

HKIS-MS Weekly Menu



06/05 Monday

07/05 Tuesday

08/05 Wednesday

09/05 Thursday

10/05 Friday

Daily Hot Meals (MS- Canteen)

Chef Special	Pork chop bun with fries and salad	Hot dog with fries & salad	Beef cheeseburger with fries and salad	Pork chop bun with fries and salad	Hot dog with fries & salad
Hot Entrée A	Orange and cumin roasted chicken with potatoes	Bangers and mash with onion gravy	Teriyaki beef with rice	Mediterranean grilled fish with lyonnaise potatoes	BBQ pork with rice
Hot Entrée B [Veg]	Fried U-don with vegetables, Japanese style	Chickpea spinach curry	Shitake lentil bolognese pasta	Thai pineapple & vegetable fried rice	Eggplant & sundried tomato pasta with ricotta cheese

DIY Sandwich / Bowl (MS- Canteen)

DIY Sandwich	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies
Bowl	Japanese pork rice Bowl with and veggies	Thai minced chicken with rice, fried egg and salad	Butter chicken with saffron rice, salad and papadum	Korean beef rice bowl with veggies	Chicken tikka masala with saffron rice, salad and papadum

Live Carving & Noodle Bar (MS-Canteen)

Carving Station	Spring chicken with sauteed vegetables & rosemary roast potatoes	Roast pork loin with sauteed vegetables & mashed potato	Duck breast with sauteed vegetables & rosemary roast potatoes	Spring chicken with sauteed vegetables & rosemary roast potatoes	Roast sirloin steak with sauteed vegetables & rosemary roast potatoes
HK Style Cart Noodle	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings

Pizza (Sourdough Base) & Bento Boxes (MS-3/F)

Bento Box A B [Veg]	Italian bento box (Rice, protein, salad & snack)	Italian bento box (Rice, protein, salad & snack)	Italian bento box (Rice, protein, salad & snack)	Italian bento box (Rice, protein, salad & snack)	Italian bento box (Rice, protein, salad & snack)
Pizza A B [Veg]	Hawaiian/ Margarita	Pepperoni/ Grill vegetables	Mushroom and ham/ Olive & cherry tomato	Hawaiian/ Margarita	Hawaiian/ Margarita

Allergens & food traffic light icons are display on daily menu dish tags

HKIS-MS Weekly Menu



13/05 Monday

14/05 Tuesday

15/05 Wednesday (PH)

16/05 Thursday

17/05 Friday

Daily Hot Meals (MS- Canteen)

Chef Special	Pork chop bun with fries and salad	Hot dog with fries & salad		Pork chop bun with fries and salad	Hot dog with fries & salad
Hot Entrée A	Thai roasted chicken with rice	Beef bourguignon with mash potato		Sweet & sour pork with rice	Roasted duck breast al'orange with honey mustard potatoes
Hot Entrée B [Veg]	Spinach frittata with mixed salad	Pumpkin croquette with Japanese Curry & rice		Pasta with wild mushroom in truffle cream sauce	Stir-fried Korean glass noodles with vegetables

DIY Sandwich / Bowl (MS- Canteen)

DIY Sandwich	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies		Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies
Bowl	Japanese pork rice Bowl with and veggies	Korean beef rice bowl with veggies		Thai minced chicken with rice, fried egg and salad	Chicken tikka masala with saffron rice, salad and papadum

Live Carving & Noodle Bar (MS-Canteen)

Carving Station	Spring chicken with sauteed vegetables & rosemary roast potatoes	Middle east biryani (chicken and vegetable) with Persian salad and pineapple yogurt		Spring chicken with sauteed vegetables & rosemary roast potatoes	Roast sirloin steak with sauteed vegetables & rosemary roast potatoes
HK Style Cart Noodle	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings		Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings

Pizza (Sourdough Base) & Bento Boxes (MS-3/F)

Bento Box A B [Veg]	Italian bento box (Rice, protein, salad & snack)	Italian bento box (Rice, protein, salad & snack)		Italian bento box (Rice, protein, salad & snack)	Italian bento box (Rice, protein, salad & snack)
Pizza A B [Veg]	Hawaiian/ Margarita	Pepperoni/ Grill vegetables		Hawaiian/ Margarita	Hawaiian/ Margarita

HKIS-MS Weekly Menu



20/05 Monday

21/05 Tuesday

22/05 Wednesday

23/05 Thursday

24/05 Friday

Daily Hot Meals (MS- Canteen)

