



INTERNATIONAL
CHRISTIAN
SCHOOL

sodexo
at SCHOOL



“

**MAKE YOUR
VOICE
HEARD**

Every voice matters

”



**GIVE YOUR
FEEDBACK TO US**



 **SCAN THIS QR CODE**

 **SPEAK TO A STAFF MEMBER**



MENU MECHANISM



All our meals are
Nuts Free



All our eggs are
Cage Free



Discover
Locally Made
products



Savor
Low Carbon
footprint
produce



Ingredients
good for
Planet & Health



GO & ENJOY



OK BUT THINK



BE CAUTIOUS

All our menus are reviewed by our nutritionists and tailored to the nutritional requirements of specific age groups.

Our **Food Traffic Light** will guide students in making informed meal choices.

ALLERGEN ALERT & FOOD ICONS



ALLERGEN
DAIRY



ALLERGEN
SOYBEAN



ALLERGEN
FISH



ALLERGEN
SHELLFISH



ALLERGEN
EGG



VE
VEGETARIAN



MILD
SPICY

A Healthy and Balanced Diet Every Day!





Sign up
for our
e-Newsletter

**Scan QR code
to follow & visit us**



**Sodexo
Hong Kong Website**



**Sodexo
Instagram**

DISCLAIMER:

Our kitchen handles common allergens like gluten, soy, milk, eggs, fish, and seafood.

While we take every precaution to minimize cross-contamination within our kitchens, it may arise due to factors beyond our control and could alter the accuracy of allergen information provided.

Aug 11th to 15th

MONTHLY MENU

sodexo

	11/8 Monday	12/8 Tuesday	13/8 Wednesday	14/8 Thursday	15/8 Friday
Soup / Appetizers	Wild Mushroom Soup(V)	Vegetables Spring Roll(V)	Pork Bone with Snow Fungus and Chayote Soup	Pomelo Salad	OX-Tail Soup
Meal A	Japanese Fried Udon w/ Mixed Vegetables(V)	Light Curry Beef Brisket with Brown Rice (a bit spicy)	Viet. Lemongrass Chicken with Rice	Steamed Minced Pork with Water Chestnut served with Red Rice	Veg. Fukien Fried Rice with Vegetables, Dried Bean curd & Mushroom (V)
Meal B	Chicken, Mushroom, Pineapple Pizza with Butter Corn	Creamy Mushroom with Black Truffle Paste served with Penne(V)	Pan-fried Catfish Fillet with Poached Potato	Cream Cheese Bagel served with Scrambled Egg, Hash Brown and Garden Salad(V)	Chicken Breast Caesar Salad with Garlic Bread
Meal C	Sliver Pin Noodles in Veg. Consomme w/Pork Chop	Udon in Veg. Consomme with Teriyaki Chicken Steak	Vermicelli in Veg. Consomme w/Braised Assorted Mushrooms with Veg. Oyster Sauce(V)	Ramen in Miso Soup with Sauteed Garlic Beef	Thin Noodles in Beef Soup with 'Pak Choy' & Pork Dumpling
Daily Vegetable	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Dessert	Fresh Fruit	Black Glutinous Rice Sweeten Soup	Fresh Fruit	Lemon Poppy Seed Cake	Fresh Fruit
Drink	Homemade Infused Water	Low Sugar Juice	Low Sugar Soya Bean Milk	Low Sugar Juice	Fresh Milk



GO & ENJOY

OK BUT THINK

BE CAUTIOUS

Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices



From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus



INTERNATIONAL
CHRISTIAN
SCHOOL

Aug 18th to 22th

MONTHLY MENU

sodexo

	18/8 Monday	19/8 Tuesday	20/8 Wednesday	21/8 Thursday	22/8 Friday
Soup / Appetizers	Cream of Leek & Potato (V)	Ham & Cheese Pastry	Green and Red Carrot Pork Bone Soup	Cherry Tomato and Carrot Salad	Cream Style Sweet Corn with Chicken
Meal A	Scrambled Egg and Fresh Tomato with Brown Rice(V)	Stir-fried Catfish Fillet w/ Broccoli & Garlic	Sweet and Sour Pork	Steamed Egg with Bean Curd and Sweet Corn served with Red Rice(V)	Stir-fried Rice Noodles with Beef
Meal B	Spaghetti Bolognaise	Tandoori Chicken with Boiled Potato(a bit spicy)	Squash & Zucchini Burritos with Corn Cob(V)	Chicken Burger with Sauteed Onion & Potato Waffle	Baked Mixed Vegetables in Portuguese Sauce with Rice(V)
Meal C	Sliver Pin Noodles in Veg.Consomme with Smoked Duck Breast	Mi Xian' Rice Noodles in Veg.Consomme w/Shiitake Mushroom & Bean Curd Sheet(V)	Vermicelli in Veg.Consomme with Steamed Catfish with Fermented Soybeans	Ramen in Miso Soup with Pork Chop	Thin Noodles in Beef Soup with Stick Dumpling(Pork)
Daily Vegetable	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Dessert	Fresh Fruit	Red Bean Sticky Pudding	Fresh Fruit	Panna Cotta	Fresh Fruit
Drink	Homemade Infused Water	Low Sugar Juice	Low Sugar Soya Bean Milk	Low Sugar Juice	Fresh Milk



GO & ENJOY

OK BUT THINK

BE CAUTIOUS

Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices



From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus



INTERNATIONAL
CHRISTIAN
SCHOOL

Aug 25th to 29th

MONTHLY MENU

sodexo

	25/8 Monday	26/8 Tuesday	27/8 Wednesday	28/8 Thursday	29/8 Friday
Soup / Appetizers	Corn Cream Soup(V)	Cucumber marinated with Garlic	Chicken Soup with Black - eye Bean	Soba Noodles Salad (V)	Fish Chowder
Meal A	Steamed Eggplant with Fine Vermicelli and Garlic served with Red Rice(V)	Baked Chicken Wings with Honey and Black Pepper	Pan-fried Egg Omelette w/Bean Sprouts, Mixed Diced Vegetables, Brown Rice(V)	Steamed Egg with Minced Pork	Fried Rice with Carrot, Sweet Corn, Asparagus, Baby Corn (V)
Meal B	Chicken Breast Parmigiana with Linguine	Grilled Veal Sausage w/Garlic, served w/ Sauteed Potato and Onion	Italian Pork Meat Ball with Linguine	Mixed Vegetables & Pineapple Pizza with French Fried(V)	Ground Beef Quesadilla with Corn Cob, Garden Salad
Meal C	Silver Pin Noodles in Veg.Consomme w/"Won Ton"(shrimp, pork)	Mi Xian' Rice Noodles in Veg.Consomme w/Tamago Bean Curd(V)	Vermicelli in Veg.Consomme w/Garlic Sauteed Sliced Beef	Ramen in Miso Soup with Homemade BBQ Pork	Thin Noodles in Beef Soup w/Roasted Chicken Thigh
Daily Vegetable	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Dessert	Fresh Fruit	Green Bean Sweeten Soup	Fresh Fruit	Cream Cheese Carrot Cake	Fresh Fruit
Drink	Homemade Infused Water	Low Sugar Juice	Low Sugar Soya Bean Milk	Low Sugar Juice	Fresh Milk



GO & ENJOY

OK BUT THINK

BE CAUTIOUS

Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices



From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus



INTERNATIONAL
CHRISTIAN
SCHOOL