Curry Chicken and Red Rice (B) 	Fish Cake with Egg and Potato Salad (F)(E)(D)   
(B) Main Course [VEG]			PH - Labour Day No School	Pumpkin Cake and Pasta Salad (B)(D)   	Kidney Beans and Corn Quesadilla with Mashed Carrots (D)  
(C) Main Course			PH - Labour Day No School	Chinese BBQ Pork and Rice (P)(B)  	Stir-fried Beef with Yellow Noodles (B)(M)  
(H) Main Course & Snacks			PH - Labour Day No School	Curry Chicken and Red Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Fish Cake with Egg and Potato Salad (F)(E)(D) + Apple & Cantaloupe, Veggies, Yogurt   
(I) Main Course & Snacks [VEG]			PH - Labour Day No School	Pumpkin Cake and Pasta Salad (B)(D) + Orange & Watermelon, Veggies, Yogurt   	Kidney Beans and Corn Quesadilla with Mashed Carrots (D) + Apple & Cantaloupe, Veggies, Yogurt  
(J) Main Course & Snacks			PH - Labour Day No School	Chinese BBQ Pork and Rice (P)(B) + Orange & Watermelon, Veggies, Yogurt  	Stir-fried Beef with Yellow Noodles (B)(M) + Apple & Cantaloupe, Veggies, Yogurt  



Pork (P)



Fish (F)



Shrimp (SF)



Soya Products (B)



Eggs (E)



Mushroom (M)



Tomato (T)



Dairy (D)



Cheese















































HKIS - UP Weekly Menu



	6 / May (Monday)	7 / May (Tuesday)	8 / May (Wed) Taste of Vietnamese	9 / May (Thursday)	10 / May (Friday)		
(A) Main Course	Salami Pizza and Mixed Salad (P)(T)(D) 	Cajun Chicken with Sweet Bell Pepper and Pasta with Tomato Sauce (T) 	Roasted Beef Banh Mi (T) 	Chicken a la king with Quinoa Rice (D)(M) 	Garlic Butter Pork Bites with Glazed Carrot and Roasted Potato (P)(D) 		
(B) Main Course [VEG]	Vegetarian Lasagna (T)(D) 	Vegetarian Black Bean Mac and Cheese (D) 	Vietnamese Noodle Salad and Garlic Bread (B)(T) 	Fried Curry Potato Croquette with Cabbage Salad (D)(B) 	Tomato and Cheese Ciabatta and Salad (D)(T) 		
(C) Main Course	Teriyaki Chicken and Brown Rice (B) 	Yeung Chow Fried Rice (P)(SF)(E)(B) 	Vietnamese Lemongrass Chicken and Brown Rice (B) 	Stir-fried Shanghai Noodles with Beef (B) 	Cantonese Fried Fish with Creamy Corn Sauce and Rice (B)(F)(E) 		
(H) Main Course & Snacks	Salami Pizza and Mixed Salad (P)(T)(D) + Apple & Orange, Veggies, Yogurt 	Cajun Chicken with Sweet Bell Pepper and Pasta with Tomato Sauce (T) + Orange & Watermelon, Veggies, Yogurt 	Roasted Beef Banh Mi (T) + Apple & Cantaloupe, Veggies, Yogurt 	Chicken a la king with Quinoa Rice (D)(M) + Orange & Watermelon, Veggies, Yogurt 	Garlic Butter Pork Bites with Glazed Carrot and Roasted Potato (P) (D) + Apple & Cantaloupe, Veggies, Yogurt 		
(I) Main Course & Snacks [VEG]	Vegetarian Lasagna (T)(D) + Apple & Orange, Veggies, Yogurt 	Vegetarian Black Bean Mac and Cheese (D) + Orange & Watermelon, Veggies, Yogurt 	Vietnamese Noodle Salad and Garlic Bread (B)(T) + Apple & Cantaloupe, Veggies, Yogurt 	Fried Curry Potato Croquette with Cabbage Salad (D)(B) + Orange & Watermelon, Veggies, Yogurt 	Tomato and Cheese Ciabatta and Salad (D)(T) + Apple & Cantaloupe, Veggies, Yogurt 		
(J) Main Course & Snacks	Teriyaki Chicken and Brown Rice (B) + Apple & Orange, Veggies, Yogurt 	Yeung Chow Fried Rice (P)(SF)(E)(B) + Orange & Watermelon, Veggies, Yogurt 	Vietnamese Lemongrass Chicken and Brown Rice (B) + Apple & Cantaloupe, Veggies, Yogurt 	Stir-fried Shanghai Noodles with Beef (B) + Orange & Watermelon, Veggies, Yogurt 	Cantonese Fried Fish with Creamy Corn Sauce and Rice (B)(F)(E) + Apple & Cantaloupe, Veggies, Yogurt 		
PORK Pork (P)	FISH Fish (F)	SHRIMP Shrimp (SF)	SOYBEAN Soya Products (B)	EGGS Eggs (E)	MUSHROOM Mushroom (M)	TOMATO Tomato (T)	DAIRY CHEESE Dairy (D)

