



									Upper School Only			Upper School Only			
									15-Aug			16-Aug			
A									Macanese Style Portuguese Chicken (D)(E)			Japanese Teriyaki Beef			
B									Pan Fried Pork Chop with Sweet Onion Sauce			Sweet and Sour Pork(E)			
C									Vegetarian Lasagne(D)			Thai Style Curry with Mixed Vegetable			
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)										136	129	133	136	114	136
Pro (g)										6	7	14	15	15	15
Carb (g)										15	17	12	16	4	16
Fat (g)										4.5	2	5	5	4	5
Sugar (g)										1	1.5	3	2	1	2
Na (mg)										511	307	214	310	307	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

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* (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 fiber 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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	Monday			Tuesday			Wednesday			Thursday			Treat Friday		
	19-Aug			20-Aug			21-Aug			22-Aug			23-Aug		
A	Sweet and Sour Chicken			Pan Fried Pork Chop with Sweet Corn and white Cream Sauce			Slow Cooker Chicken Breast with Hai Nan Sauce			Chicken A La King			Carbonara Pasta Bake Ham(D)(E)		
B	Beef Spaghetti Bolognese			Chicken Masala Curry(D)			Baked Pork Chop Rice(D)(E)			BBQ Pork Fried Rice(E)			Fried Chicken Strips with Potato Wedges(E)		
C	Margarita Pizza			Japanese Mixed Vegetable Fried Udon			Three Cheese Macaroni(D)(E)			Baked Egg with Mixed Vegetables(D)(E)			Vegetarian Fried Noodle		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	114	128	132	129	118	136	144	122	133	113	113	136	122	136	136
Pro (g)	15	7	6	7	14	15	13	14	14	15	15	15	14	6	15
Carb (g)	4	16	14	17	6	16	4	18	12	4	4	16	18	15	16
Fat (g)	4	2	3	2	4.5	5	4	1	5	4	4	5	1	4.5	5
Sugar (g)	1	2	4	1.5	1.5	2	2	2	3	1	1	2	2	1	2
Na (mg)	307	472	510	307	511	310	510	450	214	407	407	310	450	511	310

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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			Malaysian Day			Thursday			Treat Friday		
	26-Aug			27-Aug			28-Aug			29-Aug			30-Aug		
A	Carbonara Pasta Bake(D)(E)			Stewed Chicken with Shiitake Mushrooms			Malaysian Fried Rice with Shredded Chicken			Diced Chicken with Sweet Corn Sauce(D)(E)			Japanese Teriyaki Chicken		
B	Vegetarian Lasagne(D)			Pan Fried Pork Chop with Gravy Sauce			Malaysian Style Grill Fish			Baked Pork Chop Rice(D)(E)			Fish and Chip(E)		
C	Margarita Pizza			Sag Aloo (Spinach & Potato Curry)(D)			Masakan Mixed Vegetable Curry(D)			Tofu with Salt and Pepper			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	133	132	111	129	90	122	136	136	130	122	120	108	136	136
Pro (g)	14	14	6	13	7	3	14	6	15	7	14	10	7	6	15
Carb (g)	18	12	14	6	17	17	18	15	16	17	18	4	15	15	16
Fat (g)	1	5	3	1.5	2	2	1	4.5	5	2	1	6	2	3	5
Sugar (g)	2	3	4	4.5	1.5	2	2	1	2	1	2	4	4.5	1	2
Na (mg)	450	214	510	510	307	310	450	511	310	382	450	491	430	511	310

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	Monday			Tuesday			Wednesday			Thursday			Treat Friday		
	2-Sep			3-Sep			4-Sep			5-Sep			6-Sep		
A	Baked Carbonara Pasta with Chicken Shredded(D)(E)			Chili Con Carne			Pan Fried Pork Chop with Sweet Onion Sauce			Lemon Chicken(E)			Sweet and Sour Fish(E)		
B	Vietnamese Pork Chop with Lemongrass			Braised Chicken with Potatoes Stew			Thai Green Curry Chicken			Pan Fried Pork Chop with Black Pepper Sauce			Pan Fried Chicken with Mixed Mushroom Sauce		
C	Spanish Omelette			Stir Fried Mushroom with Garlic and Butter			Margarita Pizza			Masala Curry with Mixed Vegetable(D)			Three Cheese Macaroni(D)(E)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	129	128	122	131	115	122	129	118	132	128	120	133	113	128	136
Pro (g)	8	15	14	9	16	14	7	14	6	8	7	14	15	8	15
Carb (g)	15	19	18	15	19	18	17	6	14	15	17	12	4	15	16
Fat (g)	3	1	1	3	1	1	2	4.5	3	4.5	2	5	4	4.5	5
Sugar (g)	2	5	2	2	5	2	1.5	1.5	4	1	3	3	1	1	2
Na (mg)	485	383	445	486	384	450	307	511	510	511	476	214	407	511	310

