

# Lunch Menu

Week...1.....

Please be aware that items on this menu may change or be unavailable at certain times.



Chilli



Chicken



Beef



Pork



Lamb



Prawn



Fish



Crustacean



Egg

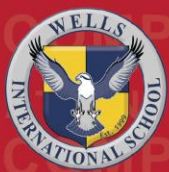


Dairy



Gluten

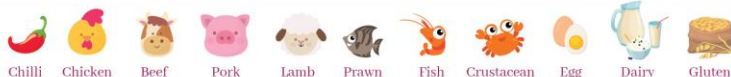
Day	Monday	Tuesday	Wednesday	Thursday 01 Dec' 2022	Friday 02 Dec' 2022
Food					
Morning Break	Seasonal Fruit 		Seasonal Fruit 	Sandwich Ham&Cheese	Cream Buns
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 
Thai 1				Grilled chicken with Herbs 	Stir Fried pork with Garlic 
Thai 2				Pork, Gourd and pickled lime soup 	Boiled eggs with Sweet and sour sauce 
International				Pork Stew 	Chicken and Mushroom Cream Sauce 
Vegetarian				Pad thai 	Stir fried mix vegetables with tofu 
Rice	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 
Noodle				Braised Chicken with bitter gourd noodle 	Pork Noodle Soup 
Salad Bar	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 
Fruit	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 



# Lunch Menu

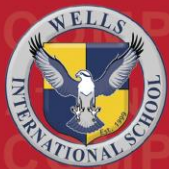
Week.....**2**

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday 05 Dec'2022	Tuesday 06 Dec'2022	Wednesday 07 Dec'2022	Thursday 08 Dec'2022	Friday 09 Dec'2022
Food					
Morning Break	Seasonal Fruit 	Pie with Pineapple	Seasonal Fruit 	Banana Cake	Sandwich Cheese
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 
Thai 1		Stir fried Pork and curry paste 	Stir Fried Pork with Basil 	Fried fish with lemongrass 	Spicy Chicken Salad 
Thai 2		Thai Chicken Coconut Soup 	Egg Drop Soup 	Stuffed Cucumber Soup with pork 	Massaman Curry with pork 
International		Penne with pesto sauce and bacon 	Chicken Tonkatsu 	Chicken Steak with Mushroom Sauce 	Spaghetti with Spicy Chicken Sausage 
Vegetarian		Stir fried Mushroom with Vegetables 	Yakisoba 	Stir fried tofu and sting bean with red curry paste 	Stir Fried Sugar Pea with tofu 
Rice	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 
Noodle		Yentafo 	Tom - Yum noodle with Pork ball 	Pork Noodle Soup with Coccinia 	Egg noodle with red BBQ pork 
Salad Bar	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 
Fruit	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 

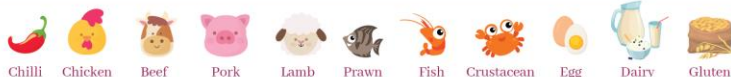




# Lunch Menu

Week.....**3**

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday 12 Dec'2022	Tuesday 13 Dec'2022	Wednesday 14 Dec'2022	Thursday 15 Dec'2022	Friday 16 Dec'2022
Food					
Morning Break	Seasonal Fruit	Muffin	Seasonal Fruit	Cornflake	Gingerbread
Drink	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
Thai 1	Hainanese Chicken Rice	Stir Fried Sugar Snap Pea with Pork	Stir Fried Broccoli with Chicken	Grill Pork with Thai Spicy Sauce	Black Pepper Pork Steak
Thai 2	Pork ball Soup	Green Curry with Fish Balls	Thai Stewed Pork with Eggs	Seaweed Soup with Pork	Chicken bonchon
International	Roasted Pork with Apple Sauce	Spaghetti Carbonara with Chicken Ham	Roast Chicken with BBQ	Chicken Fricassee	Roasted Chicken with Canberry Sauce
Vegetarian	Stir Fried Noodle	Stir Fried Bean Sprouts with tofu	Stir Fried Chinese Noodle	Stir Fried Mixed Vegetables	Pesto Pasta with Roasted Vegetables
Rice	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry
Noodle	Tom yum Chicken noodle	Fish noodle with red sauce	Egg noodle soup with Roast pork	Chicken stew noodle	Pork Noodle Soup
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit