

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

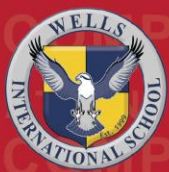


Dairy



Gluten

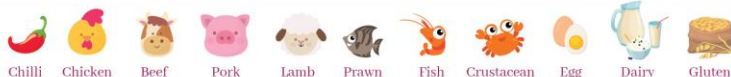
Day	Monday	Tuesday	Wednesday 01March2023	Thursday 02March2023	Friday 03March2023
Food					
Morning Break			Seasonal Fruit 	Sandwich Ham&Cheese	Cream Buns
Drink			Whole Milk 	Whole Milk 	Whole Milk 
Thai 1			Spicy Minced Pork with Herbal Salad 	Grilled chicken with Herbs 	Stir Fried pork with Garlic 
Thai 2			Chicken Tom Yum (Clear Soup) 	Pork, Gourd and pickled lime soup 	Boiled eggs with Sweet and sour sauce 
International			Crispy Fish with Lemon Cream Sauce 	Pork Stew 	Spaghetti Chicken and Mushroom Cream Sauce 
Vegetarian			Saute Mushroom & Tofu with Butter 	Stir Fried Rice Noodle 	Stir fried mix vegetables with tofu 
Rice			Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 
Noodle			Pork noodle with Pork ball 	Braised Chicken with bitter gourd noodle 	Pork Noodle Soup 
Salad Bar			Salad Bar 	Salad Bar 	Salad Bar 
Fruit			Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 



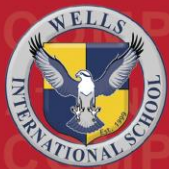
Lunch Menu

Week.....**2**

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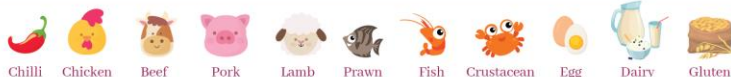
Day	Monday 06March2023	Tuesday 07March2023	Wednesday 08March2023	Thursday 09March2023	Friday 10March2023
Food					
Morning Break		Butter Cookies	Seasonal Fruit	Banana Cake	Sandwich Cheese
Drink		Whole Milk	Whole Milk	Whole Milk	Whole Milk
Thai 1		Stir fried chicken and curry paste	Thai Red BBQ Pork with rice	Fried fish with lemongrass	Spicy Chicken Salad
Thai 2		Seaweed, Tofu & Pork Mince Soup	Thai Chicken Coconut Soup	Stuffed Cucumber Soup with pork	Panang with pork
International		Penne with pesto sauce and bacon	Macaroni cream sauce	Chicken Steak with Mushroom Sauce	Spaghetti with Spicy Chicken Sausage
Vegetarian		Stir fried Mushroom with Vegetables	Deep Fried Tofu with G ravy Sauce	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
Noodle		Yentafo	Pork Suki	Pork Noodle Soup with Coccinia	Egg noodle with red BBQ pork
Salad Bar		Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fruit		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit



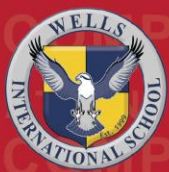
Lunch Menu

Week.....**3**

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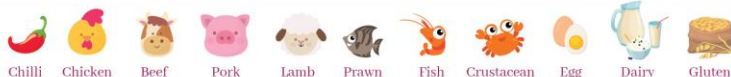
Day	Monday 13March2023	Tuesday 14March2023	Wednesday 15March2023	Thursday 16March2023	Friday 17March2023
Food					
Morning Break	Seasonal Fruit 	Granola	Seasonal Fruit 	Jam Roll	Crispy Garlic Bread
Drink	Yoghurt 	Whole Milk 	Yoghurt 	Whole Milk 	Whole Milk 
Thai 1	Hainanese Chicken Rice 	Stir Fried Sugar Snap Pea with Pork 	Stir Fried Broccoli with Chicken 	Grill Pork with Thai Spicy Sauce 	Stir Fries Pork with Sweet Sour Sauce 
Thai 2	Pork ball Soup 	Green Curry with Fish Balls 	Massaman Curry with Pork 	Seaweed Soup with Pork 	Chicken Stew and Egg with Five Spice 
International	Pasta Meat Ball 	Roasted Chicken with BBQ Sauce 	Spaghetti Carbonara with Chicken Ham 	Chicken Fricassee 	New Orleans Chicken 
Vegetarian	Stir Fried Noodle 	Stir Fried Bean Sprouts with tofu 	Stir Fried Mixed Vegetable 	Stir Fried Chinese Noodle 	Mushroom salad 
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 Minced Pork & Fish Ball 	Chicken stew noodle 	Ramen
Salad Bar	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 
Fruit	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 



