



# Canadian International School of Hong Kong

## Q4 - 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 April 22nd (Monday) to April 30th (Tuesday).
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 Reception of the 9/F General Office or welcome to visit 6/F Cafeteria of using Credit Card/Octopus/Cash payment in between 7am-4pm. Alternatively orders can be scanned and emailed to catering@cdnis.edu.hk.

Preparatory to Grade 1 students can pre-order lunches.

Daily A,B,C or Sandwiches:(**HC**)Ham&Cheese,(**TN**)Tuna Mayo,(**BLT**)Bacon,Lectte&Tomato,(**EGG**)Egg Salad & (**CT**)Cheese&Tomato  
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 \$35, Grade 2 to Grade 6 is \$38.

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 Items : \$33

Baked item: \$34

Noodle Station: \$43 - \$48

Chef Station: \$43 - \$48

Make your own Salad: \$28



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 (29 Days)	<input type="checkbox"/>	Days	X	HKD 35	<b>Total Amount</b>
Total Number of Days Selected Below	<input type="checkbox"/>	_____			

Or

#### Meal Plan for Grade 2 to Grade 6

Enroll for Whole Term (29 Days)	<input type="checkbox"/>	Days	X	HKD 38	<b>Total Amount</b>
Total Number of Days Selected Below	<input type="checkbox"/>	_____			

Please mark your menu selection in the boxes below ( ✓ or A, B & C or HC,TN,BLT,EGG,CT)

May 2019 (20 Days)					Jun 2019 (9 Days)									
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri					
			2		3	4	5	6						
6	7	8	9	10	10	11	12	13						
	14	15	16	17										
20	21	22	23	24										
27	28	29	30	31										

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

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

Please email to : catering@cdnis.edu.hk



## Treat Friday

									Thursday			No Prep-Gr.5			
									2-May			3-May			
A									Diced Pork with Sweet Corn Sauce(D)(E)			Baked Fish Fillet with Ratatouille Sauce(E)			
B									Pan Fried Pork Chop with Black Pepper Sauce			American Style Fried Chicken with Potato Wedges(E)			
C									Margarita Pizza			Sag Aloo (Spinach & Potato Curry)(D)			
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)										130	129	132	121	136	120
Pro (g)										7	7	6	7	6	10
Carb (g)										17	17	14	17	15	4
Fat (g)										2	2	3	2	4.5	6
Sugar (g)										1	1.5	4	4	1	4
Na (mg)										382	307	510	505	511	491

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.

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	Sexto De Mayo Festival			Tuesday			Wednesday			Thursday			Treat Friday		
	6-May			7-May			8-May			9-May			10-May		
A	Chili Con Carne			Slow Cooker Chicken Breast with Hai Nan Sauce			BBQ Pork Fried Rice(E)			Beef Spaghetti Bolognese			Chicken A La King		
B	Mexican Rice			Pan Fried Pork Chop with Sweet Corn and white Cream Sauce			Pan Fried Chicken with Sweet Onion Sauce			Chicken Masala Curry			Fish and Chip(E)		
C	Vegetarian Enchiladas			Cheese Broccoli and Mixed Vegetable Pie(D)(E)			Three Cheese Pizza			Baked Egg with Mixed Vegetables(D)(E)			Vegetarian Chilli Con Carne		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	133	132	133	144	130	136	113	129	132	128	118	136	113	136	120
Pro (g)	14	14	14	13	7	15	15	7	6	7	14	15	15	6	10
Carb (g)	12	4	12	14	17	16	4	17	14	16	6	16	4	15	4
Fat (g)	5	11	5	4	2	5	4	2	3	2	4.5	5	4	4.5	6
Sugar (g)	3	4	3	2	1	2	1	1.5	4	2	1.5	2	1	1	4
Na (mg)	214	510	214	510	382	310	407	307	510	472	511	310	407	511	491

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	Buddha's Birthday			Tuesday			Wednesday			Thursday			Treat Friday		
	13-May			14-May			15-May			16-May			17-May		
A				Beef and Cheese Lasagne			Pan Fried Pork Chop with Sweet Onion Sauce			Diced Chicken with Sweet Corn Sauce(D)(E)			Baked Carbonara Pasta with Ham(D)(E)		
B				HK Style Chicken Curry			Japanese Teriyaki Beef			Vietnamese Pork Chop with Lemongrass			Lemon Chicken(E)		
C				Japanese Mixed Vegetable Fried Rice			Margarita Pizza			Vegetarian Lasagne			Stir Fried Noodle with Mixed Vegetables		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)				131	115	122	129	124	132	130	120	133	113	128	136
Pro (g)				9	16	14	7	6	6	7	7	14	15	8	15
Carb (g)				15	19	18	17	15	14	17	17	12	4	15	16
Fat (g)				3	1	1	2	1	3	2	2	5	4	4.5	5
Sugar (g)				2	5	2	1.5	4.5	4	1	3	3	1	1	2
Na (mg)				486	384	450	307	430	510	382	476	214	407	511	310

