



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

Day Date	Monday 3/11/2025	Tuesday 4/11/2025	Wednesday 1/10/2025, 5/11/2025	Thursday 2/10/2025, 6/11/2025	Friday 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
Day Date	Monday 6/10/2025, 10/11/2025	Tuesday 7/10/2025, 11/11/2025	Wednesday 8/10/2025, 12/11/2025	Thursday 9/10/2025, 13/11/2025	Friday 10/10/2025, 14/11/2025
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	Chef's fried chicken	Japanese ginger pork (Shogayaki)	Breaded Dory fish	Pasta Pork Bolognese	Chicken Tonkatsu
Vegetarian dish	Stir-fried rice noodles and egg with dark soy sauce	Chana Masala (Indian chickpeas gravy)	Buttered corn	Pasta Napolitana	Japanese curry
Main Asian	Stir-fried mixed vegetables with tofu	Stir-fried Chinese Okra with egg	Stir-fried mixed vegetables with tofu	Thai omelette with spring onion	Stir-fried mixed vegetables with soy protein
Salads	Salads	Salads	Salads	Salads	Salads
Side dish	Clear soup with vegetables	Clear soup with vegetables	French fries	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	Chocolate chip cookies	Banana cake	Honey cornflake



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

Day Date	Monday 20/10/2025, 17/11/2025	Tuesday 21/10/2025, 18/11/2025	Wednesday 22/10/2025, 19/11/2025	Thursday 20/11/2025	Friday 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 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
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	Sweet and sour chicken	Red roasted pork & Boiled egg	Chicken Teriyaki	Roasted chicken with soy sauce	Fried chicken Korean sauce
Vegetarian dish	Macaroni soup	Tomato and egg stir fry	Pasta Aglio e Olio	Jeera Aloo (Indian cumin potatoes)	Corn cream soup
Main Asian	Stir-fried mixed vegetables with mushrooms	Stir-fried tofu with spring onion	Garden fried rice with soy protein	Fried boiled egg with tamarind sauce	Stir-fried Chinese cabbage with egg
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	Chocolate chip cookies	Banana cake	Strawberry cream cookies