



Canadian International School of Hong Kong

Q3 - Meal Enrolment Form 2019

WELCOME



Our meal enrolment program runs on a quarterly basis as follows:
1st Quarter: August to October, **2nd Quarter:** November to January, **3rd Quarter:** February to April, **4th Quarter:** May to June.
 Our menu can be viewed and downloaded from the School Flash.

We run a lunch enrolment program for students from Preparatory to Grade 6.

Below are some points to help enroll in our lunch program:

1. Complete this form and pay through Credit Card / Cheque / Cash / Octopus to School Cafeteria.
2. Full menus can be downloaded from the School Flash.
3. Enrolment system will be effective from January 7th (Monday) to January 25th (Friday).
4. Our lunch programs and friendly staff will provide children with a balanced and nutritious diet in a safe environment.
5. If you need more detailed information, please feel free to contact our Unit Manager Alexander Nowak-Solinski,
email: catering@cdnis.edu.hk **Telephone:** 22406052 at the school cafeteria in between 0700am-1030am & 0200pm-0400pm.

Payment Method:

By Post: Please make cheque payable to **"MAXIM'S CATERERS LIMITED"** and mail to "Canadian International School of Hong Kong, 36 Nam Long Shan Road, Aberdeen, Hong Kong". Please mark: Attention 'CDNIS Cafeteria'.

By Hand: Please hand in to Cafeteria or Reception of the 9/F General Office. Alternatively orders can be scanned and emailed to catering@cdnis.edu.hk.

Preparatory to Grade 1 students can pre-order lunches. Students from Grade 2 to Grade 6 can make their choice on the day when collecting their meals.

Daily Pre-ordered Set Meal: Prep to Grade 1 is \$34, Grade 2 to Grade 6 is \$37. You can also buy the meals on the day at the same cost.

All set meals include daily salad, drink and dessert based on a balanced and nutritious diet.

Upper School students: Grade 7 to Grade 12

Meals are only available on the day, **NO PRE-ORDER SYSTEM** is available.

Cost per meal is as follows:

Daily A, B, C & Baked Items : \$32

Chef Station: \$45

Make your own Salad: \$25



Student Details

Name: _____ **Class:** _____
 (First name) (Family name)

Student Number: _____ **Parent Contact Number:** _____

Parent Email: _____

Payment Method: Cheque No: _____ Cash Credit Card Octopus

Meal Plan for Prep to Grade 1			
Enroll for Whole Term (49 Days)	<input type="checkbox"/>	Days	X HKD 35
Total Number of Days Selected Below	<input type="checkbox"/>		
Or			

Meal Plan for Grade 2 to Grade 6			
* Enroll for Whole Term(44 Days)Gr.3 ONLY	<input type="checkbox"/>		*18-22 Mar Gr.3 Camp Days X HKD 38
* Enroll for Whole Term (46 Days) Gr.4 ONLY	<input type="checkbox"/>		*27-29 Mar Gr.4 Camp Days X HKD 38
Total Number of Days Selected Below	<input type="checkbox"/>		

Please mark your menu selection in the boxes below (A, B & C or ✓)

Feb 2019 (14 Days)					Mar 2019 (21 Days)					Apr 2019 (14 Days)				
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
				1					1	1	2	3	4	
					4	5	6	7	8	8	9	10	11	12
	12	13	14	15	11	12	13	14	15					
18	19	20	21	22	*18	*19	*20	*21	*22			24	25	26
25	26	27	28		25	26	*27	*28	*29	29	30			

Please note: Refunds due to non attendance will not be given, unless prior notice is received.

Cancellation of each meal has to be made BEFORE 10am ON THE DAY.

