



LUNCH MENU for Year 3-13 (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
Main Western/International	Chef's fried pork	Roasted chicken with Italian herbs	Chicken Teriyaki	Kimchi pork stir fry	Orange chicken
Vegetarian dish	Vegetables casserole	Indian tamarind rice	Corn cream soup	Jeera Aloo (Indian cumin potatoes)	Macaroni 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	Water Morning Glory and pork curry	Stir-fried chicken and long beans with chilli paste	Stir-fried Chinese Kale with crispy pork
Main Thai	Thai omelette soup	Stir-fried mixed vegetables and mushrooms	Thai omelette with spring onion	Fried boiled egg with tamarind sauce	Stir-fried Chinese Okra 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	Garlic fried rice with tofu
Noodles		Red roasted pork egg 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
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	23/3/2026	24/3/2026	25/3/2026	26/3/2026	27/3/2026
Main Western/International	Baked macaroni with chicken	Pork Shepherd's pie	Greek lemon chicken and potatoes	Pork steak gravy sauce	Rosemary grilled chicken
Vegetarian dish	Baked macaroni	Sambhar (Indian vegetables curry)	Chinese peppered tofu	Mapo tofu	Tomato cream soup
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish					
Side Dish					
Main Thai	Garlic pork	Sriracha honey chicken	Minced pork Thai spicy salad (Laab Moo)	Thai fried chicken	Thai fish cake
Main Thai	Vegetarian Thai spicy salad	Tomato and egg stir fry	Crispy mushrooms with zesty sauce	Braised egg and tofu in soy soup	Stir-fried mixed vegetables and mushrooms
Thai Vegetarian	Stir-fried mixed vegetables with tofu	Garden fried rice with tofu	Egg tofu and vegetables clear soup	Stir-fried cabbage and tofu with garlic	Stir-fried tofu with mushroom sauce
Noodles		Chicken noodle soup		Minced 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



LUNCH MENU for Year 3-13 (May 2026)

Day Date	Monday 4/5/2026	Tuesday 5/5/2026	Wednesday 6/5/2026	Thursday 7/5/2026	Friday 8/5/2026
Main Western/ International	Public Holiday	Greek lemon chicken and potatoes	Chilli Con Pork	Bar-b-q chicken	Baked macaroni with chicken
Vegetarian dish		Sambhar (Indian vegetables curry)	Yakisoba with soy protein	Chinese peppered tofu	Baked macaroni
Salad		Salad bar	Salad bar	Salad bar	Salad bar
Side Dish					
Side Dish					
Main Thai		Minced pork Thai spicy salad (Laab Moo)	Thai fried chicken	Stir-fried pork with bell peppers	Garlic pork
Main Thai		Crispy mushrooms with zesty sauce	Mushrooms Tom yum soup	Braised egg and tofu in soy soup	Vegetarian Thai spicy salad
Thai Vegetarian		Egg tofu and vegetables clear soup	Garden fried rice with tofu	Stir-fried mixed vegetables	Stir-fried mixed vegetables with tofu
Noodles		Minced pork noodle soup		Braised pork noodle soup	
Rice		Steamed rice	Steamed rice	Steamed rice	Steamed rice
Fresh fruits		Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits
Day Date		Monday 11/5/2026	Tuesday 12/5/2026	Wednesday 13/5/2026	Thursday 14/5/2026
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	Schezwan fried rice	Buttered corn	Chana Masala (Indian chickpeas gravy)	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	Thai fried chicken	Chicken rice (Khao Man Gai)	Panang pork curry	Pineapple curry with pork
Main Thai	Mushrooms coconut milk soup	Vegetarian Mussaman curry	Phad Thai with tofu	Fried boiled egg with tamarind sauce	Stir-fried Chinese Okra with egg
Thai Vegetarian	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	Garden fried rice with tofu
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 (May 2026)

Day Date	Monday 18/5/2026	Tuesday 19/5/2026	Wednesday 20/5/2026	Thursday 21/5/2026	Friday 22/5/2026
Main Western/ International	Chef's fried chicken	Breaded pork	Chicken and spinach skillet pasta	Grilled chicken Yakitori sauce	Korean pork Bibimbub
Vegetarian dish	Mapo tofu	Aloo Kashmiri (Indian potato gravy)	Tomato and spinach skillet pasta	Veg Pulao (Fried Rice with Indian Spices)	Pumpkin cream soup
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish					
Side Dish					
Main Thai	Hot and spicy pork soup	Chicken coconut milk soup	Stir-fried cabbage with crispy pork	Stir-fried ginger pork	Thai fried chicken
Main Thai	Stir-fried vermicelli with egg	Stir-fried Morning Glory with bean paste	Mixed mushrooms Thai salad (Laab)	Stir-fried lotus root with Japanese soy sauce	Tofu Choo Chee Curry
Thai Vegetarian	Stir-fried mixed vegetables with tofu	Stir-fried tofu with garlic	Braised egg and tofu in soy soup	Garden fried rice with tofu	Stir-fried mixed vegetables with soy protein
Noodles		Khao Soi (Thai curry noodle soup with chicken/tofu)		Minced 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 25/5/2026	Tuesday 26/5/2026	Wednesday 27/5/2026	Thursday 28/5/2026	Friday 29/5/2026
Main Western/ International	Chef's fried pork	Roasted chicken with Italian herbs	Chicken Teriyaki	Kimchi pork stir fry	Rosemary grilled chicken
Vegetarian dish	Vegetables casserole	Indian tamarind rice	Tomato cream soup	Jeera Aloo (Indian cumin potatoes)	Macaroni 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	Choy Sum sour and spicy soup with shrimp	Stir-fried chicken and long beans with chilli paste	Minced pork Northern Thai chilli
Main Thai	Thai omelette soup	Stir-fried mixed vegetables and mushrooms	Thai omelette with spring onion	Fried boiled egg with tamarind sauce	Stir-fried pumpkin with basil leaves
Thai Vegetarian	Hot and spicy spaghetti stir fry with tofu	Sesame tofu	Garden fried rice with soy protein	Stir-fried mixed vegetables with tofu	Stir-fried tofu with mushroom sauce
Noodles		Red roasted pork egg noodle soup		Chicken 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