

## Lunch Menu for NUR - Year 2 (October-November 2025)

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	3/11/2025	4/11/2025	1/10/2025, 5/11/2025	2/10/2025, 6/11/2025	3/10/2025, 7/11/2025
Morning snack	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
Milk/ Juice	Yogurt milk	UHT juice	Yogurt milk	Fresh milk	UHT juice
Main Western/ International	Baked macaroni with chicken	Sriracha honey chicken	Chicken Schnitzel	Thai fried chicken	Roasted chicken with Italian herbs
Vegetarian dish	Baked macaroni	Stir-fried pumpkin with basil leaves	Vegetables casserole	Spiced Wedge Potatoes	Tomato cream soup
Main Asian	Garlic tofu	Stir-fried mixed vegetables with tofu	Thai omelette and vegetables clear soup	Braised egg in soy soup	Garden fried rice with tofu
Salads	Salads	Salads	Salads	Salads	Salads
Side dish	Buttered vegetables and mushroom	Clear soup with vegetables			
Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Afternoon snack	Cheese crackers	Strawberry jam sandwiches	Strawberry smoothie	Apple muffin	Vanilla Chiffon cake
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Day	Monday	Tuesday	Wednesday	Thursday	Friday
Day Date	Monday 6/10/2025, 10/11/2025	Tuesday 7/10/2025, 11/11/2025	Wednesday 8/10/2025, 12/11/2025		Friday 10/10/2025, 14/11/2025
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Date	6/10/2025, 10/11/2025	7/10/2025, 11/11/2025	8/10/2025, 12/11/2025	9/10/2025, 13/11/2025	10/10/2025, 14/11/2025
Date  Morning snack	6/10/2025, 10/11/2025  Seasonal fresh fruit	7/10/2025, 11/11/2025  Seasonal fresh fruit	8/10/2025, 12/11/2025  Seasonal fresh fruit	9/10/2025, 13/11/2025  Seasonal fresh fruit	10/10/2025, 14/11/2025 Seasonal fresh fruit
Date  Morning snack  Milk/ Juice  Main Western/	6/10/2025, 10/11/2025  Seasonal fresh fruit  Yogurt milk	7/10/2025, 11/11/2025  Seasonal fresh fruit  UHT juice  Japanese ginger pork	8/10/2025, 12/11/2025  Seasonal fresh fruit  Yogurt milk	9/10/2025, 13/11/2025  Seasonal fresh fruit  Fresh milk	10/10/2025, 14/11/2025 Seasonal fresh fruit UHT juice
Date  Morning snack  Milk/ Juice  Main Western/ International	6/10/2025, 10/11/2025  Seasonal fresh fruit  Yogurt milk  Chef's fried chicken  Stir-fried rice noodles and	7/10/2025, 11/11/2025  Seasonal fresh fruit  UHT juice  Japanese ginger pork (Shogayaki)  Chana Masala (Indian	8/10/2025, 12/11/2025  Seasonal fresh fruit  Yogurt milk  Breaded Dory fish	9/10/2025, 13/11/2025  Seasonal fresh fruit  Fresh milk  Pasta Pork Bolognese	Seasonal fresh fruit  UHT juice  Chicken Tonkatsu
Date  Morning snack  Milk/ Juice  Main Western/ International  Vegetarian dish	6/10/2025, 10/11/2025  Seasonal fresh fruit  Yogurt milk  Chef's fried chicken  Stir-fried rice noodles and egg with dark soy sauce  Stir-fried mixed	7/10/2025, 11/11/2025  Seasonal fresh fruit  UHT juice  Japanese ginger pork (Shogayaki)  Chana Masala (Indian chickpeas gravy)  Stir-fried Chinese Okra	8/10/2025, 12/11/2025  Seasonal fresh fruit  Yogurt milk  Breaded Dory fish  Buttered corn  Stir-fried mixed	9/10/2025, 13/11/2025  Seasonal fresh fruit  Fresh milk  Pasta Pork Bolognese  Pasta Napolitana  Thai omelette with spring	10/10/2025, 14/11/2025  Seasonal fresh fruit  UHT juice  Chicken Tonkatsu  Japanese curry  Stir-fried mixed vegetables with soy
