

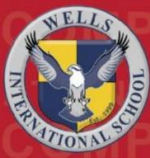
30<sup>th</sup> October – 03<sup>rd</sup> November 2023

Week....1....

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



Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Break</b>	Granola 	Fresh Fruit	Mini Pork Burger 	Fresh Fruit	Croissant Butter 
<b>Drink</b>	Whole Milk 	Yoghurt 	Whole Milk 	Yoghurt 	Whole Milk 
<b>Thai 1</b>	Sticky Gravy Tofu with Minced Pork 	Deep Fried Pork Cake 	Pork Bulgogi 	Menchi Katsu 	BBQ Pork Rice with Boiled Egg 
<b>Thai 2</b>	Clear Soup Minced Pork Mixed with Vermicelli 	Green Curry Chicken 	Tofu Soup Japanese Style 	Miso Soup 	Winter Melon with Chicken Soup 
<b>International</b>	Roasted Chicken Apple Sauce, Potato Wedges 	Mac n Cheese with Ham 	Chicken Steak with Mash Potato 	Pasta Cream Mushroom with Ham 	Chicken Quesadillas 
<b>Vegetarian</b>	Stir Fried Longevity Noodle with Vegetable 	Stir Fried Broccoli with Oyster Sauce 	Phad Thai Tofu 	Yasai Itame Japanese Style 	Baked Vermicelli with Tofu 
<b>Rice</b>	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
<b>Noodle</b>	Tom Yum Noodle 	Roller Rice Noodle with Pork 	Kao Soi with Chicken 	Ramen 	Yellow Noodle with BBQ Pork 
<b>Salad Bar</b>	Salad Bar 				
<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit & Special	Fresh Fruit	Fresh Fruit & Special



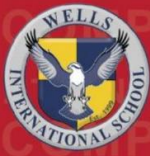
06<sup>th</sup> – 10<sup>th</sup> November 2023

Week...2...

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



Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Food</b>					
<b>Morning Break</b>	Sandwich Ham Cheese 	Fresh Fruit	Banana Cup Cake 	Fresh Fruit	Chicken Pie 
<b>Drink</b>	Whole Milk 	Yoghurt 	Whole Milk 	Yoghurt 	Whole Milk 
<b>Thai 1</b>	Deep Fried Chicken with Tamarin Sauce 	Steamed Minced Pork with Dry Pickled 	Stir Fried Pork with Ginger 	Stir Fried Minced Pork with Hot Basil and Thai Omelet 	Thai Papaya Salad with Sticky Rice 
<b>Thai 2</b>	Omelet Soup 	Red Curry Pumkin with Chicken 	Clear Soup with Tofu and Minced Pork 	White Radish with Minced Pork 	Spicy Clear Soup with Minced Pork 
<b>International</b>	Pork Steak with Mash Potato 	Grilled Chicken BBQ with Sauteed Potato 	Chicken Pop 	Pasta Olio Chicken 	Roasted Chicken 
<b>Vegetarian</b>	Ankake Tofu with Mushroom Sauce 	Pasta with Pesto Sauce and Tofu Soup 	Japanese Curry with Tofu 	Stir Fried Bean Sprout with Shiitake 	Pasta Phad Kee Mao with Vegetable 
<b>Rice</b>	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
<b>Noodle</b>	Yen Ta Fo Noodle 	Sukhothai Noodle 	Tom Yum Noodle 	Braised Pork Noodle 	Silver needle Noodle with Minced Pork 
<b>Salad Bar</b>	Salad Bar 				
<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit & Special	Fresh Fruit	Fresh Fruit & Special



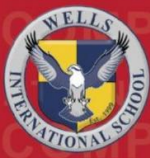
13<sup>th</sup> – 17<sup>th</sup> November 2023

Week...3...

