

**YMCA of Hong Kong Christian College
Feb 2022 Menu**

		Monday	Tuesday	Wednesday	Thursday	Friday
		7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
Main Course	A	CNY Holiday	Chana Masala with Rice	Eggplant Moussaka with French Bread	Bolognese(Beyond) with Fried Potato	Teriyaki Fried Udon with Vegetables and Shitake Mushroom/Veg. Spring Roll
	B		Pasta Chicken A La King	Sweet & Sour Fish with Rice	Beef Mince Keema Curry with Rice	Roasted Chicken and Rice with Black Pepper Sauce
		14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
Main Course	A	Pineapple Tofu Fried Rice with Samosa	Grilled Vegetables with Cousous	Pasta with Roasted Vegetable in Sun-Dried Tomato Sauce	Pizza Hawaii with Roasted Potato	Vegetrian Nasi Goreng with Fried Tofu
	B	Grilled Pork Chop with Sauteed Potato and Onion Gravy	Taiwanese Braised Beef with Mushroom Brown Rice	Thai Coconut Fish Curry with Rice	Teriyaki Chicken Steak with Rice	Pasta with Baked Fish Fillet in Tomato Concasse
		21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
Main Course	A	Braised Eggplant and Omni Pork with Rice	Aloo Gobi Masala with Rice	Pasta with pumpkin cream sauce	Lentil Dahl with Cumin Rice	Singapore fried noodle with Samosa
	B	Pasta with Chicken Stew and Mushroom	Grilled Pork Chop with Roasted Potato (Honey Mustard Sauce)	Fried Chicken with Sweet Corn Sauce/ Rice	Pasta Bolognese	Japanese Teriyaki Chicken w/Brown Rice
		28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
Main Course	A	Thai style Braised Tofu with Pineapple / Rice				
	B	Sauteed Sliced Beef and Black Pepper with Rice				

*Meat Choice of main course is \$36 and the Vegetarian main course is \$33.(included \$3 for the paper disposable lunch box)

Name of student: _____ Class: _____ Payee : _____

Email Address: _____ Total Amount: _____

Contact No.: _____ Cheque No.: _____

(Payable to "Sodexo(HK)LTD")

- SPICY
- DAIRY PRODUCT
- VEGETARIAN
- CHICKEN
- BEEF
- PORK
- DUCK
- FISH