Date  Morning snack  Milk/ Juice  Main Western/ International  Vegetarian dish  Main Asian	6/10/2025, 10/11/2025  Seasonal fresh fruit  Yogurt milk  Chef's fried chicken  Stir-fried rice noodles and egg with dark soy sauce  Stir-fried mixed vegetables with tofu	7/10/2025, 11/11/2025  Seasonal fresh fruit  UHT juice  Japanese ginger pork (Shogayaki)  Chana Masala (Indian chickpeas gravy)  Stir-fried Chinese Okra with egg	8/10/2025, 12/11/2025  Seasonal fresh fruit  Yogurt milk  Breaded Dory fish  Buttered corn  Stir-fried mixed vegetables with tofu	9/10/2025, 13/11/2025  Seasonal fresh fruit  Fresh milk  Pasta Pork Bolognese  Pasta Napolitana  Thai omelette with spring onion	10/10/2025, 14/11/2025  Seasonal fresh fruit  UHT juice  Chicken Tonkatsu  Japanese curry  Stir-fried mixed vegetables with soy protein
Date  Morning snack  Milk/ Juice  Main Western/ International  Vegetarian dish  Main Asian  Salads	6/10/2025, 10/11/2025  Seasonal fresh fruit  Yogurt milk  Chef's fried chicken  Stir-fried rice noodles and egg with dark soy sauce  Stir-fried mixed vegetables with tofu  Salads  Clear soup with	7/10/2025, 11/11/2025  Seasonal fresh fruit  UHT juice  Japanese ginger pork (Shogayaki)  Chana Masala (Indian chickpeas gravy)  Stir-fried Chinese Okra with egg  Salads  Clear soup with	8/10/2025, 12/11/2025  Seasonal fresh fruit  Yogurt milk  Breaded Dory fish  Buttered corn  Stir-fried mixed vegetables with tofu  Salads	9/10/2025, 13/11/2025  Seasonal fresh fruit  Fresh milk  Pasta Pork Bolognese  Pasta Napolitana  Thai omelette with spring onion  Salads  Clear soup with	Seasonal fresh fruit  UHT juice  Chicken Tonkatsu  Japanese curry  Stir-fried mixed vegetables with soy protein  Salads  Clear soup with



## Lunch Menu for NUR - Year 2 (October-November 2025)

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	20/10/2025, 17/11/2025	21/10/2025, 18/11/2025	22/10/2025, 19/11/2025	20/11/2025	21/11/2025
Morning snack	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
Milk/ Juice	Yogurt milk	UHT juice	Yogurt milk	Fresh milk	UHT juice
Main Western/ International	Greek lemon chicken and potatoes	Breaded pork	Stir-fried pasta with tomato and spinach	Grilled chicken Yakitori sauce	Thai fried chicken
Vegetarian dish	Chinese peppered tofu	Rajma Masala (Indian kidney beans gravy)	Stir-fried mixed vegetables with tofu	Aloo Kashmiri (Indian potato gravy)	Pumpkin cream soup
Main Asian	Stir-fried mixed vegetables with mushrooms	Sesame tofu	Braised egg in soy soup	Garden fried rice with tofu	Stir-fried mixed vegetables with soy protein
Salads	Salads	Salads	Salads	Salads	Salads
Side dish	Clear soup with vegetables	Clear soup with vegetables		Clear soup with vegetables	
Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Afternoon snack	Cheese crackers	Strawberry jam sandwiches	Strawberry smoothie	Apple muffin	Vanilla soft cookies
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Day Date	Monday 27/10/2025, 24/11/2025	Tuesday 28/10/2025, 25/11/2025	Wednesday 29/10/2025, 26/11/2025	Thursday 30/10/2025, 27/11/2025	Friday 31/10/2025, 28/11/2025
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Date	27/10/2025, 24/11/2025	28/10/2025, 25/11/2025	29/10/2025, 26/11/2025	30/10/2025, 27/11/2025	31/10/2025, 28/11/2025
Date  Morning snack	27/10/2025, 24/11/2025  Seasonal fresh fruit	28/10/2025, 25/11/2025  Seasonal fresh fruit	29/10/2025, 26/11/2025  Seasonal fresh fruit	30/10/2025, 27/11/2025  Seasonal fresh fruit	31/10/2025, 28/11/2025  Seasonal fresh fruit