HKIS - UP Weekly Menu



	13 / May (Monday)	14 / May (Tuesday)	15 / May (Wednesday)	16 / May (Thursday)	17 / May (Friday)
(A) Main Course	Carbonara Pasta (P)(D)   	Curry Beef and Red Rice (B) 	PH - Buddha's Birthday No School	Grilled Chicken Steak with Mashed Potato (D) 	Cheeseburger with Fried Sweet Potatoes (D) 
(B) Main Course [VEG]	Braised Lentils and Vegetables with Sourdough Bread 	Vegetarian Egg Fried Rice with Quinoa (B)(E)   	PH - Buddha's Birthday No School	Cheese Pizza and Pot Corn (D)(T)  	Veggie Patties Cheeseburger with Fried Sweet Potato (D)  
(C) Main Course	Stir-fried Chicken with Celery and Quinoa Rice (B) 	Stir fried Japanese Noodles with Seafood (SF)(B)(M)   	PH - Buddha's Birthday No School	Mongolian Beef and Brown Rice (B)  	Pork with Creamy Corn Sauce and Rice (P)(B)(E)   
(H) Main Course & Snacks	Carbonara Pasta(P)(D) + Apple & Orange, Veggies, Yogurt   	Curry Beef and Red Rice (B) + Orange & Watermelon, Veggies, Yogurt 	PH - Buddha's Birthday No School	Grilled Chicken Steak with Mashed Potato (D) + Orange & Watermelon, Veggies, Yogurt 	Cheeseburger with Fried Sweet Potato (D) + Apple & Cantaloupe, Veggies, Yogurt 
(I) Main Course & Snacks [VEG]	Braised Lentil and Vegetables with Sourdough Bread + Apple & Orange, Veggies, Yogurt 	Vegetarian Egg Fried Rice with Quinoa (B)(E) + Orange & Watermelon, Veggies, Yogurt   	PH - Buddha's Birthday No School	Cheese Pizza and Pot Corn (D)(T) + Orange & Watermelon, Veggies, Yogurt  	Veggie Patties Cheeseburger with Fried Sweet Potato (D) + Apple & Cantaloupe, Veggies, Yogurt  
(J) Main Course & Snacks	Stir-fried Chicken with Celery and Quinoa Rice (B) + Apple & Orange, Veggies, Yogurt 	Stir fried Japanese Noodles with Seafood (SF)(B)(M) + Orange & Watermelon, Veggies, Yogurt   	PH - Buddha's Birthday No School	Mongolian Beef and Brown Rice (B) + Orange & Watermelon, Veggies, Yogurt  	Pork with Creamy Corn Sauce and Rice (P)(B)(E) + Apple & Cantaloupe, Veggies, Yogurt   



Pork (P)



Fish (F)



Shrimp (SF)



Soya Products (B)



Eggs (E)



Mushroom (M)



Tomato (T)



Dairy (D)



Cheese

HKIS - UP Weekly Menu



	20 / May (Monday)	21 / May (Tuesday)	22 / May (Wednesday)	23 / May (Thursday)	24 / May (Friday)
(A) Main Course	Roasted Pork loin and Roasted New Potatoes and Vegetables (T) 	Creamy Seafood with Pasta (F)(SF)(D) 	Butter Chicken and Herb Rice (T)(D) 	Minced Beef Pizza with Butter Corn (D)(T) 	Pulled Pork Panini and Cucumber and Cherry Tomato Salad (P)(T)
(B) Main Course [VEG]	Vegetarian Fried Rice with Crispy Tofu (B) 	Grilled Halloumi with Vegetable Wrape and Corn Salad (D) 	Creamy Spinach with Paneer and Naan Bread (D) 	Vegetarian Stir Fried Lotus Root with Red Rice (B) 	Roasted Mixed Vegetable with Pasta and Tomato Sauce (T)
(C) Main Course	Beef and Broccoli Stir fried with Oyster Sauce and Rice (B)(SF) 	Steamed Pumpkin and Chicken with Rice (B) 	Singapore Style Fried Rice Vermicelli (P)(E)(SF)(B) 	Sauté Noodles with Pork Dumpling and Cabbage (P)(B) 	Braised Chicken with Potatoes and Brown Rice (B)
(H) Main Course & Snacks	Roasted Pork loin and Roasted New Potatoes and Vegetables (T) + Apple & Orange, Veggies, Yogurt 	Creamy Seafood with Pasta (F)(SF)(D) + Orange & Watermelon, Veggies, Yogurt 	Butter Chicken and Herb Rice (T)(D) + Apple & Cantaloupe, Veggies, Yogurt 	Minced Beef Pizza with Butter Corn (D)(T) + Orange & Watermelon, Veggies, Yogurt 	Pulled Pork Panini and Cucumber and Cherry Tomato salad (P)(T) + Apple & Cantaloupe, Veggies, Yogurt
(I) Main Course & Snacks [VEG]	Vegetarian Fried Rice with Crispy Tofu (B) + Apple & Orange, Veggies, Yogurt 	Grilled Halloumi with Vegetable Wrape and Corn Salad (D) + Orange & Watermelon, Veggies, Yogurt 	Creamy Spinach with Paneer and Naan Bread (D) + Apple & Cantaloupe, Veggies, Yogurt 	Vegetarian Stir Fried Lotus Root with Red Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Roasted Mixed Vegetable with Pasta and Tomato Sauce (T) + Apple & Cantaloupe, Veggies, Yogurt
(J) Main Course & Snacks	Beef and Broccoli Stir fried with Oyster Sauce and Rice (B)(SF) + Apple & Orange, Veggies, Yogurt 	Steamed Pumpkin and Chicken with Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Singapore Style Fried Rice Vermicelli (P)(E)(SF)(B) + Apple & Cantaloupe, Veggies, Yogurt 	Sauté Noodles with Pork Dumpling and Cabbage (P)(B) + Orange & Watermelon, Veggies, Yogurt 	Braised Chicken with Potatoes and Brown Rice (B) + Apple & Cantaloupe, Veggies, Yogurt