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	green monday			Tuesday			Japanese Day			Thursday			Treat Friday		
	9-Sep			10-Sep			11-Sep			12-Sep			13-Sep		
A	Carbonara Pasta Bake with Mixed Mushroom(D)(E)			Thai Style Grill Chicken Breast			Japanese Style Grill Fish			Thai Style Pineapple Fried Rice with Chicken Shredded(E)			Baked Pork Chop Rice(D)(E)		
B	Vegetarian Fried Noodle			Ratatouille Pork Stew			Stir Fried Udon with Shredded Chicken			Pan Fried Pork Chop with Black Pepper Sauce			Chicken Masala Curry(D)		
C	Three Cheese Pizza			HK Style Curry with Mixed Vegetable(D)			Japanese Mixed Vegetable Fried Rice			Margarita Pizza			Carbonara Pasta Bake(D)(E)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	133	132	113	129	136	122	136	136	113	129	188	136	115	133
Pro (g)	14	14	6	15	7	15	14	6	15	15	7	13	15	16	14
Carb (g)	18	12	14	4	17	16	18	15	16	4	17	14	16	19	12
Fat (g)	1	5	3	4	2	5	1	4.5	5	4	2	6	5	1	5
Sugar (g)	2	3	4	1	1.5	2	2	1	2	1	1.5	2	2	5	3
Na (mg)	450	214	510	407	307	310	450	511	310	407	307	473	310	384	214

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	Monday			Tuesday			Wednesday			Thursday			Treat Friday		
	16-Sep			17-Sep			18-Sep			19-Sep			20-Sep		
A	Macanese Style Portuguese Chicken (D)(E)			Japanese Teriyaki Pork			Taiwanese Style Stir Fried Chicken			Vietnamese Pork Chop with Lemongrass			Fried Chicken Strips with Potato Wedges(E)		
B	Pan Fried Pork Chop with Sweet Onion Sauce			Pan Fried Chicken Breast with Sweet Onion Sauce			Pan Fried Pork Chop with Mixed Mushroom Sauce			Beef Spaghetti Bolognese			Baked Carbonara Pasta with Ham(D)(E)		
C	Vegetarian Fried Noodle			Sag Aloo (Spinach & Potato Curry)(D)			Margarita Pizza			Pumpkin and Mixed Bean Stew			Mixed Vegetable Pie(D)(E)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	129	131	188	129	113	133	130	129	132	136	120	188	129	136	90
Pro (g)	7	9	13	7	15	14	7	7	6	6	7	13	7	6	3
Carb (g)	17	15	14	17	4	12	17	17	14	15	17	14	17	15	17
Fat (g)	2	3	6	2	4	5	2	2	3	4.5	2	6	2	3	2
Sugar (g)	1.5	2	2	1.5	1	3	1	1.5	4	1	3	2	1.5	1	2
Na (mg)	307	486	473	307	407	214	382	307	510	511	476	473	307	511	310

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green monday				Tuesday			Wednesday			Thursday			Treat Friday		
23-Sep				24-Sep			25-Sep			26-Sep			27-Sep		
A	Carbonara Pasta Bake(D)(E)			Diced Chicken with Sweet Corn Sauce(D)(E)			Japanese Teriyaki Chicken			Malaysian Style Grill Fish			Fish and Chip(E)		
B	Braised Eggplant and Fried Tofu			Baked Pork Chop Rice(D)(E)			Carbonara Pasta Bake with Ham(D)(E)			Pan Fried Pork Chop with Black Pepper Sauce			Japanese Teriyaki Beef		
C	Sag Aloo (Spinach & Potato Curry)(D)			Vegetarian Lasagne(D)			Vegetarian Mapo Tofu			Margarita Pizza			Three Cheese Pasta Bake(D)(E)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	133	132	113	129	136	122	136	136	113	129	188	136	115	133
Pro (g)	14	14	6	15	7	15	14	6	15	15	7	13	15	16	14
Carb (g)	18	12	14	4	17	16	18	15	16	4	17	14	16	19	12
Fat (g)	1	5	3	4	2	5	1	4.5	5	4	2	6	5	1	5
Sugar (g)	2	3	4	1	1.5	2	2	1	2	1	1.5	2	2	5	3
Na (mg)	450	214	510	407	307	310	450	511	310	407	307	473	310	384	214