Please email to : catering@cdnis.edu.hk



green monday													Treat Friday					
													1st Feb					
A													Pan Fried Pork Chop with Black Pepper Sauce					
B													Fried Chicken Strips with Potato Wedges(E)					
C													Cheese Broccoli and Mixed Vegetable Pie(D)(E)					
				A	B	C	A	B	C	A	B	C	A	B	C			
Energy (Kcal)																129	136	136
Pro (g)																7	6	15
Carb (g)																17	15	16
Fat (g)																2	4.5	5
Sugar (g)																1.5	1	2
Na (mg)																307	511	310

Contact Information
Email: catering@cdnis.edu.hk
Tel: 2240 6052

Menu A : Asian/Western
Menu B : Healthy Menu Series
Menu C : Vegetarian
Baked item: Daily Special to be confirmed on the day
Daily Soup: Daily Special to be confirmed on the day
Chef D : Noodles or Daily Special (to be confirmed on the day)
Chef E : Daily Special (to be confirmed on the day)
Green Monday : Only vegetarian meals served - Date highlighted in Green

* (D) – May contain traces of Dairy products

* (E) – May contain traces of egg



Remarks:

Nutrition analysis based on per serve of entrée. The above information is provided for reference only; vary considerably due to consumption and portion size.

No nuts will be used in the menu, including peanuts oil.

All "A and B " set meals come with the option of 250g pasta or 200g rice (at least 1 high fibre option per day) that provide 330kcal, 8gPRO, 72gCarb, 0.4gFat, 0g Sugar and 6mg Na.

A portion of daily vegetables (110g) will be served along with each meal. [35kcal, 3gPRO, 4.5gCarb, 0gFat, 1gSugar and 87.8mgNa]

Maxim's reserves the right to change meal choices subject to availability.

Menu vetting is based on Nutritional Guidelines on Lunch for Students For Use in Primary and Secondary Schools by Department of Health of HK.

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For Prep to Grade 6 pre-ordered meals, desserts and drinks will be included (Fruits will be served as desserts from Monday to Thursday, Friday will be a special sweet treat. 1 cup of low fat milk/ fortified soy beverage is recommended.



	Professional Learning			Tuesday			Wednesday			Thursday			Treat Friday		
				12-Feb			13-Feb			14-Feb			15-Feb		
A				Hai Nan Chicken			Chicken A La King			Diced Pork with Sweet Corn Sauce(D)(E)			Pan Fried Pork Chop with Mushroom Cream Sauce		
B				Beef Spaghetti Bolognese			Beef Stroganoff			Pan Fried Chicken with Sweet Onion Sauce			Chicken Burger with Potato Wedges		
C				Eggplant Moussaka(D)			Margarita Pizza			Mixed Vegetable Frittata(E)			Thai Style Curry with Mixed Vegetable		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)				144	128	133	113	128	132	130	129	120	129	138	136
Pro (g)				13	7	14	15	11	6	7	7	10	7	15	15
Carb (g)				14	16	12	4	16	14	17	17	4	17	16	16
Fat (g)				4	2	5	4	4	3	2	2	6	2	4	5
Sugar (g)				2	2	3	1	5	4	1	1.5	4	1.5	1	2
Na (mg)				510	472	214	407	490	510	382	307	491	307	520	310

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	Monday			Tuesday			Wednesday			Thursday			Treat Friday		
	18-Feb			19-Feb			20-Feb			21-Feb			22-Feb		
A	Chicken Carbonara Pasta Bake(D)(E)			Japanese Teriyaki Chicken			Chicken with Napolitana			BBQ Pork Fried Rice(E)			Japanese Teriyaki Pork		
B	Pan Fried Chicken with Sweet Onion Sauce			Stewed Pork with Ratatouille Sauce			Vietnamese Pork Chop with Lemongrass			Stewed Chicken with Ratatouille Sauce			Lemon Chicken(E)		
C	Cheese Broccoli and Mixed Vegetable Pie(D)(E)			Three Cheese Macaroni(D)(E)			Three Cheese Pizza			Cheese Mixed Mushroom Pie(D)(E)			Stir Fried Udon with Mixed Vegetable		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	129	188	108	121	133	113	120	132	113	121	120	108	128	136
Pro (g)	14	7	13	7	7	14	15	7	6	15	7	10	7	8	15
Carb (g)	18	17	14	15	17	12	4	17	14	4	17	4	15	15	16
Fat (g)	1	2	6	2	2	5	4	2	3	4	2	6	2	4.5	5
Sugar (g)	2	1.5	2	4.5	4	3	1	3	4	1	4	4	4.5	1	2
Na (mg)	450	307	473	430	505	214	407	476	510	407	505	491	430	511	310

