



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.

Oct 1st to 3rd

Secondary School Weekly Menu









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01/10 Wednesday

02/10 Thursday

03/10 Friday

Nutrition Information (Per 100g)

Meal A				 Lo Hon Style Braised Vegetables with Rice (Vegan)	   Spinach & Bell Pepper Frittata with Potatoes (Vegetarian)
				134 kcal	131 kcal
Meal B				Tandoori Chicken with Roasted Potatoes	 Hawaiian Pizza 
				147 kcal	187 kcal
Carving				  Herb & Lemon Baked Salmon Fillet with Mashed Potatoes	N/A
				148 kcal	
Chef Special				Chicken & Chorizo Paella	Teriyaki Chicken with Rice
				162 kcal	139 kcal
Daily Vegetable				Cauliflower & Green Bean	Choi Sum & Carrot



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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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Oct 13th to 17th

Secondary School Weekly Menu



13/10 Monday







14/10 Tuesday

15/10 Wednesday

16/10 Thursday

17/10 Friday

Nutrition Information (Per 100g)

Meal A			 Mac & Cheese (Vegetarian)	 Moroccan Lentil Stew with Herbed Potatoes (Vegan)	 Margherita Pizza (Vegetarian) 
			197 kcal	131 kcal	185 kcal
Meal B			Lemongrass Chicken with Roasted Potatoes	Chicken Marbella with Rice	Steamed Chicken & Cordyceps Flower with Rice
			140 kcal	149 kcal	138 kcal
Carving			 Jambo Cheese Pork Chop Burger with French Fries	Texas Style Roasted Beef with Herbed Potatoes	N/A
			207 kcal	137 kcal	
Chef Special			 Malaysian Style Curry Fish Fillet with Rice	 Smoked Salmon Spaghetti Carbonara	 Shredded Chicken Fried Rice
			168 kcal	159 kcal	176 kcal
Daily Vegetable			Green Cabbage & Carrot	Cauliflower & Green Bean	Choi Sum & Carrot



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Oct 20th to 24th

Secondary School Weekly Menu

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20/10 Monday
Indian – Ethnic Gourmet

















21/10 Tuesday

22/10 Wednesday

23/10 Thursday

24/10 Friday

Nutrition Information (Per 100g)

Meal A	 Indian Fried Noodle with Samosa (Vegan)	 E-fu Noodle & Mushroom with Vegetable Dumpling (Vegetarian)	 Vegetable Moussaka with Roasted Potatoes (Vegetarian)	 Pineapple Omni Meat Fried Rice (Vegan)	 Taiwanese Tofu with Rice (Vegetarian)
	206 kcal	178 kcal	134 kcal	161 kcal	142 kcal
Meal B	 Gobi Masala (Cauliflower Curry) (Vegetarian)	Orange Teriyaki Pork Chop with Rice	 Corn & Chicken in Creamy Sauce with Pasta	 Chicken A La King with Pasta	 Pepperoni Pizza 
	149 kcal	139 kcal	157 kcal	167 kcal	175 kcal
Carving	 Beef Masala Curry with Garlic Naan Bread	 Pan Fried Grouper Fillet with Mashed Potatoes	Braised Pork Knuckle with Rice	 Cordon Bleu Chicken with Herbed Potatoes	N/A
	152 kcal	149 kcal	145 kcal	182 kcal	
Chef Special	Chicken Dum Biryani	 Sweet & Sour Chicken with Rice	 Thai Style Seafood Pineapple Fried Rice	Teriyaki Duck Breast with Rice	 Banger & Mash
	166 kcal	198 kcal	187 kcal	142 kcal	189 kcal
Daily Vegetable	Cabbage & Shitake Mushroom	Broccoli & Corn	Green Cabbage & Carrot	Cauliflower & Green Bean	Choi Sum & Carrot



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Oct 27th to 31st

Secondary School Weekly Menu

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27/10 Monday





28/10 Tuesday

29/10 Wednesday

30/10 Thursday

31/10 Friday

Nutrition Information (Per 100g)

Meal A	 Teriyaki Tofu with Red Rice (Vegan)	  Mac & Cheese (Vegetarian)		 Italian Zucchini & Tomato Vegetables with Pasta (Vegan)	  Baked Broccoli & Cauliflower in Creamy Sauce with Pasta (Vegetarian)
	132 kcal	197 kcal		129 kcal	158 kcal
Meal B	  Asparagus & Mushroom Frittata with Potatoes (Vegetarian)	Grilled Pork Chop with Onion Gravy & Herbed Potatoes		 Pork Cutlet in Tomato Sauce with Rice	Ginger Pork with Rice
	132 kcal	146 kcal		186 kcal	149 kcal
Carving	 Mexican Chicken Wrap with Roasted Potatoes	 Fish & Chips		Beef & Enoki Mushroom with Vegetable Rice	N/A
	138 kcal	207 kcal		132 kcal	
Chef Special	Italian Beef Stew with Pasta	 Butter Chicken with Rice		 Shanghai Fried Noodle with Shredded Pork	  Smoked Salmon Fried Rice
	143 kcal	158 kcal		152 kcal	164 kcal
Daily Vegetable	Cabbage & Shitake Mushroom	Broccoli & Corn		Cauliflower & Green Bean	Choi Sum & Carrot



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