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	Monday			National Day			Wednesday			Upper School Only			Upper School Only		
	30-Sep			1-Oct			2-Oct			3-Oct			4-Oct		
A	BBQ Pork Fried Rice(E)						Beef and Cheese Lasagne(D)			HK Style Curry Chicken(D)			Sweet and Sour Pork(E)		
B	Pan Fried Chicken Breast with Black Pepper Sauce						Lemon Chicken(E)			Pan Fried Pork Chop with Sweet Onion Sauce			Beef Spaghetti Bolognese		
C	Three Cheese Macaroni(D)(E)						Three Cheese Pizza			Tofu with Salt and Pepper			Masala Curry with Mixed Vegetable(D)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	115	188				113	124	93	113	129	120	144	129	133
Pro (g)	14	16	13				15	6	7	15	7	10	13	7	14
Carb (g)	18	19	14				4	15	13	4	17	4	14	17	12
Fat (g)	1	1	6				4	1	1	4	2	6	4	2	5
Sugar (g)	2	5	2				1	4.5	2	1	1.5	4	2	1.5	3
Na (mg)	450	384	473				407	430	462	407	307	491	510	307	214

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	PD Day			Tuesday			Wednesday			Thursday			Early Dismissal		
	14-Oct			15-Oct			16-Oct			17-Oct			18-Oct		
A				Taiwanese Style Stir Fried Chicken			Slow Cooker Chicken Breast with Hai Nan Sauce			Chicken A La King			Sweet and Sour Pork(E)		
B				Chili Con Carne			Pan Fried Pork Chop with Sweet Onion Sauce			Vietnamese Pork Chop with Lemongrass			Fish with Thai Green Curry(D)		
C				Sag Aloo (Spinach & Potato Curry)(D)			Thai Green Curry with Mixed Vegetable(D)			Margarita Pizza			Mixed Vegetable Pie(D)(E)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)				128	129	133	130	129	122	113	120	132	114	115	122
Pro (g)				7	7	14	7	7	14	15	7	6	15	16	14
Carb (g)				16	17	12	17	17	18	4	17	14	4	19	18
Fat (g)				2	2	5	2	2	1	4	2	3	4	1	1
Sugar (g)				2	1.5	3	1	1.5	2	1	3	4	1	5	2
Na (mg)				472	307	214	382	307	450	407	476	510	307	384	450

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	green monday			Tuesday			Indonesian Day			Thursday			Treat Friday		
	21-Oct			22-Oct			23-Oct			24-Oct			25-Oct		
A	Carbonara Pasta Bake(D)(E)			Chicken Masala Curry(D)			Indonesian Chicken Curry			Fried Rice with Chicken Shredded(E)			Fried Chicken Strips with Potato Wedges(E)		
B	Braised Eggplant and Fried Tofu			Beef Stroganoff			Indonesian Fried Noodle with Mixed meats			Pan Fried Pork Chop with Black Pepper Sauce			Malaysian Style Grill Fish		
C	Three Cheese Pizza			Mixed Vegetable Pie(D)(E)			Vegetarian Nasi Goreng			Vegetarian Braised Eggplant with Garlic and Chili			Three Cheese Pasta Bake(D)(E)		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	122	133	132	118	128	122	122	136	136	113	129	133	136	115	133
Pro (g)	14	14	6	14	11	14	14	6	15	15	7	14	15	16	14
Carb (g)	18	12	14	6	16	18	18	15	16	4	17	12	16	19	12
Fat (g)	1	5	3	4.5	4	1	1	4.5	5	4	2	5	5	1	5
Sugar (g)	2	3	4	1.5	5	2	2	1	2	1	1.5	3	2	5	3
Na (mg)	450	214	510	511	490	450	450	511	310	407	307	214	310	384	214

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 fiber 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.

Pre-ordered lunch set meals are for A,B,C meals only.

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.



	Monday			Tuesday			Wednesday			Thursday			Treat Friday		
	28-Oct			29-Oct			30-Oct			31-Oct					
A	Sweet and Sour Pork(E)			Baked Pork Chop Rice(D)(E)			Baked Fish with Ratatouille			Pan Fried Chicken Breast with Sweet Onion Sauce					
B	Pan Fried Pork Chop with Sweet Onion Sauce			Shanghaiese Stir Fried Noodle with Chicken Shredded			Chicken Masala Curry(D)			Sweet and Sour Fish(E)					
C	Thai Style Mixed Vegetable and Spinach Fried Rice			Stir Fried Mushroom with Garlic and Butter			Margarita Pizza			Carbonara Pasta Bake(D)(E)					
	A	B	C	A	B	C	A	B	C	A	B	C			
Energy (Kcal)	114	129	132	122	136	120	130	118	132	129	136	122			
Pro (g)	15	7	14	14	15	10	7	14	6	7	6	14			
Carb (g)	4	17	4	18	16	4	17	6	14	17	15	18			
Fat (g)	4	2	11	1	5	6	2	4.5	3	2	4.5	1			
Sugar (g)	1	1.5	4	2	2	4	1	1.5	4	1.5	1.5	2			
Na (mg)	307	307	510	450	310	491	382	511	510	307	511	450			

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Menu A : Asian/Western
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