



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**

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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 11<sup>th</sup> to 15<sup>th</sup>

# Primary School Weekly Menu



11/08 Monday








12/08 Tuesday

13/08 Wednesday

14/08 Thursday

15/08 Friday

## Nutrition Information (Per 100g)

|                 |  |  |  |   |  |
|-----------------|--|--|--|---|--|
| Meal A          |  |  |  | <br><b>Braised Vegetables in Lo Hon Style with Rice (Vegan)</b>  |  <br><b>Thai Style Omni Meat Pineapple Fried Rice (Vegetarian)</b> |
|                 |  |  |  | 103 kcal  | 167 kcal   |
| Meal B          |  |  |  | <b>Chicken Goulash with Pasta</b>   |  <br><b>Chicken &amp; Mushroom Pizza</b>                           |
|                 |  |  |  | 140 kcal  | 195 kcal   |
| Meal C          |  |  |  | <b>Honey Glazed BBQ Pork with Rice</b>  | <b>King Dou Pork Chop with Rice</b>  |
|                 |  |  |  | 143 kcal  | 152 kcal   |
| Chef Special    |  |  |  |  <br><b>Nasi Goreng (Indonesian Fried Rice)</b> | <b>Duck Breast A L'Orange with Roasted Potatoes</b>  |
|                 |  |  |  | 185 kcal  | 161 kcal   |
| Daily Vegetable |  |  |  | <b>Cabbage &amp; Corn</b>   | <b>Choi Sum &amp; Shiitake Mushroom</b>  |



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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 18<sup>th</sup> to 22<sup>nd</sup>

# Primary School Weekly Menu



18/08 Monday

19/08 Tuesday

20/08 Wednesday

21/08 Thursday

22/08 Friday

## Nutrition Information (Per 100g)

|                 |  |   |  |   |  |
|-----------------|--|---|--|---|--|
| Meal A          | <br>Olive , Caper & Tomato with Pasta (Vegan)   | <br>Marinated Tofu & Mushroom with Red Rice (Vegetarian) |  <br>Vegetable Moussaka with Roasted Potatoes (Vegetarian) | <br>Taiwanese Sallot Oil Noodle with Vegetables Dumpling (Vegan) |  <br>Vegetables Lasagna (Vegetarian) |
|                 | 107 kcal   | 137 kcal  | 117 kcal   | 168 kcal  | 138 kcal   |
| Meal B          |  <br>Mushroom & Onion Frittata with Herbed Potatoes (Vegetarian) | <br>Chicken A La King with Pasta                         |  <br>Pork Schnitzel with Rice                              | <br>Orange & Fennel Roasted Fish Fillet with Pasta               |  <br>Pepperoni Pizza                 |
|                 | 154 kcal   | 139 kcal  | 201 kcal   | 135 kcal  | 174 kcal   |
| Meal C          | Chicken Cacciatore with Rice   | Teriyaki Beef with Rice   | Steamed Chicken & Pumpkin with Corn Rice   | Roasted Pork Loin & Onion Gravy with Herbed Potatoes  | Soy Sauce Chicken with Rice  |
|                 | 128 kcal   | 150 kcal  | 121 kcal   | 138 kcal  | 137 kcal   |
| Chef Special    |  <br>Hokkien Fried Rice                                      | <br>Sweet & Sour Pork with Rice                        |  <br>Japanese Style Fried Rice with Eel                | <br>Crispy Salted Chicken with Rice                            | Spaghetti Bolognese  |
|                 | 175 kcal   | 198 kcal  | 162 kcal   | 214 kcal  | 158 kcal   |
| Daily Vegetable | Peking Cabbage & Shiitake Mushroom   | Green Cabbage & Carrot  | Cauliflower & Green Bean   | Cabbage & Corn  | Choi Sum & Shiitake Mushroom   |



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Aug 25<sup>th</sup> to 29<sup>th</sup>

# Primary 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          |  <b>E-fu Noodle &amp; Mushroom with Spring Roll (Vegan)</b>  |   <b>Caesar Salad Wrap with Roasted Potatoes (Vegetarian)</b> |   <b>Mac &amp; Cheese (Vegetarian)</b> |  <b>Miso Tofu with Red Rice (Vegan)</b>  |   <b>Margherita Pizza (Vegetarian)</b>  |
|                 | 187 kcal  | 153 kcal  | 188 kcal   | 133 kcal  | 218 kcal   |
| Meal B          |   <b>Vegetable Enchiladas with Herbed Potatoes (Vegetarian)</b> | <b>Ginger Pork Sauteed with Brown Rice</b>  |  <b>Tandoori Fish with Red Rice</b>   | <b>Thyme &amp; Lemon Pork chop with Roasted Potatoes</b>  |  <b>Italian Style Fish Fillet &amp; Oliver with Pasta</b>   |
|                 | 130 kcal  | 160 kcal  | 126 kcal   | 145 kcal  | 152 kcal   |
| Meal C          | <b>Rosemary &amp; Garlic Chicken with Rice</b>  |  <b>Scramble Eggs , Tomato &amp; Beef with Rice</b>  | <b>Steamed Chicken &amp; Mushroom with Rice</b>  |  <b>Portuguese Chicken with Rice</b>   | <b>Italian Herb Roasted Chicken with French Fries</b>  |
|                 | 141 kcal  | 142 kcal  | 121 kcal   | 140 kcal  | 203 kcal   |
| Chef Special    | <b>Braised Beef Rib &amp; Radish with Red Rice</b>  |  <b>Banger &amp; Mash</b>  | <b>Beef Burgundy with Herbed Potatoes</b>  |   <b>Fish &amp; Cheese Burger with French Fries</b> |  <b>Italian Beef Lasagna</b>  |
|                 | 142 kcal  | 184 kcal  | 143 kcal   | 220 kcal  | 170 kcal   |
| Daily Vegetable | <b>Peking Cabbage &amp; Shitake Mushroom</b>  | <b>Green Cabbage &amp; Carrot</b>   | <b>Cauliflower &amp; Green Bean</b>  | <b>Cabbage &amp; Corn</b>   | <b>Choi Sum &amp; Shiitake Mushroom</b>  |



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