



Renaissance
College

Hong Kong

啓新書院

sodexo
at SCHOOL

MAKE YOUR VOICE HEARD
Every voice matters

GIVE YOUR FEEDBACK TO US



 **SCAN THIS QR CODE**  **SPEAK TO A STAFF MEMBER**

sodexo **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 FISH



ALLERGEN SHELLFISH



ALLERGEN EGG



VE VEGETARIAN



VG VEGAN

A Healthy and Balanced Diet Every Day!

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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.

Sep 1st to 5th

Secondary School Weekly Menu

sodexo

01/09 Monday

02/09 Tuesday

03/09 Wednesday

04/09 Thursday

05/09 Friday

Nutrition Information (Per 100g)

Meal A	 Moroccan Chickpea Stew with Couscous (Vegan)	  Aubergine Parmigiana with Mashed Potatoes (Vegetarian)	  Japanese Style Vegetables Curry with Rice & Samosa (Vegetarian)	 Italian Zucchini & Tomato Vegetables with Pasta (Vegan)	  Mexican Rolex with Couscous (Lentil Wrap) (Vegetarian)
	117 kcal	138 kcal	192 kcal	128 kcal	128 kcal
Meal B	   Broccoli & Bell Pepper Frittata with Potatoes (Vegetarian)	Teriyaki Pork Chop with Rice	Vietnamese Lemongrass Pork Chop with Rice	Tandoori Chicken with Roasted Potatoes	  Chorizo & Chicken Pizza
	157 kcal	134 kcal	158 kcal	148 kcal	207 kcal
Carving	  Baked Pork Chop with Fried Rice	 Chilli Con Carne Hot Dog with French Fries	 Omurice with Salad (Japanese Style Omelette Rice)	  Soft Shell Crab Burger with Fries	N/A
	183 kcal	189 kcal	164 kcal	207 kcal	
Chef Special	Swiss Chicken Leg with Red Rice	  Yeung Chow Fried Rice	Pesto Chicken with Roasted Potatoes	Italian Beef Stew with Pasta	Hong Kong Style Lemon Chicken with Rice
	156 kcal	174 kcal	148 kcal	149 kcal	193 kcal
Daily Vegetable	Zucchini & Corn	Green Cabbage & Carrot	Cauliflower & Green Bean	Cabbage & Shitake Mushroom	Choi Sum & Green Bean



GO & ENJOY

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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



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Sep 8th to 12th

Secondary School Weekly Menu



08/09 Monday

09/09 Tuesday

10/09 Wednesday

11/09 Thursday

12/09 Friday

Nutrition Information (Per 100g)

Meal A	 Stir-fried Vegetables & Rice Noodle & Veggie Dumpling (Vegan)	  Mac & Cheese (Vegetarian)	 Pesto Grilled Vegetables with Tomato Couscous (Vegetarian)	 Braised Enoki Mushroom & Tofu with Rice (Vegan)	  Steamed Egg & Omni Meat & Mushroom with Red Rice (Vegetarian)
	124 kcal	197 kcal	129 kcal	134 kcal	121 kcal
Meal B	   Asparagus & Mushroom Frittata with Potatoes (Vegetarian)	  Sweet & Sour Fish with Rice	Grilled Pork Chop in Black Pepper Sauce with Rice	 Corn and Pork in Cream Sauce with Pasta	 Tuna & Bell Pepper Pizza 
	132 kcal	192 kcal	141 kcal	140 kcal	186 kcal
Carving	  Assorted Mini Burger with Herbed Potatoes (Beef / Potato Patties)	   Baked Eel & Scallop with Fried Rice	  Pork Cordon Bleu with Roasted Potatoes	Hainanese Chicken with Turmeric Rice	N/A
	159 kcal	163 kcal	185 kcal	141 kcal	
Chef Special	Korean Style Braised Beef Short Ribs with Rice	Italian Meat Ball with Herbed Potatoes	Buffalo Chicken with Roasted Potatoes	  Japanese Style Seafood Fried Rice	Taiwanese Style Braised Beef with Rice
	159 kcal	153 kcal	167 kcal	167 kcal	158 kcal
Daily Vegetable	Zucchini & Corn	Green Cabbage & Carrot	Cauliflower & Green Bean	Cabbage & Shitake Mushroom	Choi Sum & Green Bean



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Sep 15th to 19th

Secondary School Weekly Menu



15/09 Monday
Hunan – Ethnic Gourmet















16/09 Tuesday

17/09 Wednesday

18/09 Thursday

19/09 Friday

Nutrition Information (Per 100g)

