



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.

Sep 1st to 5th

Primary School Weekly Menu



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
Meal C	Honey BBQ Pork with Rice	 Chicken Stroganoff with Pasta	Honey Mustard Roasted Chicken with Pasta	 Thai Style Curry Pork with Rice	Stir-fried Long Beans & Minced Pork with Rice
	162 kcal	156 kcal	152 kcal	168 kcal	142 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



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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

Primary 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
Meal C	Rosemary Garlic Chicken with Red Rice	Kung Po Chicken with Red Rice	 Salt & Pepper Chicken with Rice	Roasted Cajun Chicken with Roasted Potatoes	Pesto Chicken with Roasted Potatoes
	142 kcal	162 kcal	139 kcal	142 kcal	146 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

Primary 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
Meal C	Hunan Style Cumin Bandit Chicken with Rice	Moroccan Roasted Chicken with Pasta	BBQ Chicken with Rice	Stir-fried Chicken & Zucchini & Fungus with Rice	  Steamed Fish Fillet in Pumpkin Sauce with Rice
	141 kcal	138 kcal	135 kcal	130 kcal	129 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

Primary School Weekly Menu



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
Meal C	Miso Chicken with Rice	 Macau Style Portuguese Chicken with Rice	 Thai Style Sour & Spicy Roasted Chicken with Herbed Potatoes	 Chicken Alfredo with Pasta	Paprika Pork Stew with Roasted Potatoes
	138 kcal	168 kcal	143 kcal	152 kcal	146 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










Primary School Weekly Menu

sodexo

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			
Meal C	Peruvian Style Roasted Chicken with Pasta	 Mediterranean Baked Fish Fillet with Pasta			
	147 kcal	136 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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