



LUNCH MENU for Year 3-13 (October 2026)

Day Date	Monday 02/11/2026	Tuesday 03/11/2026	Wednesday 04/11/2026	Thursday 01/10/2026	Friday 02/10/2026
Main Western/ International				Chicken Parmigianna	Mac and Cheese
Vegetarian dish				Aglio e Olio with Spinach	Penne all'Arrabbiata
Salad				Salad bar	Salad bar
Side Dish					
Side Dish					
Main Thai				Braised Pork	Hainanese Chicken Rice
Main Thai				Stir-Fried Chicken with Bell Peppers	Fried Chicken
Thai Vegetarian				Tom Yum Mushroom Tofu with Coconut Chili Paste and Soup	Winter Melon Soup with Shiitake Mushrooms
Noodles				Braised Pork Noodle Soup	
Rice				Steamed rice	Steamed rice
Fresh fruits				Seasonal fresh fruits	Seasonal fresh fruits
Day Date	Monday 05/10/2026	Tuesday 06/10/2020	Wednesday 07/10/2026	Thursday 08/10/2026	Friday 09/10/2026
Main Western/ International	Chef's Pork	Orange Chicken	Breaded Fish	Poached Chicken with Ginger	Chicken Tonkatsu
Vegetarian dish	Mung Bean Curry	Rajma Masala	Buttered Corn	Tofu With Vegetable Curry	Japanese Curry
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish			French Fries		
Side Dish					
Main Thai	Stir-Fried Chicken with Bell Peppers	Thai Green Curry with Chicken	Fried Dory Fish with Three-Flavour Sauce	Thai Chicken Biryani	Northern Thai Pork Curry
Main Thai	Clear Soup with Pork- Stuffed Cucumber	Stir-Fried Minced Pork with Thai Spice	Creamy Tom Yum Chicken Soup	Spicy and Sour Pork Soup	Stir-Fried Pumpkin with Egg
Thai Vegetarian	Stir-Fried Mushrooms with Soy Protein	Stir-Fried Tofu with Celery and Spring Onions	Stir-Fried Yellow Tofu with Curry Powder	Stir-Fried Mixed Vegetables with Tofu	Clear Winter Melon Soup with Shiitake Mushrooms
Noodles		Minced Pork Noodle Soup		Braised Chicken Noodle Soup with Bitter Melon	
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 (October 2026)

Day Date	Monday 19/10/2026	Tuesday 20/10/2026	Wednesday 21/10/2026	Thursday 22/10/2026	Friday 23/10/2026
Main Western/ International	Chef's Chicken	Shohayaki	Fish Curry with Coconut Milk	Chicken BBQ	Public Holiday
Vegetarian dish	Pumpkin Soup	Chinese Peppered Tofu	Teriyaki Fried Rice	Sambhar	
Salad	Salad bar	Salad bar	Salad bar	Salad bar	
Side Dish					
Side Dish					
Main Thai	Pork and Morning Glory Curry	Chicken with Sriracha Sauce	Stir-Fried Chinese Kale with Crispy Pork	Pork Panang Curry	
Main Thai	Thai Omelet	Thai Green Curry with Tofu	Creamy Tom Yum Chicken Soup	Stir-Fried Luffa with Egg	
Thai Vegetarian	Stir-Fried Mixed Vegetables with Mushrooms	Fried Egg	Stir-Fried Soy Protein with Curry Paste	Stir-Fried Glass Noodles with Mixed Vegetables	
Noodles		Rolled Rice Noodle Soup with Pork		Braised Chicken 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 26/10/26	Tuesday 27/10/2026	Wednesday 28/10/2026	Thursday 29/10/2026	Friday 30/10/2026
Main Western/ International	Roasted Tarragon Chicken	Pork Steak Gravy	Korean Chicken	Kimchi Pork	Hongkong Cola Chicken
Vegetarian dish	Penne Carbonara	Jeera Aloo	Macaroni Soup	Kashmiri Aloo	Tomato Cream Soup
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Side Dish					
Side Dish		Boiled egg			
Main Thai	Garlic Fried Pork	Braised Pork Belly with Glass Noodles	Stir-Fried Chinese Kale with Crispy Pork	Garlic Fried Chicken	Braised Pork Leg with Rice
Main Thai	Clear Tofu and Shiitake Mushroom Soup	Stir-Fried Chicken with Thai Chilli Paste	Spring Onion Omelette	Fried Boiled Dggs with Tamarind Sauce	Stir-Fried Cabbage with Tofu
Thai Vegetarian	Spaghetti with Tofu and Thai Basil	Stir-Fried Tofu with Celery and Spring Onions	Vegetable Fried Rice with Soy Protein	Stir-Fried Mixed Vegetables with Tofu	Stir-Fried Wide Rice Noodles with Tofu
Noodles		Minced pork 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