# LUNCH MENU for Year 3-13 (November-December 2026)

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Date | 2/11/2026,30/11/2026 | 3/11/2026,1/12/2026 | 4/11/2026,2/12/2026 | 5/11/2026,3/12/2026 | 6/11/2026,4/12/2026 |
| Main Western/ International | Orange Chicken | Meatballs in Tomato Sauce | Breaded Fish | Poached Chicken with Ginger | Chicken Tonkatsu |
| Vegetarian dish | Jacket Potatoes with Baked Beans | Napoletana | Buttered Corn | Tofu and Vegetable Curry | Japanese Curry |
| Salad | Salad bar | Salad bar | Salad bar | Salad bar | Salad bar |
| Side Dish | | | French Fries | | |
| Side Dish | Fried Egg | | | | Fried Egg |
| Main Thai | Stir-Fried Pork with Garlic | Fried Chicken with Sriracha Sauce | Five-Spice Eggs with Braised Pork | Fried Chicken | Roasted Pork with Honey |
| Main Thai | Chicken and Coconut Milk Soup | Stir-Fried Pumpkin with Thai Basil | Stir-Fried Chicken with Bell Peppers | Stir-Fried Bok Choy | Clear Soup with Egg Tofu |
| Thai Vegetarian | Stir-Fried Mixed Vegetables with Tofu | Stir-Fried Tofu with Spring Onions and Straw Mushrooms | Stir-Fried Chicken with Bell Peppers | Stir-Fried Glass Noodles with Egg and Vegetable | Stir-Fried Liang Leaves with Egg |
| Noodles | | Noodle Soup with Minced Pork | | Rolled Rice Noodle Soup with Pork | |
| 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 | 9/11/2026,7/12/2026 | 10/11/2026,8/12/2026 | 11/11/2026,9/12/2026 | 12/11/2026,10/12/2026 | 13/11/2026,11/12/2026 |
| Main Western/ International | Chef's Pork | Lemon Chicken with Potatoes | Carbonara | Chicken Parmigiana | Mac & Cheese |
| Vegetarian dish | Aglio e Olio with Spinach | Rajma Masala | Mushroom Soup | Mungbean Curry | Penne all'Arrabbiata |
| Salad | Salad bar | Salad bar | Salad bar | Salad bar | Salad bar |
| Side Dish | | | | | |
| Side Dish | Fried Egg | | Fried Egg | | |
| Main Thai | Stir-Fried Minced Pork with Holy Basil | Stir-Fried Chinese Kale with Crispy Pork | Moo Hong (Southern Thai Braised Pork) | Crispy Battered Marinated Pork | Fried Chicken with Hainanese Rice |
| Main Thai | Clear Soup with Fresh Bamboo Shoots and Minced Pork | Thai Omelette with Spring Onions | Tom Yum Soup with Mushrooms and Mixed Vegetables | Green Curry with Fish Balls | Winter Melon Soup |
| Thai Vegetarian | Stir-Fried Rice Vermicelli with Soy Sauce and Egg | Stir-Fried Tofu with Chinese Celery and Spring Onions | Stir-Fried Mixed Vegetables with Tofu | Stir-Fried Mixed Vegetables with Soy Protein | Stir-Fried Yakisoba Noodles with Tofu |
| Noodles | | Noodle Soup with Minced Pork | | Noodle Soup with Braised Chicken and 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 (November-December 2026)

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Date | 16/11/2026 | 17/11/2026 | 18/11/2026 | 19/11/2026 | 20/11/2026 |
| Main Western/ International | Roasted Tarragon Chicken | Pork Steak With Gravy | Korean Chicken | Kimchi Pork | Hong Kong Cola Chicken |
| Vegetarian dish | Szechuan Fried Rice | Jeera Aloo | Macaroni Soup | Kashmiri Aloo | Tomato Soup |
| Salad | Salad bar | Salad bar | Salad bar | Salad bar | Salad bar |
| Side Dish | | | | | |
| Side Dish | | | | | |
| Main Thai | Braised Pork | Fresh Bamboo Shoot Curry with Minced Pork | Stir-Fried Chicken with Bell Peppers | Fried Chicken | Stir-Fried Pork with Red Curry Paste and Green Beans |
| Main Thai | Thai Omelette with Tomatoes and Onions | Stir-Fried Morning Glory | Stir-Fried Mixed Vegetables with Tofu | Creamy Tom Yum Mushroom Soup | Clear Soup with Tofu and Minced Pork |
| Thai Vegetarian | Stir-Fried Mixed Vegetables with King Oyster Mushrooms | Steamed Tofu with Soy Sauce | Five-Spice Eggs with Tofu | Stir-Fried Bean Sprouts with Tofu | Stir-Fried Mixed Vegetables with Soy Protein |
| Noodles | | Noodle Soup with Shredded Chicken | | Egg Noodle Soup with BBQ Pork | |
| 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 | 23/11/2026 | 24/11/2026 | 25/11/2026 | 26/11/2026 | 27/11/2026 |
| Main Western/ International | Chef's Chicken | Shogayaki | Fish Curry with Coconut Milk | Chicken BBQ | Breaded Pork With Korean Sauce |
| Vegetarian dish | Pumpkin Soup | Mapo Tofu | Teriyaki Fried Rice | Sambar | Kimchi Fried Rice |
| Salad | Salad bar | Salad bar | Salad bar | Salad bar | Salad bar |
| Side Dish | | | | | |
| Side Dish | Fried Egg | | | | Clear Broth for BBQ Pork Rice |
| Main Thai | Chicken Massaman Curry | Stir-Fried Pork with Potatoes | Stir-Fried Chinese Kale with Crispy Pork | Stir-Fried Chicken with Garlic | BBQ Pork and Boiled Egg |
| Main Thai | Winter Melon Soup | Stir-Fried Glass Noodles with Egg | Thai Omelette with Spring Onions | Fried Egg | Stir-Fried Chinese Cabbage with Egg |
| Thai Vegetarian | Drunken Spaghetti with Tofu | Stir-Fried Tofu with Chinese Celery and Spring Onions | Mixed Vegetable Fried Rice with Soy Protein | Stir-Fried Mixed Vegetables with Tofu | Stir-Fried Wide Rice Noodles with Soy Sauce and Tofu |
| Noodles | | Noodle Soup with Braised Pork | | Khao Soi with Chicken / Khao Soi with 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 |