

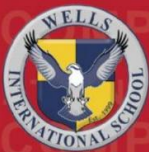
31st August - 4th September 2026

Week.....1

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



Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	S/W Ham and Corn   	Pork Dumplings   	Carrot Cake  	Fresh Fruit	Pie Chicken Tomato Sauce  
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 
Main Dish 1	Chicken Biryani  	Braised Pork with Rice  	Pepper Chicken Steak   	Stir Fried Chicken with Yakiniiku Sauce  	Stir Fried Pork with Shoyu  
Main Dish 2	Stir Fried Pork with Garlic  	Steamed Fish with Lime and Chilies   	Pasta with Pork Bolognese  	Pork Hamburg  	Bon Chon Chicken   
Soup	Thai Spicy Chicken Soup   	Egg and Tofu in Brown Soup  	Chicken and Potato Soup  	Soft Tofu Soup with Mushroom  	Eomuk Guk Fishcake Soup   
Vegetarian	Stir Fried Rice Vermicelli with Egg (Pad See Ew)  	Stir Fried Bok Choy and Shiitake with Mushroom Sauce  	Stir Fried Tomato with Egg  	Yasai Itame  	Stir Fried Chinese Cabbage with Carrots and Mushrooms  
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Kao Soi Chicken     	Silver Noodle with Minced Chicken  	Braised Pork Noodle  	Miso Ramen   	Egg Noodle with Minced Pork   
Salad Bar	Thai-Style Salad	Chinese-Style Salad	Western Salad Bar	Japanese-Style Salad	Korean-Style Salad
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



7th – 11th September 2026

Week...2...

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



Chili



Chicken



Beef



Pork



Lamb



Prawn



Fish



Crustacean



Egg

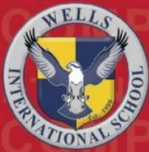


Dairy



Gluten

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	Crab Stick S/W 	Cream Bun 	Brownie 	Fresh Fruit	Chicken Ham Stick
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk
Main Dish 1	Hat Yai Fried Chicken 	Chinese BBQ Pork Rice 	Chicken New Orleans 	Tori Katsu 	Korean Spice Rubbed Chicken
Main Dish 2	Stir Fried Minced Pork with Soy Sauce 	Sichuan Spicy Chicken 	Pasta Agio Olio with Ham and Chicken Sausage 	Scramble Egg 	Pork Bulgogi
Soup	Glass Noodle with Minced Pork Soup 	Pickled Lettuce Soup with Chicken 	Mushroom Cream Soup 	Egg Drop Soup 	Muguk Korean Raddish soup
Vegetarian	Stir Fried Kale with Mushroom 	Stir Fried Eggplant with Soy Paste 	Stir Fried Sweet Pea with Baby Corn 	Japanese Curry 	Stir Fried Cabbage with Sesame Oil
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Sukhothai Noodle 	BBQ Pork Noodle 	Yen Ta Fo Noodle 	Shoyu Ramen 	Grilled Chicken Noodle Soul
Salad Bar	Thai-Style Salad	Chinese-Style Salad	Western Salad Bar	Japanese-Style Salad	Korean-Style Salad
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



14th – 18th September 2026

Week...3....

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



Chili

Chicken

Beef

Pork

Lamb

Prawn

Fish

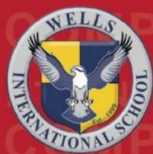
Crustacean

Egg

Dairy

Gluten

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	Chicken Ham & Cheese S/W    	Granola 	Egg Tart   	Fresh Fruit	Banana Cake  
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 
Main Dish 1	Grilled Chicken with Sticky Rice  	Stir Fried Pork with Roasted Red Chili Paste  	Fried Fish with Tartar Sauce   	Garlic Butter Baked Rice with Shoyu Grilled Chicken   	Snow Onion Chicken   
Main Dish 2	Spicy Minced Pork Salad   	Braised Chicken in Soybean Paste   	Pasta Cream Sauce with Chicken Ham   	Shogayaki  	Dwaeji Galbi  
Soup	Hot & Sour Soup with Pork   	Braised Cabbage with Mushroom  	Minestrone Soup  	Miso Soup  	Sundubu Gyeran Guk Tofu and Egg Soup   
Vegetarian	Stir Fried Morning Glory   	Stir Fried Glass Noodle with Tofu  	Stir Fried Broccoli with Carrot  	Stir Fried Kyabetsu Itame Cabbag  	Dubu Jorim   
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Kao Soi Chicken     	Rolled Rice Noodles in Five Spices Broth  	Pork Suki   	Kitsune Ramen   	Bibim Guksu   
Salad Bar	Thai-Style Salad	Chinese-Style Salad	Western Salad Bar	Japanese-Style Salad	Korean-Style Salad
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



21st – 25th September 2026

Week....4

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



Chili

Chicken

Beef

Pork

Lamb

Prawn

Fish

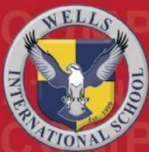
Crustacean

Egg

Dairy

Gluten

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	Chicken Ham Pizza Sauce S/W   	Ham and Corn Salad Crackers   	Pineapple Pie  	Fresh Fruit	Taiwanese Egg Cake   
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 
Main Dish 1	Caramelized Pork  	Fried Fish with Celery Sauce  	Pesto Pasta with Chicken Ham  	Japanese Chicken Cream Stew   	Dwaeji Bulgogi   
Main Dish 2	Panang Curry with Chicken   	Hainanese Chicken Rice  	Spicy Chicken Steak  	Buta Yakiniku   	Fried Chicken with Garlic Sauce  
Soup	Coconut Milk Soup with Chicken   	Clear Soup Winter Melon with Chicken  	Chicken Soup with Potato  	Japanese Glass Noodle Soup   	Korean Mushroom Hot Pot Soup  
Vegetarian	Stir Fried Bok Choy with Mushroom  	Stir Fried Mixed Vegetables with Tufu  	Stir Fried Tomato with Egg  	Stir Fried Sweet Pea with Sesame oil  	Bibimbap  
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Noodle with Pork in Thai Gravy Sauce   	Glass Noodle Braised Chicken  	Creamy Tom Yum Noodle with Minced Pork    	Tonkotsu Ramen    	Janchi Guksu Korean Noodle Soup  
Salad Bar	Thai-Style Salad	Chinese-Style Salad	Western Salad Bar	Japanese-Style Salad	Korean-Style Salad
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



foodhouse

28th September– 2nd October 2026

Week...5....

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



Chili

Chicken

Beef

Pork

Lamb

Prawn

Fish

Crustacean

Egg

Dairy

Gluten

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Butter Cookies   	Shredded Chicken S/W    	Chicken Sausage Roll    	Fresh Fruit	Mini Pork Burger   
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 
Main Dish 1	Stir Fried Minced Pork with Hot Basil and Omelet   	Stir Fried Pork with Black Pepper  	Pork Ball   	Chicken Karaage  	Cheesy Kimchi Pork   
Main Dish 2	Stir Fried Chicken with Ginger  	Braised Chicken in Red Gravy Sauce  	Tuscan Chicken   	Butadon   	Grilled Chicken with Soy Butter   
Soup	Thai Green Curry with Chicken    	Bamboo Soup with Shiitake and Pork  	Thai Omelet Soup  	Shoyu Soup with Pork   	Miyeokguk Korean Seaweed Soup  
Vegetarian	Stir Fried Cucumber with Egg  	Stir Fried Chinese Spinach with Shiitake Mushrooms  	Mac & Cheese  	Stir Fried Mushroom with Teriyaki  	Stir Fried Bean Sprout with Sesame Oil  
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Kao Soi Chicken     	Braised Chicken Noodle  	Shredded Chicken Noodle  	TanTan Men    	Egg Noodle with Pork Wonton   
Salad Bar	Thai-Style Salad	Chinese-Style Salad	Western Salad Bar	Japanese-Style Salad	Korean-Style Salad
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit