

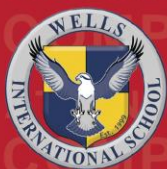
Lunch Menu

Week...1....

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



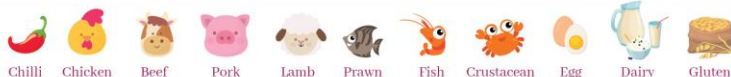
Day	Monday	Tuesday	Wednesday	Thursday	Friday 1 September
Food					
Morning Break					Spinach Cheese Puff
Drink					Whole Milk 
Thai 1					Larb Pork 
Thai 2					Thai Spicy & Sour Soup with Chicken and Mushroom 
International					Chicken Steak 
Vegetarian					Bake spinach with cheese 
Rice					Steamed rice Rice berry 
Noodle					Pork Noodle 
Salad Bar					Salad Bar 
Fruit					Seasonal Fruit 



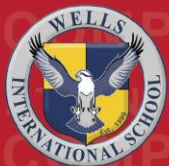
Lunch Menu

Week.....**2**

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



Day	Monday 4 September 2023	Tuesday 5 September 2023	Wednesday 6 September 2023	Thursday 7 September 2023	Friday 8 September 2023
Food					
Morning Break	Grilled Chicken sandwich 	Garlic Bread	Seasonal Fruit 	Chicken gyoza 	Seasonal Fruit 
Drink	Whole Milk 	Whole Milk 	Yogurt 	Whole Milk 	Yogurt 
Thai 1	Crispy Fish with Tamarind Sauce 	Stir fried vermicelli with minced pork 	Stir fried chicken with yellow curry paste 	Chicken tandoori 	Thai Chicken Garlic 
Thai 2	Chicken green curry 	Japanese Clear Soup with mushroom	Thai chicken coconut soup 	Homemade Naan 	Pork Curry with Water Spinach
International	Stir-fried pork with miso 	Roasted chicken with cheese 	Pork ball with onion gravy sauce 	Chicken Masala 	Honey Mustard Rosted Pork 
Vegetarian	Bok Choy in Brown Sauce 	Stir fried broccoli carrot and crispy TVP 	Spaghetti aglio olio Mushroom 	Aloo gobi 	Stir fried kale and mushroom 
Rice	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 
Noodle	Pork ball and minced pork noodle 	Braised chicken noodle 	Fish ball noodle 	Roasted pork bbq noodle 	Chicken Ramen 
Salad Bar	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 
Fruit	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 



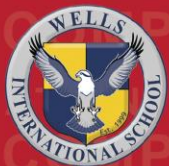
Lunch Menu

Week.....**3**

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



Day	Monday 11 September 2023	Tuesday 12 September 2023	Wednesday 13 September 2023	Thursday 14 September 2023	Friday 15 September 2023
Food					
Morning Break	Granola	Chicken Caesar wrap 	Seasonal Fruit 	Steamed Pork Bun 	Seasonal Fruit 
Drink	Whole Milk 	Whole Milk 	Yogurt 	Yogurt 	Yogurt 
Thai 1	Grilled Chicken Thai Style 	Fried Chicken and Herb 	Stir Fried Chicken with Pepper 	Japanese curry/ Scrambled egg	Sweet Pork 
Thai 2	Miso soup with pork and vegetables	Spinach cream soup	Omelette Soup	Seaweed Clear Soup with Pork 	Fish Tom Yum Soup 
International	Fish Goujon 	Roasted Fish with Lemon Garlic Butter Sauce 	Okonomiyaki (ham,bacon) 	Pork Tonkutsu 	Steamed Chicken with Soya Sauce 
Vegetarian	Spicy Stir Fried Flat Noodle with Vegetable and Plant Based Protein 	Stir fried bok choy and shitake 	Chana Dal Masala 	Yakisoba 	Fettuccine Tomato Sauce 
Rice	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 
Noodle	Clear Soup with Minced Pork Noodle 	Egg noodle soup with grilled Chicken 	Thai Chicken Sukiyaki 	Pork Ramen 	Chicken Khao Soi 
Salad Bar	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 
Fruit	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 



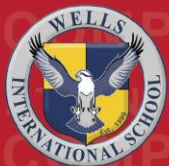
Lunch Menu

Week.....4

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



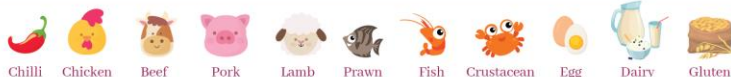
Day	Monday 18 September 2023	Tuesday 19 September 2023	Wednesday 20 September 2023	Thursday 21 September 2023	Friday 22 September 2023
Food					
Morning Break	Cereal 	Mini pork burger 	Seasonal Fruit 	Apple Pie 	Seasonal Fruit 
Drink	Whole Milk 	Whole Milk 	Yogurt 	Whole Milk 	Yogurt 
Thai 1	Stir Fried Crispy Chicken with Garlic 	Three Flavoured Deep-fried Fish 	Sweet and Sour Egg 	Pulled Pork 	Stir Fried Pork with Basil 
Thai 2	Radish Soup with Minced Chicken 	Stir fried Pork with Black Pepper 	Pumpkin Curry with Pork 	Cauliflower Chowder Soup	Pak Choi with Minced Pork Soup 
International	Pork Japanese Hamburg Steak 	Chicken Tuscan 	Roasted Chicken with Lemon Butter Sauce 	Chicken BBQ with Grilled Vegetable	Roasted Chicken with Marinara Sauce 
Vegetarian	Panang Mushroom 	Fettuccine Aglio with Spinach Mushrooms and Tomato 	Fried Noodle Thai style with Tofu and Vegetable 	Macaroni Cheese 	Mushroom and Mix Vegetable with shoyu 
Rice	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 
Noodle	Silver needle noodle soup & Fish Ball 	Braised Chicken Noodle 	Chicken Wonton Soup 	Pho 	Fried Noodle With Pork in Gravy Sauce 
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

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



Day	Monday 25 September 2023	Tuesday 26 September 2023	Wednesday 27 September 2023	Thursday 28 September 2023	Friday 29 September 2023
Food					
Morning Break	Seasonal Fruit 	Banana Cake 	Chicken sandwich 	Seasonal Fruit 	Shumai
Drink	Whole Milk 	Yogurt 	Whole Milk 	Yogurt 	Whole Milk 
Thai 1	Fried sun-dried pork 	Stir fried morning glory with minced pork 	Chicken glazed red sauce 	Pork cordon bleu 	Fried Chicken with herb 
Thai 2	Winter melon and shitake mushroom soup with chicken 	Korean Seaweed Clear Soup	Fish Tom Yum Soup 	Cream Soup with Mushroom	Chicken & Potato Soup 
International	Penne pesto sauce with grilled chicken 	Chicken teriyaki 	Spaghetti pork ball 	coq au vin 	Stir Fried Pork with Gochujang 
Vegetarian	Stir fried mushroom with garlic 	Stir-Fried Eggplant with Soybean Paste Sauce 	Stir Fried Broccoli 	Ratatouille 	Stir Fried Rice Noodle with Vegetable and 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 	Shredded chicken noodle 	Fish ball noodle 	Pork Ball Noodles in Clear Soup 
Salad Bar	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 
Fruit	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 