



Renaissance  
College

Hong Kong

啓新書院

sodexo  
at SCHOOL

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Every voice matters

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**MENU MECHANISM**

**ALLERGEN ALERT & FOOD ICONS**



**A Healthy and Balanced Diet Every Day!**

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**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.

Mar 02<sup>nd</sup> to 06<sup>th</sup>

# Secondary School Weekly Menu



	02/03 Monday	03/03 Tuesday	04/03 Wednesday	05/03 Thursday	06/03 Friday
<b>Meal A</b>	 <b>Shiitake Mushroom Lentil Bolognese with Corn Rice (Vegan)</b>	  <b>Steamed Egg with Omni Meat &amp; Mushroom on Red Rice (Vegetarian)</b>	   <b>Vegetables Lasagna (Vegetarian)</b>	 <b>Vegetable Balti with Rice (Vegan)</b>	  <b>Margherita Pizza (Vegetarian)</b> 
<b>Meal B</b>	  <b>Mac &amp; Cheese (Vegetarian)</b>	 <b>Chicken Stroganoff with Potatoes</b>	 <b>Miso Glazed Fish Fillet with Rice</b>	<b>Roasted Chicken &amp; Bell Peppers with Baked Potatoes</b>	<b>Steamed Fish with Ginger &amp; Spring Onion with Rice</b>
<b>Carving</b>	 <b>Classic Cheese Beef &amp; Pineapple Burger with Fries</b>	  <b>Chicken Cordon Bleu with Mashed Potatoes</b>	<b>Koren Style Roasted Spring Chicken with Herbed Potatoes</b>	 <b>Chilli Con Carne Hot Dog with Fries</b>	N/A
<b>Chef Special</b>	<b>Mongolian Beef with Rice</b>	<b>Spaghetti Bolognese</b>	 <b>Shredded Chicken &amp; Lettuce Fried Rice</b>	<b>Stir-fried Kimchi &amp; Pork Belly with Rice</b>	  <b>Pork Schnitzel with Roasted Potatoes</b>
<b>Daily Vegetable</b>	<b>Peking Cabbage &amp; Shitake Mushroom</b>	<b>Broccoli &amp; Zucchini</b>	<b>Green Cabbage &amp; Carrot</b>	<b>Cauliflower &amp; Corn</b>	<b>Choi Sum &amp; Green Bean</b>



GO & ENJOY

OK BUT THINK

BE CAUTIOUS

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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Mar 09<sup>th</sup> to 13<sup>th</sup>

# Secondary School Weekly Menu



	09/03 Monday	10/03 Tuesday	11/03 Wednesday	12/03 Thursday	13/03 Friday
<b>Meal A</b>	Teriyaki Tofu with Rice (Vegan)	Vegetables Moussaka with Herbed Potatoes (Vegetarian)	Spinach & Onion Frittata with Roasted Potatoes (Vegetarian)	<b>Secondary Sport Day</b>	Miso Grilled Eggplant & Tofu with Rice (Vegetarian)
<b>Meal B</b>	Japanese Style Vegetables Curry with Rice (Vegetarian)	Cajun Chicken with Rice	Sweet & Sour Pork With Corn Rice		Chorizo & Ham Pizza
<b>Carving</b>	Texas BBQ Pork Ribs with Roasted Potatoes	Malaysia Chicken Skewer with Nasi Lemak	Japanese Omelette Rice with Veggie Salad		N/A
<b>Chef Special</b>	Cheese & Pork Burger with Fries	Yeung Chow Fried Rice	Thai Style Spicy Pepper Chicken with Rice		Japanese Style Pok Cutlet with Rice
<b>Daily Vegetable</b>	Peking Cabbage & Shitake Mushroom	Broccoli & Zucchini	Green Cabbage & Carrot		Choi Sum & Green Bean



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Mar 16<sup>th</sup> to 20<sup>th</sup>

# Secondary School Weekly Menu



	16/03 Monday	17/03 Tuesday	18/03 Wednesday Greece - Ethnic Gourmet	19/03 Thursday	20/03 Friday
<b>Meal A</b>	 Japanese Style Omni Meat & Vegetables Fried Rice (Vegan)	  Cauliflower and Mixed Beans Curry with Red Rice (Vegetarian)	  Greek Salad Wrap with Herbed Potatoes (Vegetarian)	 Taiwanese Shallot oil Vegetables Noodles with Marinated Tofu (Vegan)	 Ratatouille Pasta (Vegetarian)
<b>Meal B</b>	  Creamy Mushroom Sauce with Pasta (Vegetarian)	Steamed Chicken with Cordyceps Flower & Mushroom on Rice	 Greek Pork & Cabbage Stew with Pasta	 Beef Stroganoff with Pasta	 Italian Beef Pizza 
<b>Carving</b>	Hainanese Chicken Rice	Sirloin Beef with Herbed Potatoes	Greek Beef Kebabs with Roasted Potatoes	Asparagus & Vegetables Beef Roll with Corn Rice	N/A
<b>Chef Special</b>	Sweet Soy Sauce Chicken Leg with Rice	  Mee Goreng	 Greek Style Baked Fish Fillet & Tomato with Red Rice	Beef Burgundy with Pasta	 Sweet & Sour Fish with Rice
<b>Daily Vegetable</b>	Peking Cabbage & Shitake Mushroom	Broccoli & Zucchini	Green Cabbage & Carrot	Cauliflower & Corn	Choi Sum & Green Bean



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Mar 23<sup>rd</sup> to 27<sup>th</sup>

# Secondary School Weekly Menu



	23/03 Monday	24/03 Tuesday	25/03 Wednesday	26/03 Thursday	27/03 Friday
<b>Meal A</b>	 Spaghetti Napolitan & Vegetables with Veggie Dumpling (Vegan)	  Indian Vegetables Curry with Rice (Vegetarian)	  Marinated Tofu & Egg with Red Rice (Vegetarian)	 Stir-fried Vegetables and Singapore Rice Noodles (Vegan)	 Spanish Vegetarian Paella (Vegetarian)
<b>Meal B</b>	  Vegetables & Mushroom Cheese Roll with Roasted Potatoes (Vegetarian)	Apple Sage Pork Chop with Potatoes	 Chicken Cassoulet with Roasted Potatoes	Chinese Style Lemon Chicken with Rice	  Tuna & Bell Pepper Pizza
<b>Carving</b>	 Fish & Chip	 Beef Shepherd's Pie	 Classic Duck Leg Confit with Mashed Potatoes	Hainanese Chicken with Turmeric Rice	N/A
<b>Chef Special</b>	Teriyaki Beef & Leeks with Rice	  Hokkien Fried Rice	Basil Tomato & Beef Spaghetti	Thai Style Pan-fried Pork Jowl with Rice	Salt & Pepper Pork Chop with Rice
<b>Daily Vegetable</b>	Peking Cabbage & Shitake Mushroom	Broccoli & Zucchini	Green Cabbage & Carrot	Cauliflower & Corn	Choi Sum & Green Bean



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