Pork (P)



Fish (F)



Shrimp (SF)



Soya Products (B)



Eggs (E)



Mushroom (M)



Tomato (T)































































Dairy (D)



Cheese

HKIS - UP Weekly Menu



	27 / May (Monday)	28 / May (Tuesday)	29 / May (Wed) Middle Eastern Cuisine	30 / May (Thursday)	31 / May (Friday)
(A) Main Course	Ham & Cheese Pizza and Creamy Spinach (P)(D)(T)   	Japanese Beef with Red Rice (B) 	Middle Eastern Style Grilled Chicken Kabobs with Turmeric Rice (D) 	Ciabatta Steak Sandwich with Cheddar Cheese and Coleslaw Salad (D)  	Chicken Quésadilla and Potato Wedges (D) 
(B) Main Course [VEG]	Braised Tofu with Mushroom and Rice (B)(M)   	Pumpkin and Corn Mac and Cheese (D)   	Middle Eastern Salad Tacos (T)(D)   	Pesto Pasta with Cherry Tomato and Kale (T)(D)   	Gomoku Gohan (Japanese Mixed Rice) (B)(M)   
(C) Main Course	Chinese Style Lemon Chicken and Rice (B)(E)  	Pork Chop with Lemongrass and Red Rice (B) 	Middle Eastern Style Ground Beef and Couscous (T) 	Stir fried Chicken with String Bean and Rice (B) 	Pork chop Cutlet with Red Rice (P)(E)  
(H) Main Course & Snacks	Ham & Cheese Pizza and Creamy Spinach (P)(D)(T) + Apple & Orange, Veggies, Yogurt   	Japanese Beef with Red Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Middle Eastern Style Grilled Chicken Kabobs with Turmeric Rice (D) + Apple & Cantaloupe, Veggies, Yogurt 	Ciabatta Steak Sandwich with Cheddar Cheese and Coleslaw Salad (D) + Orange & Watermelon, Veggies, Yogurt  	Chicken Quésadilla and Potato Wedges (D) + Apple & Cantaloupe, Veggies, Yogurt 
(I) Main Course & Snacks [VEG]	Braised Tofu with Mushroom and Rice (B)(M) + Apple & Orange, Veggies, Yogurt   	Pumpkin and Corn Mac and Cheese (D) + Orange & Watermelon, Veggies, Yogurt   	Middle Eastern Salad Tacos (T)(D) + Apple & Cantaloupe, Veggies, Yogurt   	Pesto Pasta with Cherry Tomato and Kale (T)(D) + Orange & Watermelon, Veggies, Yogurt   	Gomoku Gohan (Japanese Mixed Rice) (B)(M) + Apple & Cantaloupe, Veggies, Yogurt   
(J) Main Course & Snacks	Chinese Style Lemon Chicken and Rice (B)(E) + Apple & Orange, Veggies, Yogurt  	Pork Chop with Lemongrass and Red Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Middle Eastern Style Ground Beef and Couscous (T) + Apple & Cantaloupe, Veggies, Yogurt 	Stir fried Chicken with String Bean and Rice (B) + Orange & Watermelon, Veggies, Yogurt 	Pork chop Cutlet with Red Rice (P)(E) + Apple & Cantaloupe, Veggies, Yogurt  



Pork (P)



Fish (F)



Shrimp (SF)



Soya Products (B)



Eggs (E)



Mushroom (M)



Tomato (T)



Dairy (D)



Cheese