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	green monday			Tuesday			Wednesday			Thursday			Treat Friday		
	25-Feb			26-Feb			27-Feb			28-Feb			1st-Mar		
A	Three Cheese Pasta(D)(E)			Taiwanese Style Stir Fried Chicken			Macaroni Cheese with Ham(D)(E)			Pan Fried Chicken with Black Pepper Sauce			Chicken A La King		
B	Stewed Mixed Mushroom with Ratatouille Sauce			Baked Pork with Sweet and Sour Sauce(E)			Pan Fried Chicken with Sweet Onion Sauce			Beef Spaghetti Bolognese			Sweet and Sour Fish(E)		
C	Margarita Pizza			Masala Mixed Vegetable Curry			Japanese Mixed Vegetable Fried Rice			Eggplant Moussaka(D)			Sag Aloo (Spinach & Potato Curry)(D)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	115	188	111	145	133	113	129	132	129	128	120	118	136	90
Pro (g)	14	16	13	13	12	14	15	7	14	7	7	10	14	6	3
Carb (g)	18	19	14	6	15	12	4	17	4	17	16	4	6	15	17
Fat (g)	1	1	6	1.5	4	5	4	2	11	2	2	6	4.5	4.5	2
Sugar (g)	2	5	2	4.5	4	3	1	1.5	4	1.5	2	4	1.5	1	2
Na (mg)	450	384	473	510	500	214	407	307	510	307	472	491	511	511	310

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	Monday			Tuesday			Wednesday			Thursday			Treat Friday		
	4-Mar			5-Mar			6-Mar			7-Mar			8-Mar		
A	Beef and Cheese Lasagne			Hai Nan Chicken			Diced Pork with Sweet Corn Sauce(D)(E)			BBQ Pork Fried Rice(E)			Chicken Masala Curry		
B	Japanese Teriyaki Chicken			Pan Fried Pork Chop with Black Pepper Sauce			Hungarian Style Beef			Stewed Pork with Ratatouille Sauce			Fish and Chip(E)		
C	Mixed Vegetable Fried Rice with Tomato Sauce			Indian Vegetable Crumble			Three Cheese Pizza			Cheese Mixed Vegetable Pie(D)(E)			Three Cheese Macaroni(D)(E)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	131	124	188	144	129	133	130	128	132	113	121	136	118	136	136
Pro (g)	9	6	13	13	7	14	7	11	6	15	7	15	14	6	15
Carb (g)	15	15	14	14	17	12	17	16	14	4	17	16	6	15	16
Fat (g)	3	1	6	4	2	5	2	4	3	4	2	5	4.5	3	5
Sugar (g)	2	4.5	2	2	1.5	3	1	5	4	1	4	2	1.5	1	2
Na (mg)	486	430	473	510	307	214	382	490	510	407	505	310	511	511	310

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	green monday			Tuesday			Wednesday			Thursday			Treat Friday		
	11-Mar			12-Mar			13-Mar			14-Mar			15-Mar		
A	Japanese Mixed Vegetable Fried Rice(E)			Tandoori Chicken			Beef Spaghetti Bolognese			Chicken A La King			Diced Pork with Sweet Corn Sauce(D)(E)		
B	Sag Aloo (Spinach & Potato Curry) (D)			Pan Fried Pork Chop with Mushroom Cream Sauce			Chicken Masala Curry			Pan Fried Pork Chop with Black Pepper Sauce			American Style Fried Chicken with Potato Wedges(E)		
C	Three Cheese Pasta(D)(E)			Cheese Broccoli and Mixed Vegetable Pie(D)(E)			Margarita Pizza			Lentil and Bean Stew			Three Cheese Macaroni(D)(E)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	90	188	111	129	136	128	128	132	113	129	120	130	136	136
Pro (g)	14	3	13	13	7	15	7	11	6	15	7	10	7	6	15
Carb (g)	18	17	14	6	17	16	16	16	14	4	17	4	17	15	16
Fat (g)	1	2	6	1.5	2	5	2	4	3	4	2	6	2	4.5	5
Sugar (g)	2	2	2	4.5	1.5	2	2	5	4	1	1.5	4	1	1	2
Na (mg)	450	310	473	510	307	310	472	490	510	407	307	491	382	511	310

