



Lunch Menu for NUR - Year 2 (October-November 2025)

Day Date	Monday 02/11/2026	Tuesday 03/11/2026	Wednesday 04/11/2026	Thursday 01/10/2026	Friday 02/10/2026
Morning snack				Seasonal fresh fruit	Seasonal fresh fruit
Milk/ Juice				Fresh milk	UHT juice
Main Western/ International				Chicken Parmigianna	Mac and Cheese
Vegetarian dish				Aglio e Olio with Spinach	Stir-Fried mix vegetable with Tofu
Main Asian				Braised Pork	Fried Chicken
Salads				Salads	Salads
Side dish				Clear Soup with vegetables	Clear Soup with vegetables
Rice				Steamed rice	Steamed rice
Afternoon snack				Soft Cookie Vanilla	Cereal Corp
Day Date	Monday 05/10/2026	Tuesday 06/10/2026	Wednesday 7/10/1016	Thursday 08/10/2026	Friday 09/10/2026
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 Pork	Orange Chicken	Breaded Dory fish	Poached Chicken with Ginger	Chicken Tonkatsu
Vegetarian dish	Stir-Fried Mix vegetable	Stir-Fri Tofu with Celery and Spring Onions	Buttered corn	Tofu With Begetable Curry	Stir-Fried Pumkin with egg
Main Asian	Thai Omalet	Fried Eggs	Stir-fried mixed vegetables with tofu	Stir-Fried Macaroni with egg and tomato sauce	Stir-Fried Mixvegetable with Soy Protein
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	Mini Pizza	Fruit Smoothie	Strawberry cream cookies



Lunch Menu for NUR - Year 2 (October 2026)

Day Date	Monday 19/10/2026	Tuesday 20/10/2026	Wednesday 21/10/2026	Thursday 22/10/2026	Friday 23/10/2026
Morning snack	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Public Holiday
Milk/ Juice	Yogurt milk	UHT juice	Yogurt milk	Fresh milk	
Main Western/ International	Chef's Chicken	Shohayaki	Stir-Frie Pasta with Chicken and tomato sauce	Chicken BBQ	
Vegetarian dish	Pumpkin Soup	Chinese Peppered Tofu	Teriyaki Fried Rice	Sambhar	
Main Asian	Thai Omelet	Fried egg	Braised Eggs and Tofu in Five-Spice Sauce	Fried Rice with Chicken	
Salads	Salads	Salads	Salads	Salads	
Side dish	Clear soup with vegetables	Clear soup with vegetables	Boiled vegetables	Clear soup with vegetables	
Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	
Afternoon snack	crackers	Strawberry jam sandwiches	Cinnamon Roll	Soft Cookie	
Day Date	Monday 26/10/2026	Tuesday 27/10/2026	Wednesday 28/10/2026	Thursday 29/10/2026	Friday 30/10/2026
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	Roasted Tarragon Chicken	Pork Steak Gravy	Korean Chicken	Garlic Fried Chicken	Honhkong Cola Chicken
Vegetarian dish	Penne Carbonara	Fried egg	Macaroni Soup	Stir-Fried Tofu with Peas and Baby corn	Tomato Cream Soup
Main Asian	Stir-Fried Mixvegetable	Stir-Frie Glass Noodles and vegetable	Stir-Fried Mixvegetabel with tofu	Garlic Fried Chicken	Braised Pork
Salads	Salads	Salads	Salads	Salads	Salads
Side dish	Clear soup with vegetables	Clear soup with vegetables	Clear soup with vegetables	Clear soup with vegetables	Boiled Mix Vegetables
Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Afternoon snack	Crackers	Strawberry jam sandwiches	Vanilla Waffle	Banana Cake	Strawberry cream cookies