



May 01st to 02nd

Secondary School Weekly Menu



	Monday	Tuesday	Wednesday	01/05 Thursday	02/05 Friday
Meal A					  Scrambled Egg & Tomato with Rice (Vegetarian)
Meal B					  Pepperoni Cheese Pizza
Carving					N/A
Chef Special					Swiss Chicken with Rice
Daily Vegetable					Broccoli & Corn



GO & ENJOY

OK BUT THINK

BE CAUTIOUS

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














Renaissance
College
Hong Kong

啓新書院

May 05th to 09th

Secondary School Weekly Menu



	05/05 Monday	06/05 Tuesday Filipino – Ethnic Gourmet	07/05 Wednesday	08/05 Thursday	09/05 Friday
Meal A		 Braised Vegetables in Lo Hon Style with Rice (Vegetarian)	 Braised Enoki Mushroom & Tofu with Rice (Vegetarian)	 Mushroom E-fu Noodle with Spring Roll (Vegan)	 Stewed Pumpkin Beans and Herbed Potatoes (Vegetarian)
Meal B		Peruvian Style Roasted Chicken with Herb Potato	 Macau Style Portuguese Chicken with Pasta	Spanish Pork Meatball stew with Rice	 Italian Beef Pizza 
Carving		Filipino Chicken Adobo with Rice	Roasted Lamb Shoulder with Pita Bread & Salad	  Japanese Omelette Rice with Mixed Vegetable Salad	N/A
Chef Special		 Ginataang Gulay with Pork & Shrimp with Rice	  Fish Pie	Pan-fried Duck Breast and Pineapple Sauce with Roasted Potato	Ginger Pork Sautee with Rice
Daily Vegetable		Choi Sum & Shitake Mushroom	Green Cabbage & Carrot	Zucchini & Corn	Cauliflower & Green Bean



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May 12th to 16th

Secondary School Weekly Menu



	12/05 Monday	13/05 Tuesday	14/05 Wednesday	15/05 Thursday	16/05 Friday Mexico – Ethnic Gourmet
Meal A	 Teriyaki Tofu with Red Rice (Vegan)	  Mixed Mushroom & Creamy Sauce with Pasta (Vegetarian)	 Vegetable Napoleon with Pasta (Vegetarian)	 Grilled Vegetable with Tomato couscous (Vegan)	 Mexican Rolex (Lentil Wrap) (Vegetarian)
Meal B	   Vegetable Frittata with Herbed Potato (Vegetarian)	Stir-fried Chicken with Zucchini & Fungus with Rice	   Fish Curry with Red Rice in Malaysian Style	Pan Fried Pork chop & Mushroom with Roasted Potato	  Mexican Style Fish in Creamy Tomatillo with Pasta
Carving	Hainanese Chicken with Turmeric Rice	  Jumbo Pork Chop Cutlet Burger with Fries	   Baked Eel & Scallop with Fried Rice in Japanese Style	Lemon Honey Pork Ribs with Roasted Potato	N/A
Chef Special	   Pineapple Seafood Fried Rice	 Beef Rib Curry with Pasta	  Pork Piccata & Lemon with Roasted Potato	  Chicken Carbonara Spaghetti	 Mexican Style Chicken Wraps with Potatoes
Daily Vegetable	Zucchini & Shitake Mushroom	Green Cabbage & Carrot	Cauliflower & Green Bean	Cabbage & Corn	Choi Sum & Shiitake Mushroom



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May 19th to 23rd

Secondary School Weekly Menu



	19/05 Monday	20/05 Tuesday	21/05 Wednesday	22/05 Thursday	23/05 Friday
Meal A	 Chunky Vegetable & Red Kidney Bean with Pasta (Vegan)	 Braised Glass Noodles with Mixed Vegetables (Vegetarian)	  Japanese Style Vegetable Fried Rice (Vegetarian)	 Shanghai Style Fried Noodle with Vegetable Dumplings (Vegan)	  Broccoli & Cauliflower Cheese Baked with Rice (Vegetarian)
Meal B	  Omni Meat Steamed Egg with Rice (Vegetarian)	 Braised Beef Brisket & Radish with Rice	 Cheese Pork Casserole with Pasta	  Pan Fried Fish Fillet in Pumpkin Sauce with Red Rice	 Ham & Corn Pizza 
Carving	 Baked Salmon with Roasted Potato	 Roasted Spring Chicken with Mashed Potato	 Texas Roasted Beef with Coleslaw	  Chicken Cordon Bleu with Mashed Potato	N/A
Chef Special	  Hokkien Fried Rice	 Baked Lemongrass Pork Jowl with Rice	 Bangers and Mash	 Italian Style Beef Ribs Stew with Pasta	 Chicken & Chorizo Paella
Daily Vegetable	 Green Cabbage & Carrot	 Choi Sum & Shitake Mushroom	 Cabbage & Carrot	 Zucchini & Corn	 Broccoli & Carrot



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May 26th to 30th

Secondary School Weekly Menu



	26/05 Monday	27/05 Tuesday	28/05 Wednesday Hunan – Ethnic Gourmet	29/05 Thursday	30/05 Friday
Meal A	 Ma-Po Tofu with Red Rice (Vegan)	  Mac & Cheese (Vegetarian)	 Hunan Style Braised Tofu with Rice (Vegetarian)	 Stewed Pumpkin & Beans with Rice (Vegan)	  Margherita Pizza (Vegetarian) 
Meal B	  Vegetable Enchiladas with Herb Potato (Vegetarian)	Honey Glazed BBQ Pork with Rice	Tomato Basil Chicken with Pasta	Stir-fried Chicken & Celery with Rice	Mediterranean Style Roasted Chicken with Herbed Potato
Carving	 Double Cheese Hot Dog with Herb Potato	 Cheese & Beef Wrap with Fries	Dong'an Chicken with Rice	 Baked Pork Chop Rice with Mushroom Gravy	N/A
Chef Special	 Smoked Salmon & Ham in Creamy Sauce with Pasta	 Crispy Salted Chicken with Rice	Spicy Hunan Style Fried Pork & Green Chilli Pepper with Rice	  Beef Lasagna	  Japanese Style Eel & Vegetable Fried Rice
Daily Vegetable	Cauliflower & Green Beans	Green Cabbage & Carrot	Cabbage & Shitake Mushroom	Zucchini & Corn	Broccoli & Carrot



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