

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

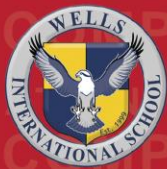


Dairy



Gluten

Day	Monday	Tuesday	Wednesday 1 Feb'2023	Thursday 2 Feb'2023	Friday 3 Feb'2023
Food	Monday	Tuesday	Wednesday 1 Feb'2023	Thursday 2 Feb'2023	Friday 3 Feb'2023
Morning Break			Seasonal Fruit	Sandwich Ham&Cheese	Tuna Corn Salad with Cracker
Drink			Whole Milk	Whole Milk	Whole Milk
Thai 1			Fried Fish with Herb	Hainanese Chicken Rice	Egg with Tamarind Sauce
Thai 2			Tonjiru (Pork Miso Soup)	Thai Omelet Soup	Stewed Pork Knuckle
International			Chicken Teriyaki	Pork Yakiniku	Roasted Fish with Marinara Sauce
Vegetarian			Stir Fried Cabbage and Mushroom with Shoyu	Tofu Katsu	Plant-based Ball with Marinara Sauce
Rice			Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry
Noodle			Chicken Sukiyaki	Chicken Ramen	Flat Rice Noodles with Sticky Gravy Sauce
Salad Bar			Salad Bar	Salad Bar	Salad Bar
Fruit			Seasonal Fruit	Seasonal Fruit	Seasonal Fruit



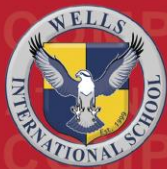
Lunch Menu

Week.....2

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Day	Monday 6 Feb'2023	Tuesday 7 Feb'2023	Wednesday 8 Feb'2023	Thursday 9 Feb'2023	Friday 10 Feb'2023
Food					
Morning Break	Seasonal Fruit 	Crab Stick Mayonnaise Sandwich	Seasonal Fruit 	Butter Waffle Crisp	Cereal
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 
Thai 1	Stir-fried Pork with Broccoli, Carrot and Mushroom 	Stir Fried Pork with Black Pepper Sauce 	Panang Chicken Curry 	Stir Fried Pork with Egg 	Ham Fried Rice 
Thai 2	Kimchi Soup with Pork 	Winter Melon Soup with Chicken 	Stir Fried Bok Choy with Pork 	Chinese Braised Chicken Soup 	Mizutaki (Chicken Hot Pot) 
International	Chicken Bulgogi 	Chicken BBQ Sauce 	Grilled Chicken with Rosemary 	Spaghetti Aglio e Olio Ham 	Deep Fried Fish with Tatar Sauce 
Vegetarian	Stir Fried Vemicelli with Mushroom 	Mac & Cheese 	Thai Stir-fried Rice Noodles (Pad Thai) 	Spaghetti Aglio e Olio Mushroom 	Fried Vegetable with Tatar Sauce 
Rice	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 
Noodle	Shredded Chicken Noodles 	Roasted BBQ Pork & Dumpling Noodles 	Pork Sukiyaki 	Pork Patty Tom Yum Noodles 	Braised Chicken Noodles 
Salad Bar	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 
Fruit	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 



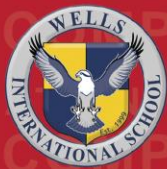
Lunch Menu

Week...**3**...

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Day	Monday 13 Feb'2023	Tuesday 14 Feb'2023	Wednesday 15 Feb'2023	Thursday 16 Feb'2023	Friday 17 Feb'2023
Food					
Morning Break	Seasonal Fruit 	Banana Cake	Seasonal Fruit 	Cheese Sandwich with Pizza Spread	Croissant
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 
Thai 1	Stir Fried Chicken with Sweet & Sour Sauce 	Three Flavored Deep-Fried Fish 	Stir Fried Chicken with Chilli Paste 	Stir Fried Minced Pork with Tomato 	Fried Chicken with Herb 
Thai 2	Chinese Cabbage Soup with Minced Chicken 	Stewed Chicken with Five Spice 	Radish Soup with Pork 	Chinese Bok Choy with Minced Chicken Soup 	Chicken & Potato Soup 
International	Pork Yakiniku 	Pork Ball with Onion Gravy 	Spaghetti Cabonara 	Fish & Chips 	Stir Fried Pork with Gochujang 
Vegetarian	Yakisoba Vegetable 	Spicy Mushroom & TVP Salad 	Stir Fried Mixed Vegetable & Crispy TVP with Red Curry 	Corn Carne with Plant Based 	Stir Fried Rice Noodle with Vegetable & TVP 
Rice	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 
Noodle	Braised Pork Noodles 	Pink Flat Noodles with Fish Ball 	Minced Chicken Tom Yum Noodles 	Minced Pork & Fish Ball Noodles 	Macaroni Soup with Minced Pork 
Salad Bar	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 
Fruit	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 



