

Early Year Menu



Week Days	Monday 17-Aug-26	Tuesday 18-Aug-26	Wednesday 19-Aug-26	Thursday 20-Aug-26	Friday 21-Aug-26
-----------	---------------------	----------------------	------------------------	-----------------------	---------------------

Morning Break					
Morning Snack			Pizza Snail  	Banana & Oat Muffin   	Cheese Stick   
Beverage			Milk or Water 	Milk or Water 	Milk or Water 
Fruit			Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit

Lunch Menu					
Salad /Fruits			Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar
Main Western	School Holiday	School Holiday	Honey Mustard Chicken    Garden Vegetables Mashed Potatoes 	Spaghetti Beef Bolognese   Steamed Broccoli Rosemary Potatoes	Grilled Chicken   Larb with Mushrooms Stir Fried Glass Noodles   
Main Asian			Stir Fried Squid with Oyster Sauce and Bell Peppers   Steamed Rice	Korean BBQ Chicken     Steamed Rice	Larb with Minced Chicken    Steamed Rice
Main Vegetarian			Baked Spinach & Cheese   Rajma Chawal	Vegetable Fried Rice    Tofu Tikka Masala  	Som Tum  Aloo Gobi 
Egg			Thai Style Omelette   	Japanese Steamed Egg with Leek  	Steamed Egg with Leek  
Noodle Soup			Instant Noodles with Braised Chicken   	Maccaroni with Chicken Soup   	Egg Noodles with Chicken Ball Soup    

Allergen Labels

With allergy-friendly options, diverse international menus, and well-balanced choices, students are free to explore, enjoy, and develop a healthy relationship with food every day.



Beef



Pork



Chicken



Tree Nuts



Peanuts



Soy



Celery



Gluten



Eggs



Fish



Crustaceans



Molluscs



Lupin



Sesame



Sulfur Dioxide



Milk



Mustard



Mushroom

Early Year Menu



Week Days	Monday 24-Aug-26	Tuesday 25-Aug-26	Wednesday 26-Aug-26	Thursday 27-Aug-26	Friday 28-Aug-26
-----------	---------------------	----------------------	------------------------	-----------------------	---------------------

Morning Break					
Morning Snack	Banana & Oat Muffin   	Pizza Pastry  	Spelt & Raspberry Muffin   	Cinnamon Snail  	Strawberry Lava  
Beverage	Milk or Water 	Milk or Water 	Milk or Water 	Milk or Water 	Milk or Water 
Fruit	Seasonal Fresh Fruit 	Seasonal Fresh Fruit 	Seasonal Fresh Fruit 	Seasonal Fresh Fruit 	Seasonal Fresh Fruit 

Lunch Menu					
Salad /Fruits	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar
Main Western	Roasted Chicken Breast & Gravy  Roasted Pumpkin, Cauliflower, & Snow Peas Roasted Potatoes	Stir Fried Maccaroni & Chicken    Vegetables in Soy Sauce  Parsley Potatoes	Beef & Carrot Stew   Glazed Carrots  Fried Potatoes & Spring Onions	Grilled Fish A La Provence  Sauteed Spinach Potato Gratin	Fish & Chips   Garden Peas & Cauliflower French Fries
Main Asian	Hong Kong Noodles with Chicken    Steamed Rice	Fried Fish with Tamarind Sauce    Steamed Rice	Hainanese Chicken Rice  Steamed Rice	Chinese Orange Chicken    Steamed Rice	Stir Fried Chicken & Bell Peppers    Steamed Rice
Main Vegetarian	Man N' Cheese   Chana Saag	Mexican Bean Chili  Vegan Palak Paneer with Tofu	Thai Style Omelette   Chickpea & Eggplant Curry	Sweet & Sour Tofu   Carrot Ginger Soup	Stir Fried Hong Kong Kale with Red Sauce   Lentil Curry
Egg	Shashuka 	Stir Fried Pumpkin with Eggs   	Thai Style Omelet   	Chicken Ham Scrambled Egg   	Fried Boiled Egg with Tamarind Sauce   
Noodle Soup	Shoyu Ramen   	Thai Vermicelli with Green Chicken Curry   	Braised Chicken Udon   	Maccaroni with Chicken Soup   	Veggie Egg Noodles with Chicken Ball Soup    

Allergen Labels

With allergy-friendly options, diverse international menus, and well-balanced choices, students are free to explore, enjoy, and develop a healthy relationship with food every day.



