



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!

Sign up for our e-Newsletter

Scan QR code to follow & visit us

 **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

Primary School Weekly Menu







sodexo

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
Meal C				Stir-fried Long Beans & Minced Pork with Rice	Beef Stifado with Rice (Greek Beef Stew)
				142 kcal	149 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

Primary 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)
Meal B			197 kcal	131 kcal	185 kcal
			Lemongrass Chicken with Roasted Potatoes	Chicken Marbella with Rice	Steamed Chicken & Cordyceps Flower with Rice
Meal C			140 kcal	149 kcal	138 kcal
				 	
			Minced Pork & Mushroom Steamed Egg with Rice	Piccata Pork Chop with Rice	Grilled Pork Chop in Wild Mushroom Sauce with Pasta
Chef Special			137 kcal	154 kcal	140 kcal
			 	 	
			Malaysian Style Curry Fish Fillet with Rice	Smoked Salmon Spaghetti Carbonara	Shredded Chicken Fried Rice
Daily Vegetable			168 kcal	159 kcal	176 kcal
			Green Cabbage & Carrot	Cauliflower & Green Bean	Choi Sum & Carrot



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Oct 20th to 24th

Primary 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
Meal C	Tandoori Chicken with Roasted Potatoes	 Chicken Stroganoff with Pasta	King Dou Pork Chop with Rice	 Fish Florentine with Mashed Potatoes	Garlic Rosemary Roasted Chicken with Potatoes
	147 kcal	149 kcal	168 kcal	138 kcal	149 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

Primary 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
Meal C	BBQ Pork with Rice	Swiss Chicken with Rice		Emincé Chicken & Mushroom with Roasted Potatoes	 BBQ Chicken Pizza 
	149 kcal	138 kcal		137 kcal	184 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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