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	green monday			Tuesday			Wednesday			Thursday			Treat Friday		
	20-May			21-May			22-May			23-May			24-May		
A	Carbonara Pasta Bake(D)(E)			BBQ Pork Fried Rice(E)			Baked Carbonara Pasta with Ham(D)(E)			Chicken A La King			Sweet and Sour Pork(E)		
B	Vegetarian Lasagne			Pan Fried Chicken with Sweet Onion Sauce			Baked Chicken with Sweet and Sour Sauce(E)			Pan Fried Pork Chop with Mixed Mushroom and Gravy			Thai Style Chicken Curry		
C	Margarita Pizza			Thai Style Curry with Mixed Vegetable			Vegetarian Shanghaiese Fried Noodles			Baked Egg with Mixed Vegetables(D)(E)			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	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		
	27-May			28-May			29-May			30-May			31-May		
A	Malay Style Grill Fish Fillet			Pan Fried Pork Chop with Sweet Corn and white Cream Sauce			Steamed Chicken with Mushrooms			Baked Fish Fillet with Ratatouille Sauce			Pan Fried Pork Chop with Mixed Mushroom and Gravy		
B	Beef and Cheese Lasagne			Braised Chicken with Potatoes Stew			Pan Fried Pork Chop with Sweet Onion Sauce			Vietnamese Pork Chop with Lemongrass			Sweet and Sour Fish(E)		
C	Thai Style Fried Rice with Spinach and Mixed Vegetables			Masala Curry with Mixed Vegetable			Three Cheese Pizza			Spinach and Mixed Mushroom Pie(D)(E)			Sag Aloo (Spinach & Potato Curry)(D)		
	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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	Monday			Tuesday			Wednesday			Thursday			Dragon Boat Festival		
	3-Jun			4-Jun			5-Jun			6-Jun			7-Jun		
A	Baked Carbonara Pasta with Ham(D)(E)			HK Style Chicken Curry			Diced Chicken with Sweet Corn Sauce(D)(E)			Sweet and Sour Pork(E)					
B	Pan Fried Pork Chop with Black Pepper Sauce			Stir Fried Sliced Pork with Zucchini			Masala Curry with Pork Chop			Pan Fried Chicken Breast with Sweet Onion Sauce					
C	apanese Stir Fried Udon with Mixed Vegetable			Eggplant Moussaka(D)			Margarita Pizza			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	144	129	133	113	124	93	113	129	120			
Pro (g)	14	16	13	13	7	14	15	6	7	15	7	10			
Carb (g)	18	19	14	14	17	12	4	15	13	4	17	4			
Fat (g)	1	1	6	4	2	5	4	1	1	4	2	6			
Sugar (g)	2	5	2	2	1.5	3	1	4.5	2	1	1.5	4			
Na (mg)	450	384	473	510	307	214	407	430	462	407	307	491			

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	Monday			Tuesday			Wednesday			Thursday			Early Dismissal		
	10-Jun			11-Jun			12-Jun			13-Jun			14-Jun		
A	Diced Pork with Sweet Corn Sauce(D)(E)			Beef Spaghetti Bolognese			Yeung Chow Fried Rice(E)			Baked Fish with Potato Wedges(E)					
B	Baked Chicken with Potato Wedges(E)			Pan Fried Chicken with Sweet Corn and white Cream Sauce			Pan Fried Pork Chop with Black Pepper Sauce			Beef and Cheese Lasagne					
C	Three Cheese Pizza			Sag Aloo (Spinach & Potato Curry)(D)			Carbonara Pasta Bake(D)(E)			Vegetarian Shanghaiese Fried Noodles					
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Energy (Kcal)	130	115	188	128	129	133	130	129	122	136	131	136			
Pro (g)	7	16	13	7	7	14	7	7	14	15	9	15			
Carb (g)	17	19	14	16	17	12	17	17	18	16	15	16			
Fat (g)	2	1	6	2	2	5	2	2	1	5	3	5			
Sugar (g)	1	5	2	2	1.5	3	1	1.5	2	2	2	2			
Na (mg)	382	384	473	472	307	214	382	307	450	310	486	310			

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