



## Lunch Menu for NUR - Year 2 (March-April 2026)

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	2/3/2026, 30/3/2026	31/3/2026	4/3/2026, 1/4/2026	5/3/2026, 2/4/2026	6/3/2026
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	Chicken Hamonado (Filipino chicken in pineapple sauce)	Potatoes and carrots soup with chicken	Breaded Dory fish	Pasta Pork Bolognese	Chicken Tonkatsu
Vegetarian dish	Vegetables casserole	Stir-fried star gooseberry leaves with egg	Buttered corn	Pasta Napolitana	Japanese curry
Main Asian	Stir-fried rice noodles and egg with dark soy sauce	Stir-fried tofu with bean sprouts	Stir-fried mixed vegetables with tofu	Fried boiled egg with tamarind sauce	Stir-fried Chinese Kale with mushrooms
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	Strawberry smoothie	Apple muffin	Vanilla Chiffon cake
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	9/3/2026, 20/4/2026	10/3/2026, 21/4/2026	11/3/2026, 22/4/2026	12/3/2026, 23/4/2026	13/3/2026, 24/4/2026
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	Breaded pork	Chicken and spinach skillet pasta	Grilled chicken Yakitori sauce	Thai fried chicken
Vegetarian dish	Mungbean curry	Stir-fried Morning Glory with bean paste	Tomato and spinach skillet pasta	Aloo Kashmiri (Indian potato gravy)	Pumpkin cream soup
Main Asian	Stir-fried mixed vegetables with tofu	Sesame tofu	Braised egg and tofu 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	Chocolate chip cookies	Banana cake	Honey cornflake



## Lunch Menu for NUR - Year 2 (March-April 2026)

Day Date	Monday 16/3/2026	Tuesday 17/3/2026	Wednesday 18/3/2026	Thursday 19/3/2026	Friday 20/3/2026
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	Roasted chicken with Italian herbs	Chicken Teriyaki	Braised chicken soup with gourd	Orange chicken
Vegetarian dish	Vegetables casserole	Stir-fried mixed vegetables and mushrooms	Corn cream soup	Jeera Aloo (Indian cumin potatoes)	Macaroni soup
Main Asian	Thai omelette soup	Stir-fried tofu with spring onion	Garden fried rice with soy protein	Fried boiled egg with tamarind sauce	Stir-fried Chinese Okra with egg
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 soft cookies
Day Date	Monday 23/3/2026	Tuesday 24/3/2026	Wednesday 25/3/2026	Thursday 26/3/2026	Friday 27/3/2026
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	Pork Shepherd's pie	Greek lemon chicken and potatoes	Thai fried chicken	Rosemary grilled chicken
Vegetarian dish	Baked macaroni	Tomato and egg stir fry	Chinese peppered tofu	Mapo tofu	Tomato cream soup
Main Asian	Stir-fried mixed vegetables with tofu	Garden fried rice with tofu	Egg tofu and vegetables clear soup	Braised egg and tofu in soy soup	Stir-fried tofu with mushroom sauce
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	Chocolate chip cookies	Banana cake	Strawberry cream cookies