



Lunch Menu for NUR - Year 2 (December 2025-January 2026)

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	1/12/2025, 19/1/2026	2/12/2025, 20/1/2026	3/12/2025, 21/1/2026	4/12/2025, 22/1/2026	23/1/2026
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	Pork Chilli Con Carne	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	Stir-fried mixed vegetables with tofu	Stir-fried tofu with mushroom sauce	Thai omelette and vegetables clear soup	Braised egg in soy soup	Stir-fried mixed vegetables and mushrooms
Salads	Salads	Salads	Salads	Salads	Salads
Side dish	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 Chiffon cake
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	8/12/2025, 26/1/2026	9/12/2025, 27/1/2026	10/12/2025, 28/1/2026	11/12/2025, 29/1/2026	30/1/2026
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	Potatoes and carrots soup with chicken	Breaded Dory fish	Pasta Pork Bolognese/ Pasta Napolitana	Chicken Tonkatsu
Vegetarian dish	Mungbean curry	Thai omelette with spring onion	Buttered corn	Chana Masala (Indian chickpeas gravy)	Japanese curry
Main Asian	Stir-fried mixed vegetables with tofu	Stir-fried tofu with Thai celery and spring onion	Stir-fried mixed vegetables with tofu	Fried boiled egg with tamarind sauce	Stir-fried Chinese Okra with egg
Salads	Salads	Salads	Salads	Salads	Salads
Side dish	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



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Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	5/1/2026	6/1/2026	7/1/2026	8/1/2026	9/1/2026
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	Pork Shepherd's pie	Grilled chicken Yakitori sauce	Thai fried chicken
Vegetarian dish	Chinese peppered tofu	Veg Pulao (Fried Rice with Indian Spices)	Pasta Aglio e Olio	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
Date	12/1/2026	13/1/2026	14/1/2026	15/1/2026	16/1/2026
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 pork	Chicken Hamonado (Filipino chicken in pineapple sauce)	Chicken Teriyaki	Ginger steamed vermicelli with chicken	Fried chicken Korean sauce
Vegetarian dish	Macaroni soup	Tomato and egg stir fry	Corn cream soup	Jeera Aloo (Indian cumin potatoes)	Vegetables casserole
Main Asian	Stir-fried mixed vegetables with mushrooms	Stir-fried tofu with spring onion	Thai omelette with spring onion	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