



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**

**MILD SPICY** **VG VEGAN** **VE VEGETARIAN**

**ALLERGEN DAIRY** **ALLERGEN EGG** **ALLERGEN FISH** **ALLERGEN SHELLFISH**

**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.

September 2026

# Secondary School Menu



|                        | 31/08 Monday | 01/09 Tuesday                                                                                                                                                                                                                | 02/09 Wednesday                                                                                                                                                                                                           | 03/09 Thursday                                                                                                                                   | 04/09 Friday                                                                                                                           |
|------------------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main Course A</b>   |              | (Vegetarian) Steamed Eggs and Mushroom with Red Rice<br>  | (Vegetarian) Scrambled Eggs & Tomato with Rice<br>  | (Vegan) Stir-fried E-fu Noodle with Vegetables & Mushroom<br> | (Vegetarian) Spanish Vegetable Paella with Rice<br> |
| <b>Main Course B</b>   |              | Garlic & Chicken with Rice                                                                                                                                                                                                   | Sweet and Sour Fish with Pasta<br>                                                                                                     | Caribbean Beef Stew with Pasta                                                                                                                   | Korean Chicken Pizza<br>                            |
| <b>Carving</b>         |              | Texas Style Roasted Sirloin Beef with Herbed Potatoes                                                                                                                                                                        | Spinach & Cheese Stuffed Chicken with Potatoes<br>                                                                                     | Slow Cooker Country-Style Pork Ribs with Potatoes                                                                                                | N/A                                                                                                                                    |
| <b>Chef Special</b>    |              | Pork Chop Piccata & Caper Cream Sauce with Herbed Potatoes<br>                                                                           | Pork Chop in Chinese Black Vinegar Sauce with Red Rice                                                                                                                                                                    | Grilled Pork Chop with Mushroom Gravy & Pasta                                                                                                    | Miso Glazed Chicken with Rice                                                                                                          |
| <b>Side Vegetables</b> |              | Peking Cabbage & Shitake Mushroom                                                                                                                                                                                            | Choi Sum & Carrot                                                                                                                                                                                                         | Green Cabbage & Corn                                                                                                                             | Broccoli & Shiitake Mushroom                                                                                                           |



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|                        | 07/09 Monday                                                                                                                                                                                                                    | 08/09 Tuesday                                                                                                               | 09/09 Wednesday                                                                                                                                                                                                  | 10/09 Thursday                                                                                                                                      | 11/09 Friday                                                                                                                                                                                                                                                                                 |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main Course A</b>   | (Vegan) Stir-fried Singapore Noodles with Vegetables<br>                                                                                       | (Vegetarian) Taiwanese Tofu with Rice<br> | (Vegetarian) Eggplant Pasta Casserole<br>  | (Vegan) Braised Vegetables in Lo Hon Style with Red Rice<br>     | (Vegetarian) Margherita Pizza<br>   |
| <b>Main Course B</b>   | (Vegetarian) Vegetables Enchiladas with Roasted Potatoes<br>  | Mongolian Chicken with Red Rice                                                                                             | Pork Schnitzel with Fries                                                                                                                                                                                        | Arrabbiata Garlic Chicken with Potatoes                                                                                                             | BBQ Honey Roasted Chicken with Rice                                                                                                                                                                                                                                                          |
| <b>Carving</b>         | Fish & Chip<br>                                                                                                                                | Beef Shepherd's Pie<br>                   | Classic Duck Leg Confit with Mashed Potatoes<br>                                                                              | Braised Pork Knuckle with Rice                                                                                                                      | N/A                                                                                                                                                                                                                                                                                          |
| <b>Chef Special</b>    | Braised Beef Brisket and Radish in Chu Hou Sauce with Rice                                                                                                                                                                      | Pork Chop in Black Pepper Sauce with Potatoes                                                                               | Crab Stick Steamed Egg with Rice<br>   | Duck Breast with Orange Sauce & Potatoes (Duck à l'Orange)<br> | Hong Kong Style Chicken Fried Noodles<br>                                                                                                                                                               |
| <b>Side Vegetables</b> | Zucchini & Green Beans                                                                                                                                                                                                          | Peking Cabbage & Shitake Mushroom                                                                                           | Choi Sum & Carrot                                                                                                                                                                                                | Green Cabbage & Corn                                                                                                                                | Broccoli & Shiitake Mushroom                                                                                                                                                                                                                                                                 |