Meal A	 Hunan Style Braisted Tofu with Rice (Vegan)	  Cauliflower & Beans Curry with Rice (Vegetarian)	  Scrambled Egg & Tomato with Rice (Vegetarian)	 Mushroom & Lentil Bolognese with Pasta (Vegan)	  Mozzarella & Parmesan Cheese Pizza (Vegetarian) 
	146 kcal	151 kcal	130 kcal	139 kcal	197 kcal
Meal B	 Dry Pot Cauliflower with Rice (Vegetarian)	 Baked Fish Fillet & Tomato Salsa with Herbed Potatoes	Stir-fried Leeks & Pork with Rice	  Pork Schnitzel with French Fries	Chicken Cacciatore with Pasta
	168 kcal	134 kcal	142 kcal	234 kcal	142 kcal
Carving	 Steamed Fish with Chopped Pepper & Rice	Roasted Lamb Shoulder with Pita Bread & Potatoes	 Korean Style Pork Spared Ribs with Mashed Potatoes	 Baked Chicken Chop with Fried Rice	N/A
	132 kcal	140 kcal	158 kcal	184 kcal	
Chef Special	Stir-fried Sliced Pork & Vegetables with Rice	Hong Kong Style Stir-fried Beef Noodles	 Carbonara Pasta	  Japanese Style Eel Fried Rice	 White Curry Beef Ribs with Rice
	138 kcal	169 kcal	195 kcal	172 kcal	160 kcal
Daily Vegetable	Zucchini & Corn	Green Cabbage & Carrot	Cauliflower & Green Bean	Cabbage & Shitake Mushroom	Choi Sum & Green Bean



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Sep 22nd to 26th

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22/09 Monday

23/09 Tuesday

24/09 Wednesday
Thailand – Ethnic Gourmet

25/09 Thursday

26/09 Friday

Nutrition Information (Per 100g)

Meal A	 Taiwanese Style Braised Tofu with Rice (Vegan)	 Chickpea & Tomato Tagine with Roasted Potatoes (Vegetarian)	 Thai Style Omni Meat & Vegetables Fried Rice (Vegetarian)	 Japanese Style Grilled Eggplant & Mushroom with Rice (Vegan)	 Pasta with Olive, Caper & Tomato (Vegetarian)
	138 kcal	128 kcal	169 kcal	130 kcal	137 kcal
Meal B	 Mac & Cheese (Vegetarian)	Steamed Pork & Tofu Puffs with Rice	Lemongrass Pork Jowl with Rice	Grilled Pork Chop in Black Vinegar Sauce with Rice	 Corn & Chicken Pizza 
	198 kcal	148 kcal	182 kcal	150 kcal	183 kcal
Carving	 Spinach & Cheese Stuffed Pork Loin with Herbed Potato	 Mexican Style Chicken Wrap with French Fries	 Thai Style Curry Beef in Bread Bowl with Naan Bread	 Shepherd Pie	N/A
	139 kcal	173 kcal	152 kcal	149 kcal	
Chef Special	 Beef Lasagna	Spaghetti Bolognese	 Thai Style Minced Pork Rice with Fried Egg	 Hokkien Fried Rice	 Seafood Paella
	152 kcal	165 kcal	159 kcal	175 kcal	152 kcal
Daily Vegetable	Zucchini & Corn	Green Cabbage & Carrot	Cauliflower & Green Bean	Cabbage & Shitake Mushroom	Choi Sum & Green Bean



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Sep 29th to 30th





Secondary School Weekly Menu

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29/09 Monday

30/09 Tuesday

Nutrition Information (Per 100g)

Meal A	 Omni Meat Ma-Po Tofu with Brown Rice (Vegan)	 Taiwanese Shallot Oil Noodles with Spring Roll (Vegetarian)			
	158 kcal	204 kcal			
Meal B	  Baked Cauliflower & Broccoli with Rice (Vegetarian)	Roasted Chicken in Bell Pepper Sauce with Rice			
	129 kcal	140 kcal			
Carving	Thai Style Spicy Roasted Chicken with Herbed Potatoes	Grilled Chicken Kebab with Turmeric Rice			
	132 kcal	138 kcal			
Chef Special	  Fish & Cheese Burger with French Fries	  Hong Kong Style Western Fried Rice			
	224 kcal	178 kcal			
Daily Vegetable	Zucchini & Corn	Green Cabbage & Carrot			



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