



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

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	16/3/2026, 27/4/2026	17/3/2026, 28/4/2026	18/3/2026, 29/4/2026	19/3/2026, 30/4/2026	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	Monday	Tuesday	Wednesday	Thursday	Friday
Date	23/3/2026	24/3/2026	25/3/2026	26/3/2026	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



Lunch Menu for NUR - Year 2 (May 2026)

Day	Monday	Tuesday	Wednesday	Thursday	Friday	
Date	4/5/2026	5/5/2026	6/5/2026	7/5/2026	8/5/2026	
Morning snack	Public Holiday	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	
Milk/ Juice		UHT juice	Yogurt milk	Fresh milk	UHT juice	
Main Western/ International		Greek lemon chicken and potatoes	Thai fried chicken	Stir-fried pork with bell peppers	Baked macaroni with chicken	
Vegetarian dish		Crispy mushrooms with zesty sauce	Garden fried rice with tofu	Chinese peppered tofu	Baked macaroni	
Main Asian		Egg tofu and vegetables clear soup	Yakisoba with soy protein	Braised egg and tofu in soy soup	Stir-fried mixed vegetables with tofu	
Salads		Salads	Salads	Salads	Salads	
Side dish			Clear soup with vegetables		Clear soup with vegetables	
Rice		Steamed rice	Steamed rice	Steamed rice	Steamed rice	
Afternoon snack			Strawberry jam sandwiches	Strawberry smoothie	Apple muffin	Vanilla Chiffon cake
Day		Monday	Tuesday	Wednesday	Thursday	Friday
Date	11/5/2026	12/5/2026	13/5/2026	14/5/2026	15/5/2026	
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)	Japanese ginger pork (Shogayaki)	Breaded Dory fish	Pasta Pork Bolognese/ Pasta Napolitana	Chicken Tonkatsu	
Vegetarian dish	Vegetables casserole	Garden fried rice	Buttered corn	Fried boiled egg with tamarind sauce	Japanese curry	
Main Asian	Stir-fried rice noodles and egg with dark soy sauce	Stir-fried mixed vegetables with tofu	Stir-fried mixed vegetables with soy protein	Stir-fried Chinese Kale with mushrooms	Stir-fried Chinese Okra with egg	
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 (May 2026)

Day Date	Monday 18/5/2026	Tuesday 19/5/2026	Wednesday 20/5/2026	Thursday 21/5/2026	Friday 22/5/2026
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	Mapo tofu	Aloo Kashmiri (Indian potato gravy)	Tomato and spinach skillet pasta	Garden fried rice with tofu	Pumpkin cream soup
Main Asian	Stir-fried mixed vegetables with tofu	Stir-fried tofu with garlic	Braised egg and tofu in soy soup	Stir-fried lotus root with Japanese soy sauce	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 25/5/2026	Tuesday 26/5/2026	Wednesday 27/5/2026	Thursday 28/5/2026	Friday 29/5/2026
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	Red roasted pork & boiled egg	Chicken Teriyaki	Jeera Aloo (Indian cumin potatoes)	Rosemary grilled chicken
Vegetarian dish	Vegetables casserole	Stir-fried mixed vegetables and mushrooms	Tomato cream soup	Fried boiled egg with tamarind sauce	Macaroni soup
Main Asian	Thai omelette soup	Sesame tofu	Garden fried rice with soy protein	Stir-fried mixed vegetables with chicken	Stir-fried pumpkin with basil leaves
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