



LUNCH MENU for Year 3-13 (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
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 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
Main Western/ International	Chef's fried chicken	Japanese ginger pork (Shogayaki)	Breaded Dory fish	Pasta Pork Bolognese/ Pasta Napolitana	Chicken Tonkatsu
Vegetarian dish	Tofu kimchi soup	Chana Masala (Indian chickpeas gravy)	Buttered corn	Schezwan fried rice	Japanese curry
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish			French fries		
Side Dish	Fried egg				
Main Thai	Stir-fried minced pork with basil leaves	Chicken Green curry	Chicken Biryani	Stir-fried chicken with bell peppers	Minced pork spicy salad (Laab Moo)
Main Thai	Stir-fried mixed vegetables with tofu	Stir-fried Chinese Okra with egg	Mushrooms and vegetables coconut milk soup	Thai omelette with spring onion	Stir-fried mixed vegetables with soy protein
Thai Vegetarian	Stir-fried rice noodles and egg with dark soy sauce	Stir-fried tofu with Thai celery and spring onion	Stir-fried mixed vegetables with tofu	Mussaman curry	Stir-fried noodles with tamarind sauce (Phad Thai)
Noodles		Chicken noodle soup		Braised chicken noodle soup with gourd	
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



LUNCH MENU for Year 3-13 (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
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 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
Main Western/ International	Chef's fried pork	Chinese Kung Pao chicken	Chicken Teriyaki	Kimchi pork stir fry	Fried chicken Korean sauce
Vegetarian dish	Macaroni soup	Indian tamarind rice	Pasta Aglio e Olio	Jeera Aloo (Indian cumin potatoes)	Corn cream soup
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish					
Side Dish		Boiled egg			
Main Thai	Sweet and sour chicken	Red roasted pork	Stir-fried Chinese Kale with crispy pork	Roasted chicken with soy sauce	Chicken coconut milk soup
Main Thai	Stir-fried mixed vegetables with mushrooms	Tomato and egg stir fry	Thai omelette with spring onion	Fried boiled egg with tamarind sauce	Stir-fried Chinese cabbage with egg
Thai Vegetarian	Hot and spicy spaghetti stir fry with tofu	Stir-fried tofu with spring onion	Garden fried rice with soy protein	Stir-fried mixed vegetables with tofu	Stir-fried big noodles and tofu with dark soy sauce (Phad Si-ew)
Noodles		Minced pork noodle soup		Khao Soi (Thai curry noodle soup with chicken/tofu)	
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