



LUNCH MENU for Year 3-13 (August-September 2026)

Day Date	Monday 14/09/2026	Tuesday 15/09/2026	Wednesday 19/08/2026, 16/09/2026	Thursday 20/08/2026, 17/09/2026	Friday 21/08/2026, 18/09/2026
Main Western/ International	Greek lemon chicken and potatoes	Breaded pork	Stir-fried pasta with chicken	Grilled chicken Yakitori sauce	Korean pork Bibimbub
Vegetarian dish	Chinese peppered tofu	Rajma Masala (Indian kidney beans gravy)	Stir-fried pasta with tomato and spinach	Aloo Kashmiri (Indian potato gravy)	Tomato cream soup
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish					
Side Dish					
Main Thai	Pork Panang curry	Fresh bamboo shoot curry with chicken	Garlic pork stir fry	Stir-fried cabbage with crispy pork	Thai fried chicken
Main Thai	Fried egg Thai spicy salad	Stir-fried Morning Glory with bean paste	Stir-fried mixed vegetables with tofu	Mixed mushroom Tomyum soup	Vegetarian Mussaman curry
Thai Vegetarian	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
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
Day Date	Monday 24/08/2026, 21/9/2026	Tuesday 25/08/2026, 22/9/2026	Wednesday 26/08/2026, 23/9/2026	Thursday 27/08/2026, 24/9/2026	Friday 25/08/2026, 25/9/2026
Main Western/ International	Chef's fried pork	Chicken steak Bar-B-Q sauce	Chicken Teriyaki	Kimchi pork stir fry	Hong Kong Cola chicken
Vegetarian dish	Mungbean curry	Allo Bhaji (Potato Bhaji)	Pasta Aglio e Olio	Palak Tofu (Tofu Spinach Curry)	Carrot lentils soup
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish					
Side Dish					Boiled egg
Main Thai	Chicken coconut milk soup	Minced pork stir-fried with Thai Southern chilli paste	Stir-fried Chinese Kale with crispy pork	Roasted chicken with soy sauce	Red roasted pork
Main Thai	Vegetarian sweet and sour	Thai omelette with spring onion	Tomato and egg stir fry	Fried boiled egg with tamarind sauce	Stir-fried cabbage with tofu
Thai Vegetarian	Hot and spicy spaghetti stir fry with tofu	Stir-fried mixed vegetables with Tofu	Ginger tofu stir fry	Stir-fried tofu with spring onion	Garden fried rice with soy protein
Noodles		Red roasted pork noodle soup		Braised 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 (August - September 2026)

Day Date	Monday 31/08/2026, 28/9/2026	Tuesday 01/09/2026, 29/9/2026	Wednesday 02/09/2026, 30/9/2026	Thursday 03/09/2026	Friday 04/09/2026,
Main Western/ International	Baked macaroni with chicken	Pork steak gravy sauce	Fried chicken Korean sauce	Chicken Hamonado (Filipino chicken in pineapple sauce)	Roasted chicken with Italian herbs
Vegetarian dish	Baked macaroni	Sambhar (Indian vegetables curry)	Vegetables casserole	Schezwan fried rice	Pumpkin cream soup
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish	Buttered vegetables and mushroom				
Side Dish					
Main Thai	Thai mixed spicy salad with minced pork	Sriracha honey chicken	Stir-fried pork and long beans with chilli paste	Thai fish cake	Stir-fried pork with shrimp paste
Main Thai	Thai omelette and vegetables clear soup	Stir-fried pumpkin with egg	Crispy mushrooms with zesty sauce	Braised egg in soy soup	Stir-fried mixed vegetables and mushrooms
Thai Vegetarian	Garlic tofu	Stir-fried mixed vegetables with tofu	Potato and carrot clear soup	Stir-fried cabbage and tofu with garlic	Stir-fried noodles with tamarind sauce (Phad Thai)
Noodles		Chicken noodle soup with gourd		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 07/09/2026	Tuesday 08/09/2026	Wednesday 09/09/2026	Thursday 10/09/2026	Friday 11/9/2026
Main Western/ International	Chef's fried chicken	Japanese ginger pork (Shogayaki)	Breaded Dory fish	Pork Shepherd's pie	Chicken Tonkatsu
Vegetarian dish	Tofu Spicy Sichuan	Chana Masala (Indian chickpeas gravy)	Buttered corn	Pasta Napolitana	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	Stir-fried bamboo shoot with chilli and chicken	Chicken rice (Khao Man Gai)	Ginger chicken	Minced pork spicy salad (Laab Moo)
Main Thai	Stir-fried mixed vegetables with tofu	Stir-fried Chinese Okra with egg	Thai omelette with spring onion	Mushrooms and vegetables coconut milk soup	Stir-fried mixed vegetables with soy protein
Thai Vegetarian	Egg noodles and soy protein stir fry	Stir-fried tofu with Thai celery and spring onion	Stir-fried mixed vegetables with tofu	Garden fried rice with tofu	Stir-fried instant noodles with tofu and vegetables
Noodles		Chicken noodle soup		Khao Soi (Thai curry noodle soup with chicken/tofu)	
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