



Lunch Menu for NUR - Year 2 (August-September 2026)

Day Date	Monday 14/09/2526	Tuesday 15/09/2526	Wednesday 19/08/2026,16/09/2026	Thursday 20/08/2026,17/09/2026	Friday 21/08/2026,18/09/2026
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	Stir-fried pasta with chicken	Grilled chicken Yakitori sauce	Thai fried chicken
Vegetarian dish	Chinese peppered tofu	Stir-Fried Vegetables with Tofu	Stir-fried pasta with tomato and spinach	Aloo Kashmiri (Indian potato gravy)	Tomato cream soup
Main Asian	Stir-fried mixed vegetables with mushrooms	Sesame tofu	Braised egg in soy soup	Fried-Egg	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	Crackers	Strawberry jam sandwiches	Mini Pizza	Strawberry Smoothie	Cinnamon Roll
Day Date	Monday 24/08/2026,21/09/2026	Tuesday 25/08/2026,22/09/2026	Wednesday 26/08/2026,23/09/2026	Thursday 27/08/2026,24/09/2026	Friday 28/08/2026,25/09/2026
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 steak Bar-B-Q sauce	Chicken Teriyaki	Stir-Fried Macaroni with tomato Sauce and minced pork	Hong Kong Cola chicken
Vegetarian dish	Mungbean curry	Stir-fried mixed vegetables with protein	Pasta Aglio e Olio	Jeera Aloo (Indian cumin potatoes)	Carrot lentils soup
Main Asian	Vegetarian sweet and sour	Thai omelette with spring onion	Tomato and egg stir fry	Boiled Eggs	Garden fried rice with soy protein
Salads	Salads	Salads	Salads	Salads	Salads
Side dish	Clear soup with vegetables	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	Crackers	Strawberry jam sandwiches	Chocolate chip cookies	Banana cake	Honey cornflake



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Day Date	Monday 31/08/2026,28/09/2026	Tuesday 01/09/2026,29/9/2026	Wednesday 02/09/2026,30/09/2026	Thursday 03/09/2026	Friday 04/09/2026
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	Fried chicken Korean sauce	Chicken Hamonado (Filipino chicken in pineapple sauce)	Roasted chicken with Italian herbs
Vegetarian dish	Baked macaroni	Stir-fried pumpkin with egg	Vegetables casserole	Stir-fried cabbage and tofu with garlic	Pumpkin cream soup
Main Asian	Garlic tofu	Stir-fried mixed vegetables with tofu	Potato and carrot clear soup	Braised egg in soy soup	Stir-fried mixed vegetables and mushrooms
Salads	Salads	Salads	Salads	Salads	Salads
Side dish	Thai omelette and vegetables clear soup	Clear soup with vegetables			
Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Afternoon snack	Cheese crackers	Strawberry jam sandwiches	Mini Pizza	Strawberry Smoothie	Vanilla soft cookies
Day Date	Monday 07/09/2026	Tuesday 08/09/2026	Wednesday 09/09/2026	Thursday 10/09/2026	Friday 11/09/2026
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	Japanese ginger pork (Shogayaki)	Breaded Dory fish	Pork Shepherd's pie	Chicken Tonkatsu
Vegetarian dish	Teriyaki sauce fried rice	Chana Masala (Indian chickpeas gravy)	Buttered corn	Pasta Napolitana	Japanese curry
Main Asian	Stir-fried mixed vegetables with tofu	Stir-fried Chinese Okra with egg	Stir-fried mixed vegetables with tofu	Garden fried rice with tofu	Stir-fried instant noodles with tofu and vegetables
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	Crackers	Strawberry jam sandwiches	Chocolate chip cookies	Banana cake	Strawberry cream cookies