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	Monday			Tuesday			Wednesday			Thursday			Treat Friday		
	18-Mar			19-Mar			20-Mar			21-Mar			22-Mar		
A	Chicken Carbonara Pasta Bake(D)(E)			Hai Nan Chicken			Macaroni Cheese with Ham(D)(E)			Taiwanese Style Stir Fried Chicken			Chicken A La King		
B	Baked Fish with Potato Wedges(E)			Pan Fried Pork Chop with Sweet Onion Sauce			Japanese Teriyaki Chicken			Pan Fried Pork Chop with Black Pepper Sauce			Sweet and Sour Pork(E)		
C	Mixed Vegetable Frittata(D)(E)			Vegetarian Lasagne			Vegetarian Mapo Tofu			Tofu with Salt and Pepper			Eggplant Moussaka(D)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	115	188	144	129	133	113	124	93	113	129	120	118	114	136
Pro (g)	14	16	13	13	7	14	15	6	7	15	7	10	14	15	15
Carb (g)	18	19	14	14	17	12	4	15	13	4	17	4	6	4	16
Fat (g)	1	1	6	4	2	5	4	1	1	4	2	6	4.5	4	5
Sugar (g)	2	5	2	2	1.5	3	1	4.5	2	1	1.5	4	1.5	1	2
Na (mg)	450	384	473	510	307	214	407	430	462	407	307	491	511	307	310

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	green monday			Tuesday			Wednesday			Thursday			Treat Friday		
	25-Mar			26-Mar			27-Mar			28-Mar			29-Mar		
A	Three Cheese Pasta(D)(E)			Diced Pork with Sweet Corn Sauce(D)(E)			BBQ Pork Fried Rice(E)			Pan Fried Pork Chop with Spinach Cream Sauce			Stewed Pork with Ratatouille Sauce		
B	Cheese Broccoli and Mixed Vegetable Pie(D)(E)			Pan Fish Fillet with Herbed Tomato Sauce			Pan Fried Chicken with Sweet Onion Sauce			Chicken and Mixed Vegetable with Ratatouille Sauce			Fish and Chip(E)		
C	Margarita Pizza			Sag Aloo (Spinach & Potato Curry) (D)			Three Cheese Pizza			Mixed Vegetable Curry			Mixed Vegetable Frittata (D)(E)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	115	188	130	129	90	113	129	132	129	111	120	121	136	136
Pro (g)	14	16	13	7	7	3	15	7	6	7	13	10	7	6	15
Carb (g)	18	19	14	17	17	17	4	17	14	17	5	4	17	15	16
Fat (g)	1	1	6	2	2	2	4	2	3	2	1.5	6	2	3	5
Sugar (g)	2	5	2	1	1.5	2	1	1.5	4	1.5	4.5	4	4	1	2
Na (mg)	450	384	473	382	307	310	407	307	510	307	470	491	505	511	310

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	Monday			Tuesday			Wednesday			Thursday			Ching Ming Festival		
	1st-Apr			2-Apr			3-Apr			4-Apr					
A	Beef Spaghetti Bolognese			Baked Fish with Potato Wedges(E)			Chicken and Pineapple Fried Rice(E)			Tandoori Chicken					
B	HK Style Chicken Curry			Diced Pork with Sweet Corn Sauce(D)(E)			Pan Fried Pork Chop with Mixed Mushroom Cream Sauce			Pan Fried Pork Chop with Sweet Onion Sauce					
C	Mixed Vegetable Fried Rice with Tomato Sauce(D)(E)			Cheese Broccoli and Mixed Vegetable Pie(D)(E)			Margarita Pizza			Three Cheese Macaroni(D)(E)					
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	128	115	188	111	130	133	113	129	132	113	129	120			
Pro (g)	7	16	13	13	7	14	15	7	6	15	7	10			
Carb (g)	16	19	14	6	17	12	4	17	14	4	17	4			
Fat (g)	2	1	6	1.5	2	5	4	2	3	4	2	6			
Sugar (g)	2	5	2	4.5	1	3	1	1.5	4	1	1.5	4			
Na (mg)	472	384	473	510	382	214	407	307	510	407	307	491			