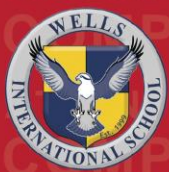
Lunch Menu

Week.....**4**.....

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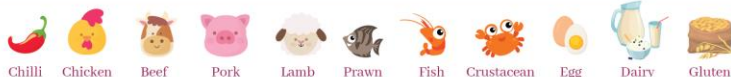
Day	Monday 20March2023	Tuesday 21March2023	Wednesday 22March2023	Thursday 23March2023	Friday 24March2023
Food					
Morning Break	Seasonal Fruit 	LayerVanilla cake	Seasonal Fruit 	Sausage Bread	Cereal
Drink	Yoghurt 	Whole Milk 	Yoghurt 	Whole Milk 	Whole Milk 
Thai 1	Stir Fried Pork with Green Peppers 	Deep Fried Chicken 	Stir fried black pepper with Pork 	Grilled Chicken spicy salad 	Stir Fried pork with Basil 
Thai 2	Chicken tom-yum Soup 	Stir Fried Broccoli with Pork 	Seaweed, Tofu & Pork Mince Soup 	Stir Fried Pork and with Curry 	Stir Fried Chinese Cabbage with Chicken & Egg 
International	Chicken Teriyaki 	Spaghetti Musroom Sauce	Grill Chicken with Rosemary 	Chicken macaroni with tomato sauce 	Deep Fried Fish 
Vegetarian	Stir Fried luffa with egg 	Stir fried mix vegetable with tofu 	Spicy Crispy Morning Glory 	Stir Fried Broccoli with Carrot 	Egg Salad 
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 w/ Roast pork 	Chicken stew noodle 	Spicy Pork Noodle 
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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Day	Monday 27March2023	Tuesday 28March2023	Wednesday 29March2023	Thursday 30March2023	Friday 31March2023
Food					
Morning Break	Seasonal Fruit	Mini Pineapple Bread	Seasonal Fruit	Sandwich Jam	Oreo Cookie
Drink	Yoghurt	Whole Milk	Yoghurt	Whole Milk	Whole Milk
Thai 1	Pork with sweet sauce	Stir Fried Chilli Curry Paste with Chicken	Spicy Grilled Pork Salad with Lemon Grass & Mint	Grilled Chicken with spicy tamarind sauce	Deep-fried fish with sweet and sour sauce
Thai 2	Spicy Tom-Yum Fish Soup	Thai Seasoned Omelet	Stuffed cucumber with minced Pork Soup	Stir Fried Cabbage with Pork	Potato Chicken Soup
International	Spaghetti Alio	Stewed Pork with Brown Sauce and Mash Potato	Spaghetti Bolognese with Chicken	Spicy Spagetti with Chicken	Macaroni Tomatto sauce with Pork
Vegetarian	Stir Fried Cucumber with egg	Stir fried Vermicelli	Stir fried Soy sauce with 3 vegetable	Papaya salad	Stir-Fried Sayate Wish Salted Soya Bean
Rice	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry
Noodle	Spicy Pork Noodle	Fish Noodle	Noodles with Seafood Soup and Red Sauce	Green Noodle with Red BBQ Pork	Ramen
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit