

LUNCH MENU for Year 3-13 (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
Main Western/ International	Baked macaroni with chicken	Pork steak gravy sauce	Chicken Schnitzel	Pork Chilli Con Carne	Roasted chicken with Italian herbs
Vegetarian dish	Baked macaroni	Sambhar (Indian vegetables curry)	Vegetables casserole	Spiced Wedge Potatoes	Tomato cream soup
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish	Buttered vegetables and mushroom				
Side Dish					
Main Thai	Fresh bamboo shoot and pork clear soup	Sriracha honey chicken	Stir-fried pork and long beans with chilli paste	Thai fried chicken	Pineapple curry with pork
Main Thai	Vegetarian Thai spicy salad	Stir-fried pumpkin with basil leaves	Crispy mushrooms with zesty sauce	Braised egg and tofu in soy soup	Stir-fried mixed vegetables and mushrooms
Thai Vegetarian	Garlic tofu	Stir-fried mixed vegetables with tofu	Thai omelette and vegetables clear soup	Stir-fried cabbage and tofu with garlic	Garden fried rice with tofu
Noodles		Minced pork noodle soup		Red roasted pork noodle soup	
Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits
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	Thursday 9/10/2025, 13/11/2025	Friday 10/10/2025, 14/11/2025
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Date Main Western/	6/10/2025, 10/11/2025	7/10/2025, 11/11/2025 Japanese ginger pork	8/10/2025, 12/11/2025	9/10/2025, 13/11/2025 Pasta Pork Bolognese/	10/10/2025, 14/11/2025
Date Main Western/ International	6/10/2025, 10/11/2025 Chef's fried chicken	7/10/2025, 11/11/2025 Japanese ginger pork (Shogayaki) Chana Masala (Indian	8/10/2025, 12/11/2025 Breaded Dory fish	9/10/2025, 13/11/2025 Pasta Pork Bolognese/ Pasta Napolitana	10/10/2025, 14/11/2025 Chicken Tonkatsu
Date Main Western/ International Vegetarian dish	6/10/2025, 10/11/2025 Chef's fried chicken Tofu kimchi soup	7/10/2025, 11/11/2025 Japanese ginger pork (Shogayaki) Chana Masala (Indian chickpeas gravy)	8/10/2025, 12/11/2025 Breaded Dory fish Buttered corn	9/10/2025, 13/11/2025 Pasta Pork Bolognese/ Pasta Napolitana Schezwan fried rice	10/10/2025, 14/11/2025 Chicken Tonkatsu Japanese curry
Date Main Western/ International Vegetarian dish Salad	6/10/2025, 10/11/2025 Chef's fried chicken Tofu kimchi soup	7/10/2025, 11/11/2025 Japanese ginger pork (Shogayaki) Chana Masala (Indian chickpeas gravy)	8/10/2025, 12/11/2025 Breaded Dory fish Buttered corn Salad bar	9/10/2025, 13/11/2025 Pasta Pork Bolognese/ Pasta Napolitana Schezwan fried rice	10/10/2025, 14/11/2025 Chicken Tonkatsu Japanese curry
Date Main Western/ International Vegetarian dish Salad Side Dish	6/10/2025, 10/11/2025 Chef's fried chicken Tofu kimchi soup Salad bar	7/10/2025, 11/11/2025 Japanese ginger pork (Shogayaki) Chana Masala (Indian chickpeas gravy)	8/10/2025, 12/11/2025 Breaded Dory fish Buttered corn Salad bar	9/10/2025, 13/11/2025 Pasta Pork Bolognese/ Pasta Napolitana Schezwan fried rice	10/10/2025, 14/11/2025 Chicken Tonkatsu Japanese curry
Date Main Western/ International Vegetarian dish Salad Side Dish Side Dish	6/10/2025, 10/11/2025 Chef's fried chicken Tofu kimchi soup Salad bar Fried egg Stir-fried minced pork with	7/10/2025, 11/11/2025 Japanese ginger pork (Shogayaki) Chana Masala (Indian chickpeas gravy) Salad bar	8/10/2025, 12/11/2025 Breaded Dory fish Buttered corn Salad bar French fries	9/10/2025, 13/11/2025 Pasta Pork Bolognese/ Pasta Napolitana Schezwan fried rice Salad bar Stir-fried chicken with bell	10/10/2025, 14/11/2025 Chicken Tonkatsu Japanese curry Salad bar Minced pork spicy salad (Laab Moo) Stir-fried mixed vegetables with soy protein
Date Main Western/ International Vegetarian dish Salad Side Dish Side Dish Main Thai	6/10/2025, 10/11/2025 Chef's fried chicken Tofu kimchi soup Salad bar Fried egg Stir-fried minced pork with basil leaves Stir-fried mixed	7/10/2025, 11/11/2025 Japanese ginger pork (Shogayaki) Chana Masala (Indian chickpeas gravy) Salad bar Chicken Green curry Stir-fried Chinese Okra	8/10/2025, 12/11/2025 Breaded Dory fish Buttered corn Salad bar French fries Chicken Biryani Mushrooms and vegetables coconut milk	9/10/2025, 13/11/2025 Pasta Pork Bolognese/ Pasta Napolitana Schezwan fried rice Salad bar Stir-fried chicken with bell peppers Thai omelette with spring	10/10/2025, 14/11/2025 Chicken Tonkatsu Japanese curry Salad bar Minced pork spicy salad (Laab Moo) Stir-fried mixed vegetables with soy
Date Main Western/ International Vegetarian dish Salad Side Dish Side Dish Main Thai Main Thai	6/10/2025, 10/11/2025 Chef's fried chicken Tofu kimchi soup Salad bar Fried egg Stir-fried minced pork with basil leaves Stir-fried mixed vegetables with tofu Stir-fried rice noodles and	7/10/2025, 11/11/2025 Japanese ginger pork (Shogayaki) Chana Masala (Indian chickpeas gravy) Salad bar Chicken Green curry Stir-fried Chinese Okra with egg Stir-fried tofu with Thai	8/10/2025, 12/11/2025 Breaded Dory fish Buttered corn Salad bar French fries Chicken Biryani Mushrooms and vegetables coconut milk soup Stir-fried mixed	9/10/2025, 13/11/2025 Pasta Pork Bolognese/ Pasta Napolitana Schezwan fried rice Salad bar Stir-fried chicken with bell peppers Thai omelette with spring onion	Chicken Tonkatsu Japanese curry Salad bar Minced pork spicy salad (Laab Moo) Stir-fried mixed vegetables with soy protein Stir-fried noodles with tamarind sauce (Phad
Date Main Western/ International Vegetarian dish Salad Side Dish Side Dish Main Thai Main Thai Thai Vegetarian	6/10/2025, 10/11/2025 Chef's fried chicken Tofu kimchi soup Salad bar Fried egg Stir-fried minced pork with basil leaves Stir-fried mixed vegetables with tofu Stir-fried rice noodles and	7/10/2025, 11/11/2025 Japanese ginger pork (Shogayaki) Chana Masala (Indian chickpeas gravy) Salad bar Chicken Green curry Stir-fried Chinese Okra with egg Stir-fried tofu with Thai celery and spring onion	8/10/2025, 12/11/2025 Breaded Dory fish Buttered corn Salad bar French fries Chicken Biryani Mushrooms and vegetables coconut milk soup Stir-fried mixed	9/10/2025, 13/11/2025 Pasta Pork Bolognese/ Pasta Napolitana Schezwan fried rice Salad bar Stir-fried chicken with bell peppers Thai omelette with spring onion Mussaman curry Braised chicken noodle	10/10/2025, 14/11/2025 Chicken Tonkatsu Japanese curry Salad bar Minced pork spicy salad (Laab Moo) Stir-fried mixed vegetables with soy protein Stir-fried noodles with tamarind sauce (Phad



LUNCH MENU for Year 3-13 (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
Main Western/ International	Greek lemon chicken and potatoes	Breaded pork	Stir-fried pasta with chicken	Grilled chicken Yakitori sauce	Korean pork Bibimbub
Vegetarian dish	Chinese peppered tofu	Rajma Masala (Indian kidney beans gravy)	Stir-fried pasta with tomato and spinach	Aloo Kashmiri (Indian potato gravy)	Pumpkin cream soup
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish					
Side Dish					
Main Thai	Water Morning Glory and pork curry	Fresh bamboo shoot curry with chicken	Garlic pork stir fry	Stir-fried cabbage with crispy pork	Thai fried chicken
Main Thai	Fried egg Thai spicy salad	Stir-fried Morning Glory with bean paste	Stir-fried mixed vegetables with tofu	Mixed mushroom Tomyum soup	Mapo tofu
Thai Vegetarian	Stir-fried mixed vegetables with mushrooms	Sesame tofu	Braised egg and tofu in soy soup	Garden fried rice with tofu	Stir-fried mixed vegetables with soy protein
Noodles		Chicken noodle soup		Red roasted pork noodle soup	
Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits
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 Main Western/	27/10/2025, 24/11/2025	28/10/2025, 25/11/2025 Chinese Kung Pao	29/10/2025, 26/11/2025	30/10/2025, 27/11/2025	31/10/2025, 28/11/2025 Fried chicken Korean
Date Main Western/ International	27/10/2025, 24/11/2025 Chef's fried pork	28/10/2025, 25/11/2025 Chinese Kung Pao chicken	29/10/2025, 26/11/2025 Chicken Teriyaki	30/10/2025, 27/11/2025 Kimchi pork stir fry Jeera Aloo (Indian cumin	31/10/2025, 28/11/2025 Fried chicken Korean sauce
Date Main Western/ International Vegetarian dish	27/10/2025, 24/11/2025 Chef's fried pork Macaroni soup	28/10/2025, 25/11/2025 Chinese Kung Pao chicken Indian tamarind rice	29/10/2025, 26/11/2025 Chicken Teriyaki Pasta Aglio e Olio	30/10/2025, 27/11/2025 Kimchi pork stir fry Jeera Aloo (Indian cumin potatoes)	31/10/2025, 28/11/2025 Fried chicken Korean sauce Corn cream soup
Date Main Western/ International Vegetarian dish Salad	27/10/2025, 24/11/2025 Chef's fried pork Macaroni soup	28/10/2025, 25/11/2025 Chinese Kung Pao chicken Indian tamarind rice	29/10/2025, 26/11/2025 Chicken Teriyaki Pasta Aglio e Olio	30/10/2025, 27/11/2025 Kimchi pork stir fry Jeera Aloo (Indian cumin potatoes)	31/10/2025, 28/11/2025 Fried chicken Korean sauce Corn cream soup
Date Main Western/ International Vegetarian dish Salad Side Dish	27/10/2025, 24/11/2025 Chef's fried pork Macaroni soup Salad bar Sweet and sour chicken	28/10/2025, 25/11/2025 Chinese Kung Pao chicken Indian tamarind rice Salad bar	29/10/2025, 26/11/2025 Chicken Teriyaki Pasta Aglio e Olio	30/10/2025, 27/11/2025 Kimchi pork stir fry Jeera Aloo (Indian cumin potatoes)	31/10/2025, 28/11/2025 Fried chicken Korean sauce Corn cream soup