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|                        | 14/09 Monday                                                                                                                                                                                     | 15/09 Tuesday                                                                                                                                                                                                                           | 16/09 Wednesday                                                                                                                                                                                              | 17/09 Thursday                                                                                                                                                                                                  | 18/09 Friday                                                                                                                                                                                                                                 |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main Course A</b>   | (Vegan) Salt & Pepper Tofu with Corn Rice<br>                                                                   | (Vegetarian) Shanghai Style Fried Noodles with Egg & Vegetables<br>  | (Vegetarian) Chunky Vegetable & Red Kidney Bean with Pasta<br>                                                            | (Vegan) Braised E-fu Noodles & Vegetables with Marinated Tofu<br>                                                            | (Vegetarian) Vegetables and Lentil Moussaka with Roasted Potatoes<br>  |
| <b>Main Course B</b>   | (Vegetarian) Mac & Cheese<br>  | Macau Style Portuguese Chicken with Rice<br>                                                                                                          | Hawaiian Shoyu Chicken with Rice                                                                                                                                                                             | Malaysian Style Fish Curry with Rice<br>  | Pepperoni Cheese Pizza<br>                                                                                                                                |
| <b>Carving</b>         | Jumbo Cheese BBQ Chicken Burger with Fries<br>                                                                  | Beef & Enoki Mushroom Roll with Rice                                                                                                                                                                                                    | Mushroom & Cheese Stuffed Pork Loin with Roasted Potatoes<br>                                                             | Hainanese Chicken Rice                                                                                                                                                                                          | N/A                                                                                                                                                                                                                                          |
| <b>Chef Special</b>    | Beef in White Curry Sauce with Rice<br>                                                                       | Shredded Chicken & Lettuce Fried Rice<br>                                                                                                           | Fish Pie with Herbed Potatoes<br>  | Beef Stroganoff with Roasted Potatoes                                                                                                                                                                           | Shanghai Style Fried Noodles with Shredded Pork & Vegetables                                                                                                                                                                                 |
| <b>Side Vegetables</b> | Zucchini & Green Beans                                                                                                                                                                           | Peking Cabbage & Shitake Mushroom                                                                                                                                                                                                       | Choi Sum & Carrot                                                                                                                                                                                            | Green Cabbage & Corn                                                                                                                                                                                            | Broccoli & Shiitake Mushroom                                                                                                                                                                                                                 |



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|                        | 21/09 Monday                                                                                                                                                                                                                                                                             | 22/09 Tuesday                                                                                                                                                                                                         | 23/09 Wednesday                                                                                                                                                                                                                        | 24/09 Thursday                                                                                                                      | 25/09 Friday                                                                                                                                                                                                                             |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main Course A</b>   | (Vegan) Braised Tofu with Rice<br>                                                                                                                                                                      | (Vegetarian) Pan-fried Omelette with Potatoes<br>  | (Vegetarian) Baked Cheese Broccoli & Cauliflower with Pasta<br>  | (Vegan) Ratatouille Pasta<br>                    | (Vegetarian) Curried Cauliflower & Beans with Herbed Potatoes<br>  |
| <b>Main Course B</b>   | (Vegetarian) Vegetables Lasagna<br>   | Steamed Chicken with Shiitake Mushrooms & Rice                                                                                                                                                                        | Soy Sauce Braised Chicken with Rice                                                                                                                                                                                                    | Korean Roasted Pork Chop with Rice<br>           | Hawaiian Pizza<br>                                                 |
| <b>Carving</b>         | Beef Sirloin with Herbed Potatoes                                                                                                                                                                                                                                                        | BBQ Pork Ribs with Herbed Potatoes                                                                                                                                                                                    | Mexican Beef Wrap with Roasted Potatoes                                                                                                                                                                                                | Malaysia Chicken Skewer with Herbed Potatoes<br> | N/A                                                                                                                                                                                                                                      |
| <b>Chef Special</b>    | Hokkien Fried Rice<br>                                                                                             | Curried Beef Brisket with Rice<br>                                                                                                | Braised Eggplant with Minced Pork with Rice                                                                                                                                                                                            | Stir-fried Beef and Onion in Black Pepper Sauce with Potatoes                                                                       | Steamed Pork Patty with Rice                                                                                                                                                                                                             |
| <b>Side Vegetables</b> | Zucchini & Green Beans                                                                                                                                                                                                                                                                   | Peking Cabbage & Shiitake Mushroom                                                                                                                                                                                    | Choi Sum & Carrot                                                                                                                                                                                                                      | Green Cabbage & Corn                                                                                                                | Broccoli & Shiitake Mushroom                                                                                                                                                                                                             |



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|                        | 28/09 Monday                                                                                                                                                                                                                       | 29/09 Tuesday                                                                                                                                                                                                                           | 30/09 Wednesday<br>Japan- Ethnic Gourmet                                                                                                                                                                                                                                                                                               | 01/10 Thursday | 02/10 Friday |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------|
| <b>Main Course A</b>   | (Vegan) Ratatouille with Roasted Potatoes<br>                                                                                                     | (Vegetarian) Curried Red Kidney Beans and Cauliflower with Rice<br>  | (Vegetarian) Stir-fried Noodles with Egg & Vegetables in Japanese Style<br>   |                |              |
| <b>Main Course B</b>   | (Vegetarian) Baked Cheese Broccoli & Cauliflower with Pasta<br>  | Creamy Mushroom and Chicken with Pasta<br>                                                                                                            | Chicken Karaage with Rice<br>                                                                                                                                                                                                                       |                |              |
| <b>Carving</b>         | Fish & Chips<br>                                                                                                                                  | Roasted Lamb Shoulder with Pita Bread & Salad                                                                                                                                                                                           | Miso Glazed Salmon Fillet with Roasted Potatoes<br>                                                                                                              |                |              |
| <b>Chef Special</b>    | Ginger Pork Sauté with Rice                                                                                                                                                                                                        | Japanese Style Curry Fish with Rice<br>                          | Teriyaki Minced Beef with Rice<br>                                                                                                                                                                                                                |                |              |
| <b>Side Vegetables</b> | Zucchini & Green Beans                                                                                                                                                                                                             | Peking Cabbage & Shitake Mushroom                                                                                                                                                                                                       | Choi Sum & Carrot                                                                                                                                                                                                                                                                                                                      |                |              |



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