Beef



Pork



Chicken



Tree Nuts



Peanuts



Soy



Celery



Gluten



Eggs



Fish



Crustaceans



Molluscs



Lupin



Sesame



Sulfur Dioxide



Milk



Mustard



Mushroom



Early Year Menu



Week Days	Monday 31-Aug-26	Tuesday 01-Sep-26	Wednesday 02-Sep-26	Thursday 03-Sep-26	Friday 04-Sep-26
-----------	---------------------	----------------------	------------------------	-----------------------	---------------------

Morning Break					
Morning Snack	Carrot & Lemon Muffin	Chocolate Croissant	Chocolate Chip Cookie	Blueberry Muffin	
Beverage	Milk or Water	Milk or Water	Milk or Water	Milk or Water	
Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	

Lunch Menu					
Salad /Fruits	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	
Main Western	Chicken Stew	Spaghetti Bolognese	Chicken Cottage Pie	Meat Balls	
	Glazed Carrots	Mixed Vegetables in Soy Sauce	Garden Vegetables	Steamed Broccoli	
	Mashed Potatoes	Potato Wedges	Mashed Potatoes	Rosemary Potatoes	
Main Asian	Fried Fish & Garlic	Grilled Chicken Satay	Chicken Teriyaki	Stir Fried Fish with Celery	
	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	
Main Vegetarian	Spinach Lasagna	Pineapple Fried Rice	Mexican Bean Stew	Napolitana Pasta	
	Chickpea Cauliflower Curry	Indian Chickpea Sweet Potato Stew	Chana Masala	Chickpea Pumpkin Curry	
Egg	Scrambled Eggs with Chives	Palo Egg	Thai Style Omelet	Shakshuka	
Noodle Soup	Shoyu Ramen	Tom Yom Noodles with Chicken	Instant Noodles with Braised Chicken	Maccaroni with Chicken Soup	

Allergen Labels

With allergy-friendly options, diverse international menus, and well-balanced choices, students are free to explore, enjoy, and develop a healthy relationship with food every day.



Beef



Pork



Chicken



Tree Nuts



Peanuts



Soy



Celery



Gluten



Eggs



Fish



Crustaceans



Molluscs



Lupin



Sesame



Sulfur Dioxide



Milk



Mustard



Mushroom

Early Year Menu



Week Days	Monday 07-Sep-26	Tuesday 08-Sep-26	Wednesday 09-Sep-26	Thursday 10-Sep-26	Friday 11-Sep-26
-----------	---------------------	----------------------	------------------------	-----------------------	---------------------

Morning Break					
Morning Snack	Spelt & Raspberry Muffin	Coconut Twist	Vanilla Cup Cake	Croissant & Caramel Topping	Sugar Puff
Beverage	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit

Lunch Menu					
Salad /Fruits	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar
Main Western	Grilled Chicken Breast Roasted Pumpkin & Cauliflower Roasted Potatoes	Chicken Fricasse Garden & Peas & Sweet Corn Mashed Potatoes	Grilled Fish with Balsamic Sauce Garden Vegetables Fried Potatoes & Spring Onions	Chicken Fajitas Sweet Corn & Carrots Potato Wedges	Fish & Chips Garden Peas & Carrots French Fries
Main Asian	Stir Fried Chicken in Oyster Sauce Steamed Rice	Stir Fried Fish with Bell Peppers Steamed Rice	Chinese Orange Chicken Steamed Rice	Fried Chicken Steamed Rice	Egg & Chicken Palo Steamed Rice
Main Vegetarian	Crispy Baked Pasta Palak Paneer	Vegetarian American Fried Rice Lentil Curry	Pasta Alfredo Chana Saag	Chinese Egg Tofu Soup Vegan Pumpkin Curry with Tofu	Stir Fried Bean Sprouts with Tofu Chickpea Eggplant Curry
Egg	Egg Drop Soup 	Steamed Egg with Spinach 	Thai Style Omelet 	Boiled Egg Salad 	Egg & Chicken Palo
Noodle Soup	Chicken Jajangmyeon 	Wide Egg Noodles with Chicken Soup 	Braised Chicken Udon 	Maccaroni with Chicken Soup 	Veggie Egg Noodles with Chicken Ball Soup

Allergen Labels

With allergy-friendly options, diverse international menus, and well-balanced choices, students are free to explore, enjoy, and develop a healthy relationship with food every day.



Beef



Pork



Chicken



Tree Nuts



Peanuts



Soy



Celery



Gluten



Eggs



Fish



Crustaceans



Molluscs



Lupin



Sesame



Sulfur Dioxide



Milk



Mustard



Mushroom