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



Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Food</b>					
<b>Morning Break</b>	Chinese Bun Minced Pork 	Fresh Fruit	Mini Pork Burger 	Fresh Fruit	Pineapple Pie 
<b>Drink</b>	Whole Milk 	Yoghurt 	Whole Milk 	Yoghurt 	Whole Milk 
<b>Thai 1</b>	Sweet & Sour Chicken 	Fried Pork with Garlic 	Hainanese Chicken Rice 	Caramelized Pork 	Tonkatsu 
<b>Thai 2</b>	Clear Soup with Seaweed and Tofu 	Massaman Chicken and Tofu Soup 	Winter Melon with Minced Pork Soup 	Minced Pork with Shiitake Bamboo Soup 	Miso Soup 
<b>International</b>	Pork Lasagna 	Hamburg Steak with Croquette 	Roasted Pork Teriyaki 	Grilled Chicken Breast with Lemon & Thyme 	Pasta Cream Ham and Mushroom 
<b>Vegetarian</b>	Stir Fried Chinese Kale With Shiitake 	Stir Fried Tofu with Green Pepper 	Phad Se-ew with Vegetable 	Mixed Mushroom Spicy Salad 	Yakisoba 
<b>Rice</b>	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
<b>Noodle</b>	Gravy Noodle with Soft Pork 	Noodle Fish Ball 	Yellow Noodle with Minced Pork 	Kao Soi with Chicken 	Ramen 
<b>Salad Bar</b>	Salad Bar 				
<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit & Special	Fresh Fruit	Fresh Fruit & Special



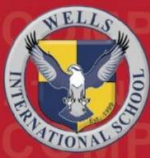
20<sup>th</sup> – 24<sup>th</sup> November 2023

Week...4...

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



Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Break</b>	Granola 	Fresh Fruit	Sandwich Ham Cheese 	Fresh Fruit	Egg Tart 
<b>Drink</b>	Whole Milk 	Yoghurt 	Whole Milk 	Yoghurt 	Whole Milk 
<b>Thai 1</b>	Sticky Gravy Tofu with Minced Pork 	Deep Fried Pork Cake 	Pork Bulgogi 	Menchi Katsu 	BBQ Pork Rice with Boiled Egg 
<b>Thai 2</b>	Clear Soup Minced Pork Mixed with Vermicelli 	Green Curry Chicken 	Tofu Soup Japanese Style 	Miso Soup 	Winter Melon with Chicken Soup 
<b>International</b>	Roasted Chicken Apple Sauce, Potato Wedges 	Mac n Cheese with Ham 	Chicken Steak with Mash Potato 	Pasta Cream Mushroom with Ham 	Chicken Quesadillas 
<b>Vegetarian</b>	Stir Fried Longevity Noodle with Vegetable 	Stir Fried Broccoli with Oyster Sauce 	Phad Thai Tofu 	Yasai Itame Japanese Style 	Baked Vermicelli with Tofu 
<b>Rice</b>	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
<b>Noodle</b>	Tom Yum Noodle 	Roller Rice Noodle with Pork 	Kao Soi with Chicken 	Ramen 	Yellow Noodle with BBQ Pork 
<b>Salad Bar</b>	Salad Bar 				
<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit & Special	Fresh Fruit	Fresh Fruit & Special



27<sup>th</sup> November – 01<sup>st</sup> December 2023

Week...5...

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



Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Food</b>					
<b>Morning Break</b>	Minced Pork Shumai 	Fresh Fruit	Bacon Twist 	Fresh Fruit	BBQ Pork Pie 
<b>Drink</b>	Whole Milk 	Yoghurt 	Whole Milk 	Yoghurt 	Whole Milk 
<b>Thai 1</b>	Stir Fried Pork with Hot Basil and Thai Omelet 	Stir Fried pork with Curry Powder 	Deep Fried Chicken with Garlic Sauce 	Steamed Chicken with Soya Sauce 	Stir fired pork with Garlic 
<b>Thai 2</b>	Tom Kha Gai and Tofu Soup 	Winter Melon Soup with Chicken 	Minced Pork with Shiitake Bamboo Soup 	Pork & Boiled Egg with Brown Soup 	Tom Yum Pork Ball 
<b>International</b>	Chicken Pop 	Chicken New Orleans 	Pork Steak with Mushroom Sauce 	Fish and Chips 	Pasta Pork Bolognese 
<b>Vegetarian</b>	Ankake Tofu with Mushroom Sauce 	Tofu Teriyaki Sauce 	Stir Fried Vermicelli with Vegetable 	Stir Fried Sweet & Sour Protein 	Stir Fried Protein with Herb Paste 
<b>Rice</b>	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
<b>Noodle</b>	Sukhothai Noodle 	Shredded Chicken Noodle 	Yen Ta Fo Noodle 	Yellow Noodle with Minced Pork 	Pork Suki 
<b>Salad Bar</b>	Salad Bar 				
<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit & Special	Fresh Fruit	Fresh Fruit & Special