Date  Morning snack  Milk/ Juice  Main Western/	27/10/2025, 24/11/2025  Seasonal fresh fruit  Yogurt milk	28/10/2025, 25/11/2025  Seasonal fresh fruit  UHT juice  Red roasted pork &	29/10/2025, 26/11/2025  Seasonal fresh fruit  Yogurt milk	30/10/2025, 27/11/2025  Seasonal fresh fruit  Fresh milk  Roasted chicken with soy	31/10/2025, 28/11/2025  Seasonal fresh fruit  UHT juice  Fried chicken Korean
Date  Morning snack  Milk/ Juice  Main Western/ International	27/10/2025, 24/11/2025  Seasonal fresh fruit  Yogurt milk  Sweet and sour chicken	28/10/2025, 25/11/2025  Seasonal fresh fruit  UHT juice  Red roasted pork & Boiled egg	29/10/2025, 26/11/2025  Seasonal fresh fruit  Yogurt milk  Chicken Teriyaki	30/10/2025, 27/11/2025  Seasonal fresh fruit  Fresh milk  Roasted chicken with soy sauce  Jeera Aloo (Indian cumin	31/10/2025, 28/11/2025  Seasonal fresh fruit  UHT juice  Fried chicken Korean sauce
Date  Morning snack  Milk/ Juice  Main Western/ International  Vegetarian dish	27/10/2025, 24/11/2025  Seasonal fresh fruit  Yogurt milk  Sweet and sour chicken  Macaroni soup  Stir-fried mixed vegetables with	28/10/2025, 25/11/2025  Seasonal fresh fruit  UHT juice  Red roasted pork & Boiled egg  Tomato and egg stir fry  Stir-fried tofu with spring	29/10/2025, 26/11/2025  Seasonal fresh fruit  Yogurt milk  Chicken Teriyaki  Pasta Aglio e Olio  Garden fried rice with soy	30/10/2025, 27/11/2025  Seasonal fresh fruit  Fresh milk  Roasted chicken with soy sauce  Jeera Aloo (Indian cumin potatoes)  Fried boiled egg with	31/10/2025, 28/11/2025  Seasonal fresh fruit  UHT juice  Fried chicken Korean sauce  Corn cream soup  Stir-fried Chinese
Date  Morning snack  Milk/ Juice  Main Western/ International  Vegetarian dish  Main Asian	27/10/2025, 24/11/2025  Seasonal fresh fruit  Yogurt milk  Sweet and sour chicken  Macaroni soup  Stir-fried mixed vegetables with mushrooms	28/10/2025, 25/11/2025  Seasonal fresh fruit  UHT juice  Red roasted pork & Boiled egg  Tomato and egg stir fry  Stir-fried tofu with spring onion	29/10/2025, 26/11/2025  Seasonal fresh fruit  Yogurt milk  Chicken Teriyaki  Pasta Aglio e Olio  Garden fried rice with soy protein	30/10/2025, 27/11/2025  Seasonal fresh fruit  Fresh milk  Roasted chicken with soy sauce  Jeera Aloo (Indian cumin potatoes)  Fried boiled egg with tamarind sauce	31/10/2025, 28/11/2025  Seasonal fresh fruit  UHT juice  Fried chicken Korean sauce  Corn cream soup  Stir-fried Chinese cabbage with egg
Date  Morning snack  Milk/ Juice  Main Western/ International  Vegetarian dish  Main Asian  Salads	27/10/2025, 24/11/2025  Seasonal fresh fruit  Yogurt milk  Sweet and sour chicken  Macaroni soup  Stir-fried mixed vegetables with mushrooms	28/10/2025, 25/11/2025  Seasonal fresh fruit  UHT juice  Red roasted pork & Boiled egg  Tomato and egg stir fry  Stir-fried tofu with spring onion  Salads  Clear soup with	29/10/2025, 26/11/2025  Seasonal fresh fruit  Yogurt milk  Chicken Teriyaki  Pasta Aglio e Olio  Garden fried rice with soy protein  Salads  Clear soup with	30/10/2025, 27/11/2025  Seasonal fresh fruit  Fresh milk  Roasted chicken with soy sauce  Jeera Aloo (Indian cumin potatoes)  Fried boiled egg with tamarind sauce  Salads  Clear soup with	31/10/2025, 28/11/2025  Seasonal fresh fruit  UHT juice  Fried chicken Korean sauce  Corn cream soup  Stir-fried Chinese cabbage with egg