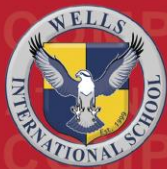
Lunch Menu

Week...4...

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Day	Monday 20 Feb'2023	Tuesday 21 Feb'2023	Wednesday 22 Feb'2023	Thursday 23 Feb'2023	Friday 24 Feb'2023
Food					
Morning Break	Seasonal Fruit	Tuna Corn Salad Sandwich	Seasonal Fruit	Cookies	Cake Roll
Drink	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
Thai 1	Stir Fried Pork with Green Pepper	Stir Fried Enoki with Pork	Stir Fried Chicken with Cashew Nut	Stir Fried Minced Pork with Basil	Stir Fried Vermicelli and Minced Chicken
Thai 2	Clear Soup with Seaweed and Minced Pork	Winter Melon Soup with Chicken and Mushroom	Vegetable Gourd Soup with Minced Pork	Omelet Egg Soup	Thai Chicken Coconut Soup
International	Fried Chicken with Korean Sauce	Penne Pesto Sauce with Grilled Chicken	Buta Tojidon	Spaghetti Chicken Bolognese	Japanese Pork Hamburg
Vegetarian	Shou Mian	Penne Pesto Sauce with Mushroom	Stir Fried Mixed Mushroom	Stir Fried Morning Glory with Tofu	Stir Fried Bean Sprout with Tofu
Rice	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry
Noodle	Sukhothai Minced Pork Noodles	Vegetable Gourd Chicken Noodles	Pink Seafood Flat Noodles	Pork Ball Noodles	Chicken Tom Yum Noodles
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...**5**...

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Chilli



Chicken



Beef



Pork



Lamb



Prawn



Fish



Crustacean



Egg



Dairy



Gluten

Day	Monday 25 Feb'2023	Tuesday 26 Feb'2023	Wednesday 27 Feb'2023	Thursday 28 Feb'2023	Friday
Food					
Morning Break	Seasonal Fruit 	Egg Sandwich	Seasonal Fruit 	Fruit Tart	
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 	
Thai 1	Spicy Grilled Pork Salad 	Chicken Massaman Curry 	Stir Fried Chicken with Mushroom 	Stuffed Omelet with Minced Chicken 	
Thai 2	Radish Soup with Minced Pork 	Thai Style Minced Pork Soup 	Chicken Tom Yum (Clear Soup) 	Chicken & Mushroom Soup 	
International	Tori Katsu 	Stir Fried Spicy Spaghetti with Pork 	Crispy Fish with Lemon Butter Sauce 	Stir Fried Chicken with Onion Japanese Style 	
Vegetarian	Thai Stir-fried Rice Noodles (Pad Thai) 	Stir Fried Pumpkin with Egg 	Saute Mushroom & Tofu with Butter 	Yasai Itame 	
Rice	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	
Noodle	Shredded Chicken Noodles 	Pork Sukiyaki 	Pork Noodles 	Pink Flat Noodles with Fish Ball 	
Salad Bar	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 	
Fruit	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	



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Week.....

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Chilli



Chicken



Beef



Pork



Lamb



Prawn



Fish



Crustacean



Egg



Dairy



Gluten

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break					
Drink					
Thai 1					
Thai 2					
International					
Vegetarian					
Rice					
Noodle					
Salad Bar					
Fruit					