

5th - 9th October 2026

Week...1....

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

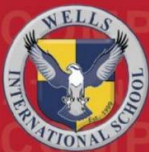


Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	Pandan Cookie  	Chicken Ham & Cheese S/W    	Pineapple Pie   	Fresh Fruit	Chicken Roll    
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 
Main Dish 1	Stir-Fried Minced Chicken with Basil   	Roasted Pork with Rosemary and Gravy Sauce   	Grilled BBQ Chicken  	Oyakodon   	Dwaeji Bulgogi Spicy Pork   
Main Dish 2	Stir-Fried Pork with Curry Powder   	Stir-Fried Chicken with Mala Sauce   	Stir-Fried Macaroni with Chicken and Egg   	Tonkatsu   	Stir-Fried Chicken with Shoyu  
Soup	Chicken Massaman Curry   	Winter Melon Soup with Chicken  	Corn Cream Soup  	Miso Soup  	Sundubu Jjigae with Pork   
Vegetarian	Stir-Fried Mixed Mushrooms with Basil and Tofu   	Stir-Fried Chinese Noodle  	Stir-Fried Cucumber with Egg  	Yakisoba  	Bibimbub  
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Old Style Noodles with Minced Chicken  	Thai Braised Chicken Noodle Soup with Bitter Melon  	Pork Suki   	Chicken 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

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- Chili
 Chicken
 Beef
 Pork
 Lamb
 Prawn
 Fish
 Crustacean
 Egg
 Dairy
 Gluten

Day	Monday	Tuesday	Wednesday	Thursday
Food				
Morning Break	Mini Croissant  	Shredded Chicken S/W    	Custard Pie   	Fresh Fruit
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Yoghurt 
Main Dish 1	Fried Chicken Sesame  	Deep-Fried Fish with Sweet and Sour Sauce  	Grilled Chicken with Thyme and Rosemary  	Tonteki  
Main Dish 2	Stir-Fried Pork with Red Curry   	Braised Chicken with Lemon  	Pasta with Pork Balls   	Stir-Fried Chicken with Sesame Sauce  
Soup	Seaweed Soup with Minced Pork and Tofu   	Chinese Vegetables Stew with Tofu Mushroom  	Chicken Soup with Potato  	Kurimu Shichu   
Vegetarian	Stir-Fried Pumpkin with Egg  	Stir-Fried Chinese Spinach with Soy Protein  	Stir-Fried Tomato with Egg  	Stir-Fried Mixed Mushrooms with Shoyu  
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Chicken Kao Soi    	Silver Noodles with Minced Pork   	Clear Soup Noodle with Minced Chicken  	Tonkotsu Ramen     
Salad Bar	Thai-Style Salad	Chinese-Style Salad	Western Salad Bar	Japanese-Style Salad
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



foodhouse

26th – 30th October 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	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Cornflakes 	Chicken Ham Pizza Sauce S/W 	Banana Cake 	Fresh Fruit	Corn Salad with Crackers
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk
Main Dish 1	Stir-Fried Chicken with Ginger 	Stir-Fried Chinese Olives with Minced Pork 	Pork Milanese 	Stir-Fried Pork with Yakiniku Sauce 	Snow Onion Chicken
Main Dish 2	Deep-Fried Fish with Three Flavoured Sauce 	Stir-Fried Chicken with Chili Paste 	Pesto Pasta with Grilled Chicken 	Tsukune 	Dwaeji Galbi
Soup	Thai Sour Curry with Mixed Vegetable Soup 	Shredded Chicken Hot and Sour Soup 	Thai Omelet Soup 	Harusame 	Beoseot Jeongol Korean Mushroom Hot Pot
Vegetarian	Pad Thai with Tofu 	Stir-Fried Zucchini with egg 	Stir-Fried Broccoli and Corn with Butter 	Stir-Fried Napa Cabbage with Carrot 	Stir-Fried Bean Sprout with Tofu
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 	Rolled Rice Noodles in Five Spices Broth 	Creamy Tom Yum Noodle 	Shio Ramen Chicken 	Chicken Ramyeon
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