Date Main Western/ International Vegetarian dish Salad Side Dish Side Dish	27/10/2025, 24/11/2025 Chef's fried pork Macaroni soup Salad bar	28/10/2025, 25/11/2025 Chinese Kung Pao chicken Indian tamarind rice Salad bar Boiled egg	29/10/2025, 26/11/2025 Chicken Teriyaki Pasta Aglio e Olio Salad bar Stir-fried Chinese Kale	30/10/2025, 27/11/2025 Kimchi pork stir fry Jeera Aloo (Indian cumin potatoes) Salad bar Roasted chicken with soy	31/10/2025, 28/11/2025 Fried chicken Korean sauce Corn cream soup Salad bar Chicken coconut milk soup Stir-fried Chinese cabbage with egg
Date Main Western/ International Vegetarian dish Salad Side Dish Side Dish Main Thai	27/10/2025, 24/11/2025 Chef's fried pork Macaroni soup Salad bar Sweet and sour chicken Stir-fried mixed vegetables with	28/10/2025, 25/11/2025 Chinese Kung Pao chicken Indian tamarind rice Salad bar Boiled egg Red roasted pork	29/10/2025, 26/11/2025 Chicken Teriyaki Pasta Aglio e Olio Salad bar Stir-fried Chinese Kale with crispy pork Thai omelette with spring	30/10/2025, 27/11/2025 Kimchi pork stir fry Jeera Aloo (Indian cumin potatoes) Salad bar Roasted chicken with soy sauce Fried boiled egg with tamarind sauce Stir-fried mixed vegetables with tofu	31/10/2025, 28/11/2025 Fried chicken Korean sauce Corn cream soup Salad bar Chicken coconut milk soup Stir-fried Chinese
Date Main Western/ International Vegetarian dish Salad Side Dish Side Dish Main Thai	27/10/2025, 24/11/2025 Chef's fried pork Macaroni soup Salad bar Sweet and sour chicken Stir-fried mixed vegetables with mushrooms Hot and spicy spaghetti	28/10/2025, 25/11/2025 Chinese Kung Pao chicken Indian tamarind rice Salad bar Boiled egg Red roasted pork Tomato and egg stir fry Stir-fried tofu with spring	29/10/2025, 26/11/2025 Chicken Teriyaki Pasta Aglio e Olio Salad bar Stir-fried Chinese Kale with crispy pork Thai omelette with spring onion Garden fried rice with soy	30/10/2025, 27/11/2025 Kimchi pork stir fry Jeera Aloo (Indian cumin potatoes) Salad bar Roasted chicken with soy sauce Fried boiled egg with tamarind sauce Stir-fried mixed	31/10/2025, 28/11/2025 Fried chicken Korean sauce Corn cream soup Salad bar Chicken coconut milk soup Stir-fried Chinese cabbage with egg Stir-fried big noodles and tofu with dark soy sauce
Date Main Western/ International Vegetarian dish Salad Side Dish Side Dish Main Thai Main Thai Thai Vegetarian	27/10/2025, 24/11/2025 Chef's fried pork Macaroni soup Salad bar Sweet and sour chicken Stir-fried mixed vegetables with mushrooms Hot and spicy spaghetti	28/10/2025, 25/11/2025 Chinese Kung Pao chicken Indian tamarind rice Salad bar Boiled egg Red roasted pork Tomato and egg stir fry Stir-fried tofu with spring onion	29/10/2025, 26/11/2025 Chicken Teriyaki Pasta Aglio e Olio Salad bar Stir-fried Chinese Kale with crispy pork Thai omelette with spring onion Garden fried rice with soy	30/10/2025, 27/11/2025 Kimchi pork stir fry Jeera Aloo (Indian cumin potatoes) Salad bar Roasted chicken with soy sauce Fried boiled egg with tamarind sauce Stir-fried mixed vegetables with tofu Khao Soi (Thai curry noodle soup with	31/10/2025, 28/11/2025 Fried chicken Korean sauce Corn cream soup Salad bar Chicken coconut milk soup Stir-fried Chinese cabbage with egg Stir-fried big noodles and tofu with dark soy sauce