



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

MENU MECHANISM

NUTS FREE
All our meals are Nuts Free

CAGE FREE
All our eggs are Cage Free

MADE IN HONG KONG
Discover Locally Made products

HK GROWN LOCALS
Savor Low Carbon footprint produce

50 FUTURE FOOD
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.

Aug 11th to 15th

Secondary School Weekly Menu

sodexo

11/08 Monday









12/08 Tuesday

13/08 Wednesday

14/08 Thursday

15/08 Friday

Nutrition Information (Per 100g)

Meal A				 Braised Vegetables in Lo Hon Style with Rice (Vegan)	  Thai Style Omni Meat Pineapple Fried Rice (Vegetarian)
				103 kcal	167 kcal
Meal B				Chicken Goulash with Pasta	  Chicken & Mushroom Pizza
				140 kcal	195 kcal
Carving				 Fish & Chips	N/A
				212 kcal	
Chef Special				  Nasi Goreng (Indonesian Fried Rice)	Duck Breast A L'Orange with Roasted Potatoes
				185 kcal	161 kcal
Daily Vegetable				Cabbage & Corn	Choi Sum & Shiitake Mushroom



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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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Aug 18th to 22nd

Secondary School Weekly Menu

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18/08 Monday

19/08 Tuesday

20/08 Wednesday

21/08 Thursday

22/08 Friday

Nutrition Information (Per 100g)

Meal A	 Olive , Caper & Tomato with Pasta (Vegan)	 Marinated Tofu & Mushroom with Red Rice (Vegetarian)	  Vegetable Moussaka with Roasted Potatoes (Vegetarian)	 Taiwanese Sallot Oil Noodle with Vegetables Dumpling (Vegan)	  Vegetables Lasagna (Vegetarian)
	107 kcal	137 kcal	117 kcal	168 kcal	138 kcal
Meal B	  Mushroom & Onion Frittata with Herbed Potatoes (Vegetarian)	 Chicken A La King with Pasta	  Pork Schnitzel with Rice	 Orange & Fennel Roasted Fish Fillet with Pasta	  Pepperoni Pizza
	154 kcal	139 kcal	201 kcal	135 kcal	174 kcal
Carving	Beef & Enoki Mushroom Roll with Vegetables Rice	 Pan Seared Halibut Steaks with Roasted New Potatoes Roasted	Roasted Spring Chicken with Roasted Potatoes	BBQ Pork Spareribs with Herbed Potatoes	N/A
	145 kcal	138 kcal	132 kcal	152 kcal	
Chef Special	  Hokkien Fried Rice	 Sweet & Sour Pork with Rice	  Japanese Style Fried Rice with Eel	 Crispy Salted Chicken with Rice	Spaghetti Bolognese
	175 kcal	198 kcal	162 kcal	214 kcal	158 kcal
Daily Vegetable	Peking Cabbage & Shitake Mushroom	Green Cabbage & Carrot	Cauliflower & Green Bean	Cabbage & Corn	Choi Sum & Shiitake Mushroom



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Aug 25th to 29th

Secondary School Weekly Menu



25/08 Monday

26/08 Tuesday

27/08 Wednesday

28/08 Thursday

29/08 Friday
Italian – Ethnic Gourmet

Nutrition Information (Per 100g)

Meal A	 E-fu Noodle & Mushroom with Spring Roll (Vegan)	  Caesar Salad Wrap with Roasted Potatoes (Vegetarian)	  Mac & Cheese (Vegetarian)	 Miso Tofu with Red Rice (Vegan)	  Margherita Pizza (Vegetarian) 
	187 kcal	153 kcal	188 kcal	133 kcal	218 kcal
Meal B	  Vegetable Enchiladas with Herbed Potatoes (Vegetarian)	Ginger Pork Sauteed with Brown Rice	 Tandoori Fish with Red Rice	Thyme & Lemon Pork chop with Roasted Potatoes	 Italian Style Fish Fillet & Oliver with Pasta
	130 kcal	160 kcal	126 kcal	145 kcal	152 kcal
Carving	Sirloin Beef with Herbed Potatoes	 Baked Salmon Steaks with Corn salsa	 Classic Duck Leg Confit with Mashed Potatoes	 Nacho Cheese Beef Wrap with Roasted Potatoes	N/A
	142 kcal	132 kcal	162 kcal	159 kcal	
Chef Special	Braised Beef Rib & Radish with Red Rice	 Banger & Mash	Beef Burgundy with Herbed Potatoes	  Fish & Cheese Burger with French Fries	 Italian Beef Lasagna
	142 kcal	184 kcal	143 kcal	220 kcal	170 kcal
Daily Vegetable	Peking Cabbage & Shitake Mushroom	Green Cabbage & Carrot	Cauliflower & Green Bean	Cabbage & Corn	Choi Sum & Shiitake Mushroom



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