Chef Special	Pork chop bun with fries and salad	Hot dog with fries & salad	Beef cheeseburger with fries and salad	Pork chop bun with fries and salad	Hot dog with fries & salad
Hot Entrée A	Thai red curry chicken with rice	Roasted apple cider pork loin with onion and potato	Braised beef ribs with red wine gravy & garlic butter potato	Lemon & thyme roasted fish with pasta alla norma	Vietnamese lemongrass chicken
Hot Entrée B [Veg]	Mac & cheese with vegetables	Singaporean fried noodles with mixed vegetables	Vegetable lasagna	Omni Pork Mapo Tofu	Parmesan spinach mushroom pasta

DIY Sandwich / Bowl (MS- Canteen)

DIY Sandwich	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies
Bowl	Japanese pork rice Bowl with and veggies	Thai minced chicken with rice, fried egg and salad	Butter chicken with saffron rice, salad and papadum	Korean beef rice bowl with veggies	Chicken tikka masala with saffron rice, salad and papadum

Live Carving & Noodle Bar (MS-Canteen)

Carving Station	Spring chicken with sauteed vegetables & rosemary roast potatoes	Roast pork loin with sauteed vegetables & mashed potato	Duck breast with sauteed vegetables & rosemary roast potatoes	Spring chicken with sauteed vegetables & rosemary roast potatoes	Roast sirloin steak with sauteed vegetables & rosemary roast potatoes
HK Style Cart Noodle	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings

Pizza (Sourdough Base) & Bento Boxes (MS-3/F)

Bento Box A B [Veg]	Japanese bento box (Rice, protein, salad & snack)	Japanese bento box (Rice, protein, salad & snack)	Japanese bento box (Rice, protein, salad & snack)	Japanese bento box (Rice, protein, salad & snack)	Japanese bento box (Rice, protein, salad & snack)
Pizza A B [Veg]	Hawaiian/ Margarita	Pepperoni/ Grill vegetables		Hawaiian/ Margarita	Hawaiian/ Margarita

Allergens & food traffic light icons are display on daily menu dish tags

HKIS-MS Weekly Menu



27/05 Monday

28/05 Tuesday

29/05 Wednesday

30/05 Thursday

31/05 Friday

Daily Hot Meals (MS- Canteen)

Chef Special	Pork chop bun with fries and salad	Hot dog with fries & salad	Beef cheeseburger with fries and salad	Pork chop bun with fries and salad	Hot dog with fries & salad
Hot Entrée A	Teriyaki chicken	Fish & chips	Baked honey mustard chicken with herb potato	Mongolian beef	Salt & pepper pork chop
Hot Entrée B [Veg]	Vegetable paella	Sweet & sour tofu	Japanese style vegetable curry	Olive, caper & tomato pasta	Pumpkin mushroom risotto

DIY Sandwich / Bowl (MS- Canteen)

DIY Sandwich	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies	Choice of five breads, four protein & veggies
Bowl	Japanese pork rice Bowl with and veggies	Korean beef rice bowl with veggies	Butter chicken with saffron rice, salad and papadum	Thai minced chicken with rice, fried egg and salad	Chicken tikka masala with saffron rice, salad and papadum

Live Carving & Noodle Bar (MS-Canteen)

Carving Station	Spring chicken with sauteed vegetables & rosemary roast potatoes	Middle east biryani (chicken and vegetable) with Persian salad and pineapple yogurt	Duck breast with sauteed vegetables & rosemary roast potatoes	Spring chicken with sauteed vegetables & rosemary roast potatoes	Roast sirloin steak with sauteed vegetables & rosemary roast potatoes
HK Style Cart Noodle	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings	Cart noodle with options of two soups & two toppings

Pizza (Sourdough Base) & Bento Boxes (MS-3/F)

Bento Box A B [Veg]	Japanese bento box (Rice, protein, salad & snack)	Japanese bento box (Rice, protein, salad & snack)	Japanese bento box (Rice, protein, salad & snack)	Japanese bento box (Rice, protein, salad & snack)	Japanese bento box (Rice, protein, salad & snack)
Pizza A B [Veg]	Hawaiian/ Margarita	Pepperoni/ Grill vegetables	Mushroom and ham/ Olive & cherry tomato	Hawaiian/ Margarita	Hawaiian/ Margarita