Contact Information
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Tel: 2240 6052

Menu A : Asian/Western
Menu B : Healthy Menu Series
Menu C : Vegetarian
Baked item: Daily Special to be confirmed on the day
Daily Soup: Daily Special to be confirmed on the day
Chef D : Noodles or Daily Special (to be confirmed on the day)
Chef E : Daily Special (to be confirmed on the day)
Green Monday : Only vegetarian meals served - Date highlighted in Green

* (D) – May contain traces of Dairy products

* (E) – May contain traces of egg

Remarks:

Nutrition analysis based on per serve of entrée. The above information is provided for reference only; vary considerably due to consumption and portion size.

No nuts will be used in the menu, including peanuts oil.

All "A and B" set meals come with the option of 250g pasta or 200g rice (at least 1 high fibre option per day) that provide 330kcal, 8gPRO, 72gCarb, 0.4gFat, 0g Sugar and 6mg Na.

A portion of daily vegetables (110g) will be served along with each meal. [35kcal, 3gPRO, 4.5gCarb, 0gFat, 1gSugar and 87.8mgNa]

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	green monday			Tuesday			Wednesday			Thursday			Treat Friday		
	8-Apr			9-Apr			10-Apr			11-Apr			12-Apr		
A	Three Cheese Macaroni(D)(E)			BBQ Pork Fried Rice(E)			Baked Chicken with Sweet and Sour Sauce			Braised Chicken with Potato Stew			Pork with Napolitana		
B	Tofu with Salt and Pepper			Japanese Teriyaki Beef			Diced Pork with Sweet Corn Sauce(D)(E)			Pan Fried Pork Chop with Sweet Onion Sauce			American Style Fried Chicken with Potato Wedges(E)		
C	Japanese Mixed Vegetable Fried Rice(E)			Sag Aloo (Spinach & Potato Curry) (D)			Three Cheese Pasta(D)(E)			Thai Curry Mixed Vegetable			Three Cheese Macaroni(D)(E)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	115	188	111	124	90	113	130	132	113	129	120	118	136	136
Pro (g)	14	16	13	13	6	3	15	7	14	15	7	10	14	6	15
Carb (g)	18	19	14	6	15	17	4	17	4	4	17	4	6	15	16
Fat (g)	1	1	6	1.5	1	2	4	2	11	4	2	6	4.5	4.5	5
Sugar (g)	2	5	2	4.5	4.5	2	1	1	4	1	1.5	4	1.5	1	2
Na (mg)	450	384	473	510	430	310	407	382	510	407	307	491	511	511	310

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	Easter Monday			Professional Learning			Wednesday			Thursday			Treat Friday		
							24-Apr			25-Apr			26-Apr		
A							Tandoori Chicken			Chicken A La King			Chicken Carbonara Pasta Bake		
B							Japanese Teriyaki Pork			Pan Fried Pork Chop with Black Pepper Sauce			Sweet and Sour Pork(E)		
C							Three Cheese Pizza			Thai Red Curry Mixed Vegetable			Sag Aloo (Spinach & Potato Curry) (D)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)							113	124	132	113	129	120	118	136	90
Pro (g)							15	6	14	15	7	10	14	6	3
Carb (g)							4	15	4	4	17	4	6	15	17
Fat (g)							4	1	11	4	2	6	4.5	4.5	2
Sugar (g)							1	4.5	4	1	1.5	4	1.5	1	2
Na (mg)							407	430	510	407	307	491	511	511	310

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green monday				Tuesday											
29-Apr				30-Apr											
A	Three Cheese Pasta(D)(E)			Taiwanese Style Stir Fried Chicken											
B	Vegetarian Lasagne			Pork with Napolitana											
C	Vegetarian Mapo Tofu			Cheese Broccoli and Mixed Vegetable Pie(D)(E)											
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	115	93	138	145	136									
Pro (g)	14	16	7	13	12	15									
Carb (g)	18	19	13	14	15	16									
Fat (g)	1	1	1	4	4	5									
Sugar (g)	2	5	2	2	4	2									
Na (mg)	450	384	462	510	500	310									

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